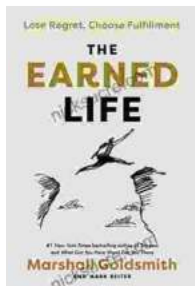


# The Earned Life: Lose Regret, Choose Fulfillment



## The Earned Life: Lose Regret, Choose Fulfillment

by Marshall Goldsmith

★★★★☆ 4.9 out of 5

Language : English

File size : 5237 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 321 pages



Have you ever looked back on your life and wished you had done things differently? Do you feel like you're constantly chasing happiness, but it always seems to elude you?

If so, you're not alone. Many people live their lives filled with regret and unfulfilled dreams. But it doesn't have to be that way.

There is a better way to live. A way to live a life of purpose, meaning, and fulfillment. A way to live **The Earned Life**.

## What is The Earned Life?

The Earned Life is a way of living that is based on the principle that **true fulfillment comes from earning it**. It's not about getting something for

nothing. It's about putting in the hard work and dedication to achieve your goals.

When you earn something, you appreciate it more. You value it more. And you're more likely to stick with it.

The Earned Life is about making choices that will lead to a future you're proud of. It's about saying no to the easy way out and taking the path that will lead to growth and fulfillment.

## **The Principles of The Earned Life**

There are six core principles of The Earned Life:

1. **Earn your success.** Don't expect anything to be handed to you. Work hard, dedicate yourself to your goals, and be willing to put in the effort.
2. **Be grateful.** Appreciate the good things in your life, big and small. Take time each day to reflect on the things you're thankful for.
3. **Live with purpose.** Know what's important to you and live your life accordingly. Don't be afraid to go after your dreams, even if they seem impossible.
4. **Make choices that align with your values.** Don't compromise your values for anything. Make choices that you're proud of and that will lead to a future you're excited about.
5. **Be present.** Pay attention to the present moment and appreciate the people and things you have in your life. Don't let the past or the future ruin the present.

6. **Never give up.** No matter what challenges you face, never give up on your dreams. Keep fighting, keep working, and keep believing in yourself.

## **Benefits of Living The Earned Life**

Living The Earned Life has many benefits, including:

- **Increased happiness and fulfillment.** When you earn your success, you appreciate it more and feel more fulfilled. You're also more likely to be happy with your life in general.
- **Reduced regret.** When you make choices that align with your values and live a life of purpose, you're less likely to regret your decisions later on.
- **Increased resilience.** When you've faced challenges and overcome them, you become more resilient and better equipped to handle whatever life throws your way.
- **Stronger relationships.** When you live a life of integrity and authenticity, you attract like-minded people into your life. You build stronger relationships with people who share your values.
- **A sense of peace and contentment.** When you know that you're living your life to the fullest and making choices that you're proud of, you can rest easy knowing that you're on the right path.

## **How to Live The Earned Life**

Living The Earned Life is a journey, not a destination. It takes time, effort, and dedication. But it's worth it. Here are a few tips to help you get started:

1. **Set goals that are meaningful to you.** Don't set goals just because they're what everyone else is doing. Set goals that are in alignment with your values and that will lead to a future you're excited about.
2. **Create a plan and take action.** Once you have your goals, create a plan to achieve them. Break them down into smaller, more manageable steps. And then take action. Don't wait for the perfect time to start. Start today.
3. **Be persistent.** There will be times when you want to give up. But don't give up. Keep going. Keep fighting. Keep believing in yourself.
4. **Celebrate your successes.** When you achieve a goal, take time to celebrate your success. Appreciate the hard work you've put in and the progress you've made.
5. **Learn from your mistakes.** Everyone makes mistakes. The important thing is to learn from them and move on. Don't let your mistakes hold you back.
6. **Never stop learning.** The world is constantly changing. So never stop learning. Keep reading, keep growing, and keep expanding your knowledge.
7. **Be kind to yourself.** Be patient with yourself. Be understanding. And be forgiving. Everyone makes mistakes. Everyone has setbacks. The important thing is to learn from your experiences and keep moving forward.

The Earned Life is a way of living that is based on the principle that **true fulfillment comes from earning it**. It's not about getting something for

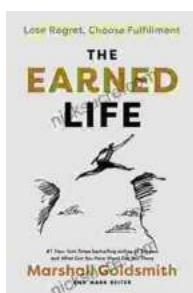
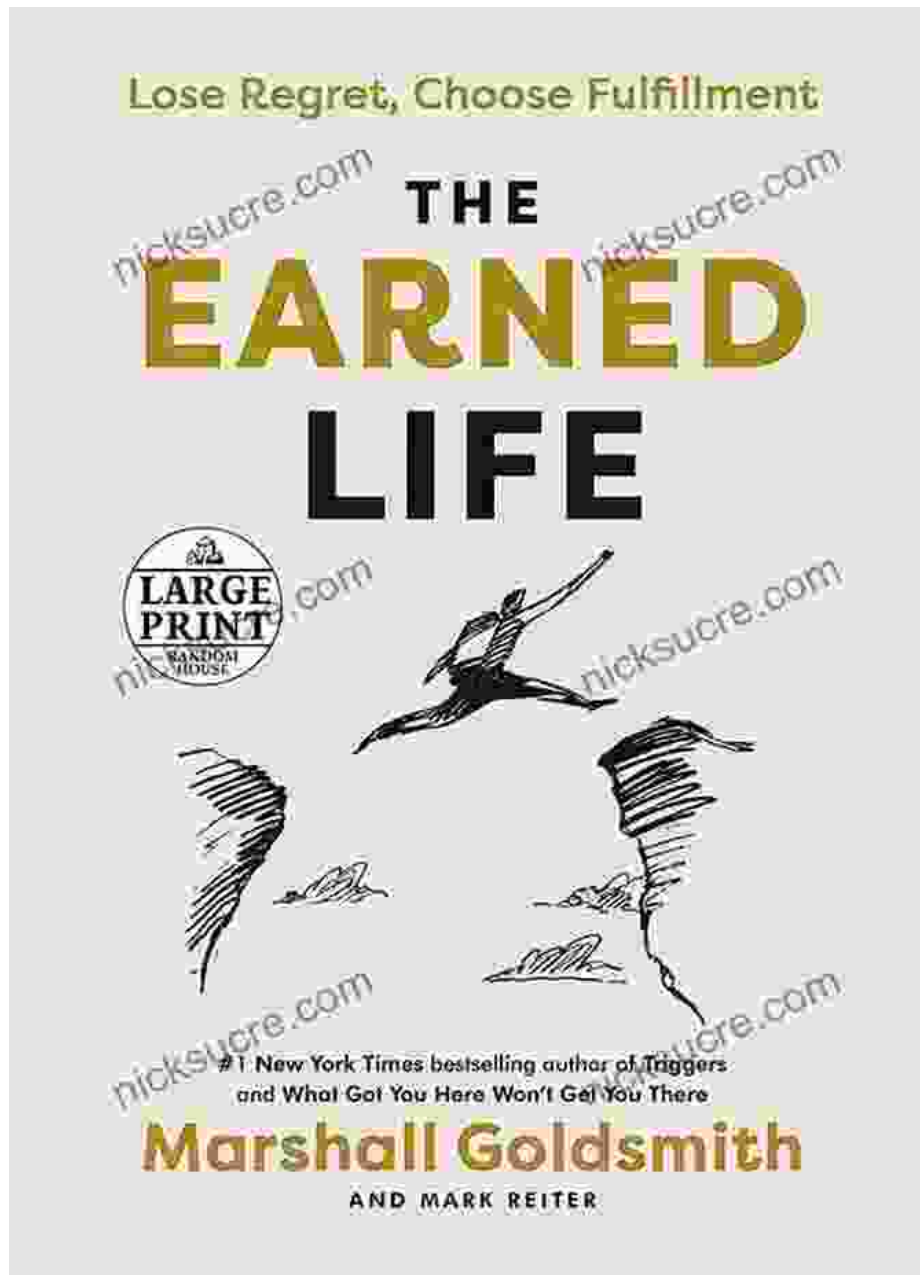
nothing. It's about putting in the hard work and dedication to achieve your goals.

When you live The Earned Life, you appreciate your success more. You value the people and things in your life more. And you're more likely to be happy and fulfilled.

If you're ready to live a life of purpose, meaning, and fulfillment, then it's time to start living The Earned Life.

**Earn your success. Be grateful. Live with purpose. Make choices that align with your values. Be present. Never give up.**

These are the principles of The Earned Life. Live them, and you'll live a life you're proud of.



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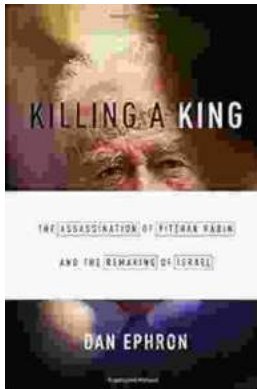
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