
How to

GET MORE out of LIFE

Edited by Eric Townsend



HOW TO GET MORE OUT OF LIFE

One of the GET READY FOR LIFE Series

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P.O. BOX 10 BRAMHALL
STOCKPORT CHESHIRE
SK7 2QF UNITED KINGDOM~~

Made available as a bookmarked PDF
file in 2023 by

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INTRODUCTION

This booklet is one of a series which is designed to help you get on to better terms with life. That means you being more in control of how things go for you in life, and also how you can relate better to important things in life like family, work and your community.

The principles from which this booklet has been compiled have evolved over many years. They are simple popular truths, more often called commonsense, which somehow have got obscured in the complexities of modern life.

You do not have to worry about the underlying principles at this stage. All you are asked to do is read the booklet and ask yourself - Does what it says make sense? If you want to get onto better terms with life, you are then asked to do certain practical things to apply the points that are being made to your own life.

Some people find this quite hard because we are so used to discussing everything at great length. The process we suggest is to just see if the ideas in the first section seem commonsense basis to you. If they do, then do the written part at the end of the section. Where it asks you to do something in your life, then do it. Don't spend a lot of time wondering or thinking about it, just do what it says. The only test that matters is whether what you do brings about improvements in your life and happiness.

GENERAL ACKNOWLEDGEMENT

Many people have contributed to the contents of this booklet and the GET READY FOR LIFE series. Some have written sections, some given examples and others inspiration. They are too numerous to mention individually but their contribution to helping others in life is much appreciated and this help is their best testament.

ERIC TOWNSEND
SERIES EDITOR.

Also available in this series:

HOW TO HAVE TIME
HOW TO COMMUNICATE BETTER

BEFORE YOU START

This booklet is made up of words. These are the building bricks of knowledge. If you come to a word you do not feel sure that you understand, you should look it up in a dictionary.

This won't take you long and you can be sure then that you are building your knowledge and understanding with sound bricks.

For example, if you come across the word "recapitulate", you may not know exactly what it means. If you are unsure, you won't be sure about what the whole sentence means and if you are being asked to do something, you won't know what to do!

The dictionary definition of "recapitulate" is: "To go over again". Now you understand what the word means, you therefore understand what the sentence means. You can now carry on confident that you know and understand what is being said.

The main reason that people give up studying something or feel unable to learn about something is because they have come across words in the subject that they do not fully understand.

If the material in this booklet becomes confusing or it is no longer holding your attention, don't go any further. Instead look back from the point where you last felt all right and find the word around there you have not fully understood. The test you can apply to the word to see if you do understand it is, - Can I make up a sentence of my own using that word? Once you have found the

word that is not fully understood, look it up in the dictionary. Then carry on reading from the point where you found the misunderstood word.

A few seconds spent looking up a word in a dictionary can save you minutes or even hours of otherwise wasted time.

CHAPTER ONE

WHAT IS HAPPINESS?

Ask any ten people "What do you want out of life?" and most of them will say at some point that they want to be happy.

Ask them then what would make them happy and you will get many different answers. Try it!

Some people will say that wealth would provide it for them. Big house, big cars, glamour and status would be sure to make them happy. If there is any doubt in their mind, then they think they would at least have a luxurious misery.

For people weighed down by illness, relief from their ailments would appear to offer perfect happiness. They cannot imagine that they were not happy before they became ill, though they probably weren't. The same applies to people with one large worry dominating their lives, such as a missing relative or an unresolved financial dispute. These people, will often believe that removal of this one worry must bring them happiness.

People oppressed by their work or the demands of a large household, long for a life of leisure. Other people feel that total security - just being taken care of - would guarantee their happiness.

What do we know of the people who attain these things? Newspaper reports do not seem to indicate that winning the pools or being born rich provides much insurance against desolation. Among those who gain such wealth we find plenty of alcoholics, drug addicts, broken homes and suicides.

Most people don't have the money or time to find out if a life of ease would bring them happiness. For them the prospect is drudgery and disillusionment with everyday living. Many decide that happiness is just a myth - a fanciful product of magazines and television commercials.

Some of them settle for that mediocre substitute - satisfaction of physical desires. This may be the compulsive eater who eats five times a day despite a bulging waistline. It can take the form of heavy smoking, or drug dependence, or most widespread of all, frequent resort to the drinks cupboard or pub. All of these people have settled for an easy method of quick relief of their unhappiness, but a desolate prospect lies ahead of them.

Genuine happiness is more than physical satisfaction. To find it we must venture beyond money, possessions, bodily pleasure or temporary highs offered by stimulants of various sorts.

'WHERE ARE YOU GOING TO MY PRETTY MAID?'
Nursery Rhyme.

When we are young the prospect before us looks brilliant. We have plans and ambitions for our lives and everything looks possible.

As we grow older we inevitably have to compromise our early expectations with more down-to-earth realities. Occasionally we may stop long enough to ask ourselves "What have I done in my life so far? What am I doing now that really matters? What can I look forward to doing and achieving?"

These questions are a lot easier to ask than to answer. Most people are inclined to slide away from them, consoling themselves in various ways. Ask a car factory worker and he may say "It's hard to get up in the mornings, knowing you have to face eight hours on the production line. After a while it gets so monotonous I'm just waiting for the next breakdown. Yes, it's not what I want to be doing but I have a family to support and the money is good. What else can I do?"

Ask an office worker or middle manager in a large organisation and they will probably say: "This place employs far more people than are strictly necessary to achieve what we do. But we are all rushed off our feet correcting and undoing lots of things which shouldn't have been done in the first place. Decisions and changes are imposed from above and nothing comes out the way it was intended. I know I have more abilities and talent but I never get a chance to use them."

Talk to a housewife and she may well say: "I gave up a satisfying job to have children. They are growing up now and we have a lovely home, but now I have the time, I can't get work which gives me the same satisfaction."

If you talk to people who are dissatisfied with their lives, their dissatisfactions boil down to one simple statement: "I'm not doing what I really want to do." Every individual wants to be doing things that use his abilities and his energy.

More than money, more than security, more than freedom from problems, people want to be doing something that they feel matters and enables them to make a contribution to the society they live in.

But it takes great courage to even ask oneself searching questions about self-fulfillment. Many people do not let themselves stop long enough to risk having to face the issue. Furious activity, whether it is workoholism or a continuous social whirl, is guaranteed to keep one tired and dull the senses, so one never has time to face up to these uncomfortable issues.

For these people there is a special sense to the famous quotation by W H Davies:

"What is this life if, full of care,
We have no time to stand and stare."

They dare not stop to look because of fear of what they may see.

This is the first page of the practical part of this booklet.

At the end of each chapter you are asked to answer certain questions. You should write down the answers on a piece of paper, or better still in a note-book.

The purpose of some of the questions may not be obvious immediately. This is because you will use the answers in a later chapter.

Don't jump over the questions without answering them. They will be an important help to you in getting a real benefit from reading this booklet.

Here are the first questions.

1. Think of three people you know who you think are unhappy. Write down their names.
2. Think of three people who you consider to be happy.
Write down their names.

CHAPTER TWO

A good word to describe lines of activity in life is Purpose. One can have several purposes running in parallel, in fact it is probably healthy to have more than one at a time.

What is a purpose? The Concise Oxford Dictionary says it is an "Object, thing intended". It could be big or small. It could take a few months to achieve or most of a lifetime. It could be achieved and thus ended, like to own a Rolls Royce. Alternatively it could be open-ended, like to be a good painter, because however good you are, you can still be better.

We start to frame purposes from quite an early age. Children may be considered immature but their purposes are often quite valid for them in later life. Particularly in the artistic field, many young people know exactly what is the main purpose of their life, such as to write, to act, to play music, etc.

Too often later life experiences and "good advice" blunts those original purposes. But the purpose remains nonetheless. Can you think of an occasion where you finally did or got something and then realised how early in your life you conceived that purpose?

A person may be on-purpose or off-purpose. On-purpose means that they are spending at least some of their life working towards their current purposes. Off-purpose means that they are not devoting any time to what they consider are worthwhile purposes.

If a person is fortunate enough to be working towards his or her chosen purposes, there is nothing, absolutely nothing, they would rather do.

Several years ago, the "Flying Wallendas", a world-famous circus highwire act, suffered a disastrous accident in Detroit. Two of the family were killed and another paralyzed for life. After the accident, a reporter interviewing Karl Wallenda asked whether he would give up the act. His answer was the classic statement of a man totally on-purpose. "I will never give up. I'm alive when I'm on the wire. All else is waiting."

There is probably no one without a purpose. It may be lying dormant, buried under a mountain of old failures, forgotten or ignored. One's purpose, however, never quite dies; it endures - a tiny glowing ember hidden in the apparently dead fire - waiting to blaze up again with the right encouragement.

When a person abandons his purposes, he ceases to have a future, because we measure our future in terms of our dreams. The more unattainable those dreams appear to be, the dimmer is the future. A person sometimes decides that his ambitions are more trouble than they are worth. That's suicide of the soul.

The philosopher, L. Ron Hubbard, said, -

"A man is alive as he has dreams ...
you kill him by taking his dreams away,
one by one."

The life of every one of us is shaped to some degree by our purposes. A lucky few spend their days working at exactly what they've always yearned to do. Others know their purposes, but, feeling hemmed-in by long-term obligations, wistfully look back over their shoulders at forsaken objectives. Many more consider themselves misfits in their work, but haven't yet found where they belong. And the remainder drift aimlessly like compasses without a north pole, convinced there is no purpose to anything.

THE NEED FOR CHALLENGE

A professional mountaineer, well-respected in the fraternity of climbers, was once asked the standard question put to climbers: "Why do you climb? Do you make any money at it, or do you just want to sit on top of the mountain?"

"Well," he answered, "Mallory said that we climb the mountain because it's there. But I'll try to give you more of an answer than that. Firstly, most of us don't make money out of it. We pay our own expenses and the equipment is costly. As for sitting on the top of the mountain, we could get there by helicopter if we wanted to." He thought for a minute. "It's the challenge. It's working together with trusted friends, seeing if we can beat Old Man Mountain with all the tricks and traps he has in store for us. The biggest victory, I suppose is over myself. Reaching the top is proof that once again I've mastered my weaknesses enough to complete the climb."

As Robert Browning said

"Ah but a man's reach should exceed his grasp,
Or what's a heaven for?"

Happiness is not possessions, not a place, not a social position, not bodily contentment. It is action - the action of working along any true purpose. Happiness comes from the doing, the striving, the creating, the production.

As pleasurable as we may find money and possessions, we enjoy these trophies of our success far more when they are the rewards of fulfilling work.

It has been said that half the fun is making the journey, but more likely, nearly all the fun is in the journey. Our purposes and goals give us the direction in which to travel, but happiness is in making the trip.

There is a slightly depressing expression "It is better to travel hopefully than to arrive." This feels correct but the demand it really makes on us is that we should have another destination ready to start off towards as soon as the satisfaction of our arrival starts to wear thin.

PRACTICAL

Here are the next questions:

3. Look up in your dictionary the following words: Purpose, Goal, Challenge. Write down the definition for each that you feel is most relevant to what you have been reading.
4. Consider the six people you picked out in questions 1 and 2. Write down their Goals, Purposes and Challenges as far as you can identify them.
5. Look over all six and assess how true it is that those who are happy do have Purposes Goals and Challenges in their lives. Write down your answer.
6. Look back over your life and write down the purposes that you can think of that were fulfilled.

CHAPTER THREE

Here is the unusual and provocative definition of happiness offered by
L Ron Hubbard

"Happiness is the overcoming of not unknown obstacles toward a known goal"

Let us look at this definition more deeply by looking at the various parts.

A KNOWN GOAL

We start with "a known goal". Everyone needs a known goal to establish a direction in life. The goal we are working towards may vary at different times and according to changing circumstances. If we are involved in fighting a war or are in a concentration camp then our single goal would be as basic as "to stay alive".

In more settled circumstances our first goal may be to support and bring up our family. Often people take this so much for granted that they don't see it as a self-determined goal. But there are people who have a family but who don't see their support and welfare as a major goal they are committed to.

However simple or obvious our goals are, we should acknowledge them. This is necessary because most people are working towards several goals at any one time in their life. If the goals come into conflict at any time, and that can easily happen, then the person needs to be able to see them clearly and make a sensible decision on priorities.

Some may maintain that they can manage without analysing their goals. They just live from day to day, doing whatever is necessary to get through the day. It is worth remembering the old saying "If you don't know where you are going, how will you know if you are lost?"

NOT UNKNOWN OBSTACLES

There's no question that we experience pleasure when we escape the pressures of a frantic life. This pleasure, however, is relief from an undesirable condition, rather than an active state of happiness.

Life on a tropical island might seem blissful for a time, especially as a change and a rest. But how long could we remain content with absolutely nothing to do except walk along the beach, drink in hand, watching the palm trees wave gently in the warm breeze? How long before that one pre-dinner drink would become two or three or more?

If you were asked to recall the times in your life when you were most intensely happy, what would you answer?

The chances are that most of us would describe experiences that were anything but "peaceful".

More likely, these times would be periods of action and challenge. Taking on a new job which totally absorbed you and challenged your skills for example. Not just paid employment, how about becoming a parent? What about a journey to a new place and settling in to a new lifestyle? No doubt there would be sometimes when you were

feeling low but mostly the challenge would be met and conquered. If you are an outdoor pursuits type, have you ever undertaken a major expedition which tested your skills and courage to the full? It may have been taking on a house to refurbish or a car to overhaul, or working for an exam, that gave you that challenge and the immense satisfaction of achievement in overcoming the obstacles in your path.

What do these situations share in common? They provide drama and strain, challenge and the overcoming of obstacles.

We don't really crave a perpetually serene and placid existence. We may think that we do, but an idle two week vacation cures that.

The savour in life comes from conquering the challenges we ourselves have chosen to meet.

WE NEED PROBLEMS

To most people, problems are the symbol of everything unpleasant. And here is the reason: the problems depressing us most are not of our choosing. In our young and idealistic dreams, we never planned on coping with testy customers, leaky roofs, rush jobs, dead batteries, or the feather pillow ripped apart by the new puppy.

Our spiritual diet must include enough of the right kind of problems - problems related to our purpose.

If you have ever considered flying a plane, writing a novel, or building your own house,

you should know that each one of these activities abounds with problems.

The flyer faces multiple complexities every time he lands his plane. He must prevail over all factors of wind, weather, and aircraft control to bring that plane in safely. The writer struggles with the complications of saying what he really wants to say, seeking inspiration, and keeping himself writing despite the internal and external temptations to do otherwise. And building that dream house requires coping with one problem after another to achieve exactly what we want.

And there is the key: WHAT WE WANT. We may grumble a bit, but we gladly accept these problems because we are doing something we want to do. These are the "not unknown obstacles" in the happiness definition. We have chosen the obstacles and challenges to conquer.

PRACTICAL

7. Copy out the definition of Happiness at the beginning of this chapter. Look up in a dictionary any words that you are not completely sure of.
8. Think of times in your life when you were happy that also fit this definition. Write them down.
9. Make a list of your main problems, in any order no matter how big or small.
10. Go through that list again and mark against each problem whether it is one you want to keep or not.

CHAPTER FOUR

You may say, - "It's fine to talk about doing what you really want to do, but I've got to work for a living."

Work! That dirty word! Too often the dismal necessity of making a living shoots down our less practical desires. We're forced to put money first, relegate our ideals to distant second-place. Legions of the discontented submit to forty hours a week at some meaningless job, offering the limp justification: "It's money, and I have to pay the mortgage..."

"Homo sapiens is supposed to work. And work is carefully defined as not play. And probably the hardest thing a man has to take is when he has to enslave himself to something which is not of his own choice."

L Ron Hubbard

Too often, we regard work solely as money-making drudgery. Let's redefine work.

It should mean being on-purpose and contributing a product or service that brings us a sense of fulfillment, whether as a lawyer, auto mechanic, architect, gardener, inventor, bricklayer, artist, lorry driver, or entertainer.

IDLENESS ISN'T HEALTHY

Domesticated animals may thrive on idle dependency, but human beings never feel right unless they are contributing. Man, at his best, is a causative problem-solver who is

forever beating the odds, triumphing over the opposition, inventing a better way, giving life to the arts.

For most people this challenge is provided by work. One of the best ways of seeing the truth of this is to look at the effect on somebody of being prevented from working.

People who have had unemployment enforced on them, in the form of sudden redundancy for example, have a pretty hard time. Once they start to lose confidence in their ability to get another job, they also start to lose confidence in themselves.

This can extend to such things as their hobbies, sports and even their family life. Not only are they less effective in these areas, they also find less interest and satisfaction in them.

Uninformed people often talk about those getting unemployment benefit as if they were taking an easy way out. The idea that being "on the dole" represents an easier option than working is a myth. Ask anyone who has been unemployed for some time how it feels. They will nearly always tell you that they feel guilty about receiving money they have not earned, even though they have paid government insurance contributions for many years when they were working. The other thing they will tell you is that they feel deprived of an opportunity to contribute to society and interact with others doing the same.

Another category of people who have in the past often been deprived of the opportunity to work are married women, particularly in

the upper-income groups. It used to be a point of pride for some men that their wives did not need to work! It may have flattered the ego of the man to think that he provided all the income his family needed, but often trapped the wife once she was no longer fully occupied by child rearing.

Some women can in these circumstances use the time in a way that satisfies their needs for fulfillment. Many others however tend to fill their time with trivial pursuits or by increasing the importance put on household work. For these women the stress of being unfulfilled is most obvious from their poor health record, particularly of stress-related illness and nervous conditions.

Fortunately social conventions are changing and more women are insisting on the freedom to work if they wish to. The increasing trend in Britain towards part-time employment, in which women now predominate, is a very healthy development.

"A human being feels able and competent only so long as he is permitted to contribute as much as, or more than, he has contributed to him."

L Ron Hubbard.

Regrettably, most people have to spend at least a part of their lives doing work they do not relish. It is often referred to as wage slavery but that is only true if one's attitude to it, is to allow it to be slavery!

Whatever we may think of work, we do need to do something useful. As mentioned earlier, the tropical island may have its appeal as a holiday spot but idleness soon loses its appeal.

The danger is that we may think our work is a necessary prison sentence to be got through. Some people live for their weekends and holidays. Their response to work is entirely at the level of something to be got through. If one does that one had better have some very absorbing alternative purpose to pursue in the few hours left after work and sleep have been deducted!

A couple I knew spent all their spare time planning and preparing for their retirement. They found the house of their dreams in the country. They spent their weekends getting it ready for that blissful life of ease which would follow their retirement.

Unfortunately they had not thought beyond the act of retiring. Their whole attention was on giving up the activity that was most of their life, with nothing to replace it. Within a few months after they both retired the husband got ill. He died soon after. The other partner found herself alone and trapped in a rural backwater, a long way from her roots and with nothing to do.

The whole subject of work is explored in greater depth in another booklet in this series. However, a few points can be made here which can help in coming to terms with work that does not fulfil ones deepest ambitions or purpose.

The first step is to assess how you really feel about the work you do. List your positive and negative feelings about it. You don't have to be too scientific about it. You can include such things as liking certain people you work with or not liking certain forms you have to fill in.

You may conclude that on balance it is not what you really want to do. Also you may find it is not practical to change either the type of work that you do or the place which you do it, for the moment.

Well if that is the case, you should confront that conclusion. However, nothing is permanent, unless you choose it to be! So you only need to confront and accept the unavoidability of this situation for the moment.

Next you should plan to contain your work. This may be by setting the hours each day, or total hours per week, you are willing to devote to it. If that is not practical, start at the other end. Set the number of hours per day or week you will devote to other activities, family, hobbies, other work.

Having contained your work in this way, you may have to change the way you behave at work. Don't watch the clock and calculate how soon you can be free of it. Don't daydream or think about your other activities.

Put your full attention on your work. Look at it carefully as you do it. Try to care more about it and look for ways to make it better. You will find that giving it

increased attention in this way will make it go at least a little better.

How often have you observed a disinterested shop assistant who couldn't care less whether you bought anything or not? The workman who cannot be bothered to tidy up behind him or the executive who won't take the trouble to check his own work. Do you think that these people are happy in their work? No, they are not. What is more they are showing it by trying to reduce the chance of their job continuing very much longer!

If you put more into your job, you may be surprised to find you get more out of it. You will also find that time does not drag so much and that you get more done. You will be surprised at how good you are at it and may even get to like it a little.

But don't lose sight of your original conclusion that it is not really your purpose. Start making plans to move towards your real purpose. If you don't know what that purpose is yet, then just develop other activities that you feel would interest you. These may or may not have a prospect of producing an income for you. If you want to do something that you enjoy doing for a living, start with finding things you enjoy doing. You never know what might turn-up.

A man who started taking an interest in mechanical musical instruments found this developed into an absorbing hobby. As his knowledge developed he became a local expert. When last heard of he was the Curator of a small museum and supplementing his small income from this by buying, restoring and reselling all sorts of mechanical music makers.

PRACTICAL

11. Make a list of your non-work activities and hobbies. Write against each the average number of hours per week or month that you spend doing them.
12. Now analyse your work or job in the way suggested in Chapter 4. If you are a housewife you certainly do have a job, at which you have to work, so include that.
13. You can now make a judgement about how you really do feel about your work. Do this and write it down.
14. In the light of this do an outline plan of how you can spend your time better to achieve a better balance between work and your other interests, in the way outlined in this Chapter.

CHAPTER FIVE

Do you experience distaste at the prospect of the day when you wake up? Do you consider you have little to show for your efforts? Are you nagged by a persistent feeling of discontent? An off-purpose person has one leg chained to a post; he goes around and around but gets nowhere.

On-purpose, you forget the clock.

Andre Previn, conductor-pianist, once stated "Music makes me happy. If twenty-four hours go by and I haven't written, conducted, played or listened to music - then that is a wasted day."

FINDING YOUR PURPOSE

I once asked a friend, "What is it you really want to do?" He shrugged, "Oh, I don't know. I'll just wait and see what happens." Do you know what happened? At the age of fifty he was still waiting to see what happened! And that's all that happened!

Your purpose may never automatically reveal itself in a blaze of inspiration. You must decide what you wish to do.

What subject or activity fires you? Do you get excited when you read about anthropologists discovering a lost city in Peru, when you hear a top singer perform, or when you imagine owning your own business?

If you cannot decide what you most want to do, establish some sort of a goal anyway. A poor goal is better than none. You can

always change your mind.

Purposeless individuals make decisions by default. They have decided not to decide, thus letting the environment, parents, teachers, bosses and others decide for them.

A person's purpose utilizes his talents, provides endless pleasures, and captures his interest.

Nothing on earth is senior to interest. You can invite someone's interest, but you can never command or force it. There's no accounting for the fact that one of us may be intrigued with balloon-flying, while another is equally fascinated by the mysteries of tax accounting.

COMMIT YOURSELF

Committing yourself to a purpose requires a certain courage. Otherwise brave people often become surprisingly timid when it comes to pursuing their goals. They find it safer to play the "if-only" game. You hear it all the time: If only it were practical, I would make jewellery for a living If only I had the education, I'd be a lawyer If it weren't for my family responsibilities If only it weren't too late now If only I had the money

These justifications and excuses imprison our ambitions. It is up to us, individually, to find a way out. To find a way to make it practical, to get the education needed, to become untrapped by circumstances. What is at stake? Our main reason for being alive, our purpose.

In determining what you want to do, don't let someone else sell you on the wrong purpose. Actually, there's nothing "wrong" with any purpose (provided it is not actually destructive), but it may be the wrong purpose for you.

Many people (especially parents) pressure us with advice. Proclaiming that "we know best" and "it's all for your own good" parents often insist on shoving their children toward activities which they themselves consider to be important, meaningful or profitable.

However well-meant this guidance may be, we must decide for ourselves what is right for us or we may spend a lifetime of suppressed disappointment.

WILL YOU ENJOY DOING IT?

At some point nearly every child wants to be a fireman, astronaut, film-star, nurse, singer, or cowboy. Our purposes, however, are concerned with what we will be doing. We may be attracted to the role, to costume, the footlights, the attention, without considering whether we would enjoy the work that goes with the role.

As a young girl, June, now a successful designer, wanted to be an actress. She did well in public speaking, acquired superb stage presence and, as a college student, landed choice parts in two plays. A natural talent for comedy earned her boundless admiration from fellow students and friends.

"Strangely enough" she said years later, "that one experience totally satisfied my yearning to be an actress. I got it all out

of my system. I enjoyed acting in those plays, but I realised I didn't want acting as my life work. I abandoned it with no regrets."

In pursuing your purpose, whether beginner or expert, the only criteria that count are your own personal satisfaction and fulfillment.

DO SOMETHING

It is not enough to know your purpose if you can only dream about it. One must take measures to move along toward the goal.

For years, Peter has longed to sail around the world. He enjoys his work as supervisor in a large laboratory, but he knows that sooner or later, he must fulfill his ambition to follow the tradewinds.

"If I don't, I feel as if part of me would wither and die. It's that important to me."

"But I'm not in a position to pull up stakes right now; the children are still too young. Meanwhile, I've begun building a thirty-foot sloop in the backyard. What a difference it makes doing something about it instead of just wishing!"

Just to have something to Do and a Reason to Do it, exerts a control over life itself. If you have no purpose, you have no purchase on the first small particle necessary to make the whole understandable. Thus life can be a terrible burden.

Ron.L.Hubbard.

Problems of work.

PRACTICAL

15. Make a list of the goals and purposes you can ever remember having. Write them down in whatever order they come, however unlikely they were, and whether you achieved them or not.
16. Look through the list again and see which of them still have any appeal for you. If you think of any other old ones, or some new ones, write them down too.
17. Now make another list from scratch of those purposes that you still want to do. Write down against each what the first step would have to be.

CHAPTER SIX

BEWARE DIVERSIONS

There are a number of diversions that can pull us away from our purposes, but only if we agree to let them.

Beware of confusing the goals of the body with your purposes. Bodily desires differ radically from our own aims. The body is very practical, it preaches the need for comfort, warmth and a full stomach. It demands immediate satisfaction and security, stoutly opposing 'impractical' things such as composing a song, learning mathematics or starving while perfecting an invention.

In contrast, our own purposes prompt us to take risks, to create some beauty, to explore the unknown, to pit our strength and intelligence against challenges which may or may not offer security in return.

We all know people who are prone to pamper their bodies by giving them huge intakes of food, drink, sleep and warmth. Are those people rewarded by having a perfect healthy body? Not usually! In fact those people are often subject to recurring illnesses.

By contrast earthquake victims can be rescued after many days without food or drink, still alive and in quite good shape physically. Likewise, people have travelled enormous distances across deserts or mountains or sea on very little nourishment and survived.

Our bodies are very tough and resilient. Yet some people fear that missing a meal or not being able to smoke for a day will cause

their body to fall apart.

On the positive side, health farms or their equivalent have a long history of restoring health and vitality. The normal pattern is to go for one or two weeks without food, although drinking as much fluids as you want. This gives the body the chance to operate its restorative powers without having to bother with digesting three meals a day. People have reported remarkable recoveries and also that they were surprised to find that afterwards they were content to manage on a more frugal and healthy diet.

In looking at the pattern of our daily lives we should remember that we are not our bodies. Our body is there for our benefit and we should look after it. However we should not let it control our lives anymore than we should permit our car to determine where we go and what we do.

THE FAMILY

Other potential diversion from fulfilling our own goals and purposes are the demands of family.

Creating a family is a body urge. It is not necessarily a personal goal of the individual.

A family, while important, is not the end of the line. Most of us need further personal accomplishment. Too often men and women give up a satisfying career for the sake of marriage and a family.

Mark wanted to paint, but what painter can make enough money to support a family? He is

now the manager of a butchery counter in a supermarket. Fred plans to start his own business, but he was afraid to risk his savings. He used it instead for a deposit on a house and went to work for a multi-national company.

Don't sacrifice yourself for your family. Strangely, they won't appreciate your martyrdom.

Find a way to keep your family and keep your goals as well. Then everybody benefits.

A HAPPY FAMILY

If you care for someone, care most of all for his or her purposes. There is no kinder thing we can do for one or another. If we don't happen to share the same goals with our partner or children, we can at least support them in the pursuit of their purposes.

The best contribution we can make is to believe that the other person is going to do what he intends to do. Talk to him about his ambitions; "worry" with him how they will be accomplished.

This is one of the secrets of domestic success.

HELPING YOUR CHILD

Parents can help their children by encouraging and assisting each child to do what he or she finds appealing.

From the age of five, little Bobby had wanted to be a professional football player. Visions of Wembley glory coloured his dreams

for years. When he reached the age of twelve the football coach singled him out for special attention. Bobby decided to join the junior team attached to his local professional football club.

His parents, not overly enthusiastic about his decision, longed to point out that football was a rough game and that few players ever became professionals. They did not discourage him however. Agreeing to support Bobby's decision they paid for his special equipment and the required medical exam.

For many weeks Bobby attended practice faithfully. Each afternoon he dragged himself home, bruised and exhausted, with barely enough energy to eat or to do his homework before falling asleep.

One October evening Bobby announced, "I'm dropping football. Tomorrow is the last game for me."

Astonished, his mother asked him why.

"It's not as much fun as I expected. I'm not that good, and I don't have enough time for my model aeroplanes and my computer!"

A waste of time and money for the parents? Not at all. Unless he had tried it, Bobby would never have discovered that he didn't really want to be a professional footballer.

There is nothing wrong with our goals including bringing up our family to the best of our ability. But we should aim to give support to members of our family which allows them to fulfil their goals and

purposes, rather than push them to fit in with our ambitions for them. This applies to our children, our spouse and even to our parents.

As you would find it irksome for them to impose on you the purposes they would like to see you fulfil, you should give them the same freedom. This approach can be described as "granting them their beingness" in other words letting them be themselves. This was expressed by Christ as "Do unto others as you would have others do unto you!"

FRIENDS AND NEIGHBOURS

The third potential diversion from pursuing your own goals and purposes is an over concern with the good opinion of friends and neighbours. The regrettable result for many people of not working out their own goals is that they make their purpose to be well thought of by the people around them. What Shakespeare termed 'fortune and men's eyes'.

This is most evident in the pursuit of possessions which will be plainly visible to others. The need to maintain appearances of material well-being beyond ones means is a self-imposed burden that many struggle under. There is nothing wrong with aiming for a comfortable home and possessions, provided it meets ones own genuine tastes and wishes, and not for a life-style we think our friends would be impressed by.

This regard for the good opinion of others can be carried to ludicrous extremes. In certain areas of England it was the practice to hang the curtains at the front windows with the pattern showing outwards. The

inmates of the house thus had to be content with looking at the reverse of the curtains or the lining!

This same regard for the good opinion of others can be carried over into private activities that would never be likely to be public knowledge. Thus hobbies, interests and even sexual practices can be inhibited by the spoken or unspoken consideration 'What would the neighbours say?'

In all the areas of potential diversion from our purposes, we must strike a balance. Caring for our bodies, giving attention to our family and participating in our community are all parts of a full and healthy life.

To prevent any or all of them from taking over our lives and purposes, it may be helpful to see them as existing for our benefit rather than we existing for their benefit.

PRACTICAL

18. Analyse your "body goals". Make a list of any that you feel get in the way of your purposes.
19. Write down the members of your family with whom you have regular contact. Write down against name the purposes you know they have. Also write down how you could help them to achieve those purposes.
20. Look at your own purposes and list any of them that are being prevented by the actions or opinions of family or friends.

CHAPTER SEVEN

IMPOSSIBLE GOALS

Probably no goals are impossible, but some people insist on making them so. Jerry would like to become a big recording star but has not yet learned to sing or play a musical instrument. His standards are so high, his chances of success so infinitesimal, that he makes no effort at all. Instead he just daydreams.

Set your goals as high as you wish, but be willing to work toward realistic milestones along the way.

I've known dozens of people who wanted to write. It has been said that everyone has a story to tell, and this is probably true, but most of them only fantasize about the glory of being a famous novelist. Sometimes they may even go so far as to look for a "collaborator" (that is, someone they hope will write it for them).

In nearly every case, these people have been unwilling to take the first step toward professionalism (and they are talking about professionalism when they hope to make money by writing). They don't subscribe to writer's magazines, haven't taken creative writing courses, won't read books on the subject and seldom know the proper way to prepare a manuscript. And most ludicrous of all: some of them don't even write!

In contrast, I'm reminded of a woman who wrote her first novel a few years ago. Despite the fact that she started with neither experience nor education, her novel

became a best seller. She earned hundreds of thousands of dollars from royalties and film rights. Although the money surprised and delighted her, she remarked, "You know, the fun was in doing it."

After reading an interview with her, it was easy to see why she succeeded. She found herself in her forties looking after her husband, three children and a household, but with no monumental personal achievements to her credit. She believed she could produce a good novel. She was right of course, but she did more than indulge in wistful imaginings.

To prepare herself, she read all the current best-selling books, studied the style of successful authors, and analyzed the techniques of the craft. Months of library research familiarised her with the locale and period of her planned novel. Only then did she begin to write.

Each morning after her husband and children left, she dug her materials out of the cupboard. During the two years she worked on her book, she mentioned it to no one. What a difference from those who merely talk about their great hopes!

Achieving almost any purpose demands that we acquire some skills. If this preparation is not enjoyable, perhaps we are only star-struck by the glamour and status of the role itself.

WHAT WAS IT YOU WANTED?

Perhaps you've heard of the man who said "All I want out of life is three square meals a day and a roof over my head" That was his idea of security. He ended up in prison.

I knew a girl who always envisioned a beautiful Church wedding with all the traditional trimmings. When she married, the wedding matched her expectations. Six months later, she was divorced.

They both achieved what they said they wanted; but their planning was incomplete.

To cause things, one must be cause.
And the primary requisite of cause is a statement of intention and goal.....
a clear statement of what you're trying to do.

Ron.L.Hubbard.

Philadelphia Doctorate Course.

Once you state your objectives in full detail, help often appears from unexpected quarters. You "accidentally" meet the right people; opportunities push your door down; details almost take care of themselves.

A friend of mine is an independent architect who works from his own home. He was complaining to me one day that he couldn't get enough money together at one time to purchase the small aeroplane he coveted. I asked him how much money he had planned to make when he set up his own business. He hesitated as he thought, and then with a slow grin he said "Well, I knew it was going to be hard in the beginning so I decided I'd be

satisfied if I could just make enough to get by. You know, he laughed, "that's about all I have done!"

I suggested that perhaps he might like to update he expectations. Only after a person precisely clarifies his target does the universe co-operate to make it available to him.

A few years ago an American called Joe Karbo published a little book called 'The lazy man's way to riches'. It must have sold millions of copies but probably less than one in a thousand people put its ideas into practice. The few that did got what it promised, but why do you think the others didn't apply it?

The reason probably is that the principle seems too simple. In fact Karbo tells the reader in the introduction how powerful this programme is if you just let it work. I say "let it" because its only fault is it seems too easy. So I won't ask you to "believe" it. I will ask you to try it and judge for yourself.

The book is well worth reading but you can start to put its hinge principle into practice today.

That principle is that you should write down what it is that you want as a series of "Declarations". Having done this you read through the list of "Declarations" first thing each morning and last thing at night every day.

You can write down grand final goals if you wish, for example "To be in perfect health"

or "To be free of money worries". Alternatively, you can take it in smaller steps - "To get rid of a skin condition" or "To pay off last year's Tax Bill." Whichever you decide to put in your declarations will be what you get.

You can and should review and modify your Declarations list periodically but not more often than once every three months. You will be surprised at the changes in your life and your view of it when you make these periodic reviews.

The problem for most people is that they find it difficult to decide what they do want. That is why the earlier steps of this course have been inserted. Hopefully, looking at other people and your own life in various ways, you can now confront the question, what do I want in my life?

If you are still in doubt about the value of listing your goals and purposes there is a story told by Richard Denny, who used to tour Britain with the Leadership Development team in the 1970's.

This was about a survey done in the United States which, among other things, asked people whether they kept a written list of their goals. It was done first in a fairly low income area. There it was found that only 3% of people kept a list of their goals and purposes.

The survey team moved on to an upper income area and did the same survey. Here it was found that only 2% did not keep such a list!

PRACTICAL

21. Copy out the first quotation in this Chapter.
Look up the following words and write down the dictionary definition - CAUSE, REQUISITE, INTENTION, PRIMARY - plus any other words you are not absolutely sure of. Now read the complete quotation again.
22. Make a list of up to 20 purposes or goals, objectives, conditions that you want. Express them in positive terms, in the present tense and in as much detail as possible, e.g., 'I have a blue Mark VI Jaguar car with brown leather upholstery.'
23. Decide that you will take this list home and read it every night and morning for the next 90 days minimum.

You have reached the end of the practical part. If you have done all the things it asked of you, I know it will have caused you to see at least a few things differently.

Read the last Chapter of the booklet now, and carry on from there.

CHAPTER EIGHT

When we are ON-PURPOSE, life is meaningful and rewarding. Off-Purpose, we remain frustrated and discontented, despite other compensations.

One's genuine purpose is an intense desire to produce something worthwhile. It never entails idleness, dishonesty, or running away from life.

Money, possessions and security don't guarantee fulfillment. Happiness comes from confronting and conquering the obstacles encountered in the pursuit of our goals.

Good companionship and pleasant surroundings may certainly enhance our happiness, but they are not the whole story.

We must be achieving our chosen purposes, winning at our chosen game.

'Many people die,' Oliver Wendall Holmes said, 'with their music still in them. Why is it so? Too often it is because they are always getting ready to live. Before they know it, time runs out.'

The famous Bengali poet Tagore wrote: 'I have spent my days stringing and unstringing my instrument while the song I came to sing remains unsung.'

Don't leave your song unsung. The future will be what you make it.

NOTE TO SUPERVISORS

If you have introduced the idea of reading this booklet to someone, we hope you will encourage them to do the practical sections. If it is only read through, the potential benefit to the reader is probably reduced to 10% without the practical steps.

You may be running a study group for people reading and applying the ideas contained in this series of booklets. If so, we suggest you produce a Checksheet which pulls out the practical steps from the end of each chapter. In this way you can use the same booklet many times.

We also suggest that you ask the person doing the booklet to show you what they have done on each step. This can be relaxed later, once you are satisfied that they are doing every step thoroughly.

GET READY FOR LIFE

This booklet is one of a series of very practical booklets which are designed to help people get onto better terms with day to day living.

HOW TO GET MORE OUT OF LIFE explains some of the reasons why many of us feel under so much pressure in our daily lives. It then goes on to give practical guidance about how to change things for the better.

This means getting the reader to take back control of how things go in life and helping him or her to relate better to family, friends, work and the community.

The principles explained in this booklet are deceptively simple. They have evolved over many years and are widely known. Somehow they have often been lost sight of in the apparent complexity of modern life.

If the reader takes the time and trouble to apply the simple practical steps outlined in the booklet they should experience considerable benefit.

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2023 by
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ANIMA PUBLISHING
P.O. BOX 10 BRAMHALL
STOCKPORT CHESHIRE SK7 2QF
UNITED KINGDOM

ISBN 0-9510471-4-0