

A person is seen from behind, sitting on a dark, jagged rock. They are wearing a light blue jacket and dark pants. Their right arm is raised high, with the hand open, reaching towards the sky. The background is a dramatic sky at sunset or sunrise, with vibrant orange, yellow, and pink hues. The sky is filled with soft, wispy clouds. The overall mood is one of achievement and aspiration.

WIRED *for* GREATNESS

CHECKLIST

HOW TO START LIVING
A LEGENDARY LIFE

Wired For Greatness Checklist

Wired For Greatness: How To Start Living A Legendary Life – A Checklist Guide

If you're wondering how to start living a legendary life, there's a lot to learn. Luckily, this quick checklist will help you get to grips with the basics.

What Is A Legendary Life?

Living a legendary life essentially means living your best life. It means maximizing your health and well-being. It means embracing positivity and letting go of negative thoughts and feelings. It means finding your own purpose and being yourself. With these goals in mind, you can make your life happier and more successful.

Awareness and Planning

You can never live a legendary life if you don't know what's wrong with your life right now!

You need to:

- Recognize where the problems in your life lie
- Visualize how your perfect life will look
- Plan how you will accomplish your goals
- Set yourself achievable targets to work towards over a specific time period

Invest In Your Physical Health

Living your legendary life requires you to be fit and well. You cannot achieve this without being in good physical health. Improving your well-being means you need to take action to look after your body.

You need to:

- Improve your diet
- Exercise more
- Take good care of yourself. Visit your doctor if you feel unwell. See your dentist regularly. Get your eyes tested at the recommended intervals.

Invest In Your Mental Health

Physical health is important to living a legendary life. However, your mental health is equally vital. A quarter of people suffer from mental

health issues during their lifetime. Therefore, investing in mental well-being is key.

You need to:

- Learn the benefits of meditation for mental health
- Practice self-love every day. Take time to do the things that make you happy. Celebrate your wins, however small, and repeat positive affirmations.
- Try yoga for a clearer mind and healthier body
- Journal your thoughts. This helps you to express your feelings in a healthy way. It also helps to organize your thoughts and clarify your problems.

Let Go Of Negativity

Negativity is a major element which holds you back from success. When you feel negative about yourself and your achievements, you'll never be successful.

You need to:

- Recognize your negative self talk and take steps to avoid it
- Be fail forward – embrace mistakes and learn from them

Adopt The Attitude Of A Winner

If you feel like a winner, you can become a winner. Winners are, by their nature successful. That means you need to take a closer look at your attitude to life.

You need to:

- Believe that anything is possible
- Forgive consciously
- Learn new skills
- Step out of your comfort zone
- Embrace what makes you unique
- Don't believe conspiracy theories, they only hold you back
- Surround yourself with positive people – let go of toxic relationships]
- Be proactive in your life

Find Your Place And Purpose

Everyone has their own place and purpose in the world. Finding your own place and purpose is key to living a legendary life. When you know you're where you should be and doing what you should be doing you can be truly happy.

You need to:

- Be open minded about the direction to take
- Consider your own talents. How can you use them for the greater good
- Acknowledge your limitations – we all have them

Embrace Positivity

Being positive is key to a legendary life. When you're positive, you draw positive people to you. Positive people also have more good things in their life.

You need to:

- Appreciate what you have – gratitude is vital to positivity
- Avoid jealous thoughts – jealousy only holds you back from achieving
- Adopt the right mindset – turn negatives into positives for greater happiness

Dedicate Time To What Matters Most

Nothing good in life comes to you quickly. You need to think about the things which matter most to you. Once you've identified those things, you need to dedicate time to them. For most people, relationships are most important. Giving quality time to friends and family is essential to live a legendary life.

You need to:

- Remember that personal relationships matter. You need to work on them and dedicate time to strengthening them
- Address problems at their source. Hiding from issues is a waste of time that should be spent on important things
- Be more organized so you have more time to spare

Build Others Up Don't Tear Them Down

Your light won't shine any more brightly if you put others' lights out. When you build other people up instead of tearing them down, positivity grows.

You need to:

- Remember that praise is important. Giving praise where it's due makes others feel positive. In return, you feel good too.

Be Yourself

Embrace the person you are, not the one that others expect you to be. It's only by being true to yourself that you can be truly happy.

You need to:

- Explore your full potential in every area
- Be brave and courageous – take the path less followed
- Set your own boundaries and values to live by

Follow these steps and you can embark on your own legendary life. You'll soon be happier and more successful than you ever imagined!