

# COURSE CORRECTORS

## HOW TO GET YOUR LIFE BACK ON TRACK

When we get stuck as a Drifter, we stop acting in our own best interest. Literally or figuratively, there is something standing between us and what we really want. To clear the way, we need to believe that we matter.



**UNSTUCK**  
Live better every day

### If you tend to let others take charge, you're acting like a Backseat Drifter.

*You need to believe you can steer your own life. Reflecting on the past can help you change your future.*

- List two times you let some else take the lead.

1 .....  
2 .....  
(e.g., I let my partner arrange our last vacation)

- On a scale of 1–5 (1 = horrible, 5 = I loved it), rate how each experience was for you.

1 ..... 2 .....  
(e.g., 3.5)

- How would you have made the experience better?

1 .....  
2 .....  
(e.g., Paid more money for a nonstop flight instead of making a four-hour stopover; eaten more local food; done more sightseeing instead of sleeping in.)

- What might you do differently next time?

1 .....  
2 .....  
(e.g., Negotiate to give a little and get a little, so that we both get part of what we want.)

### If you don't feel like you fit in, you're a Drifter-Without-a-Cause.

*You need to believe that you do have a role to play in the world. A good beginning is to observe your environment and yourself from different perspectives. For real momentum, try all three exercises.*

- Keep an appreciation journal for a week. Each evening, write down everything good, great, and wonderful about your world.
- Open yourself up to fresh sights and sounds. Take a different route to work. Try an unfamiliar dish for lunch. What insights get sparked when you shake up your every day?
- Ask a trusted person for feedback on what you contribute to the world that's uniquely you. How could you scale that to make an even bigger impact?

### If you tamp down your expectations, you're acting like a Bulletproof Drifter.

*You need to believe in the possibility of success. Start by imagining what the world would be like if Thomas Edison gave up after this first try at the electric light bulb. Dark, at the very least.*

Failure is a way station on the road toward success. Abe Lincoln failed in business twice, lost eight elections, and once had a nervous breakdown. Walt Disney's first animation studio went bankrupt. And Stephen King's first novel, *Carrie*, was rejected 30 times.

Now imagine what you could do, big or small, to enhance your corner of the world. What tiny step can you take to make it come true? Take it. Then take another tiny one. If something doesn't work, revise your plan and try again. Abe would be proud.

### If putting yourself second is in your nature, you're acting like a Backstage Drifter.

*You need to believe in your own importance. Let's shift our perspective away from "I'll get to it someday." After all, in a 75 year life-span, we only have 3,900 weekends at our disposal.*

- Name your top two personal goals that you've been putting off.

1 .....  
2 .....

- Calculate how many weekends you've used vs. how many you have left.

	25		1,300		2,600
	30	THAT'S	1,560	VS.	2,340
IF YOU	35		1,820		2,080
ARE AGE...	40	WEEKENDS	2,080	WEEKENDS	1,820
	45	USED...	2,340	LEFT.	1,560
	50		2,600		1,300

- What can you stop doing so you can start working toward your own goals?

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