ONE WORLD Citizens Mindset | Introduction

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YOU & thinking DIFFERENTLY about yourself

PART 1

Life Twister | Your Goals

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Every individual, every good idea and initiative for change counts. So ... this also applies to you and your idea

All change, all good ideas and initiatives begin with the thought ...

YOU ARE (I AM) IMPORTANT!

You were born with your own package of talents and ideas by which you have your important contribution to our society.

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2 Things you should know before you read this e-book …

We all have the same 30 Human Rights! Most of us don't know* about their 30 rights. 30 Rights, which if we make them true for everyone, the world is a wonderful, perfect place to live together. A place to live with dignity, in which each of us can live a meaningful life.

*that's why Jermain Bridgewater made the '30 Mensenrechten' (30 Human Rights) video clip with youngsters from the Netherlands in 2014 already.



Click on the photo or HERE to watch the YOUth & Rights videoclip '30 mensenrechten'

3

History of (y)our 30 Human Rights



Click on the photo or HERE to watch the video



Click on the photo or HERE to watch the same video with Dutch subtitle

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We have 17 Global Goals that unites us to take action!

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Since 2015 we have 17 Global Goals to go for together, signed by 193 country leaders.
When you look at these 17 Goals you see: these Goals are the Human Rights in ACTION!

To start awareness about these goals the UN launched this video …



Click on the photo or HERE to watch the video

Important messages in this video are:

- ***We can be, we must be*** *the first generations who make change!*
- *We can only achieve the Global Goals (our 30 Human Rights) if we take action towards the Goals with* ***No One Left Behind****!*

UBUNTU!
I am because YOU are

In August 2018 Jermain Bridgewater and NDUWIMANA Jean Paul made the UBUNTU video to spread awareness about achievement of the 17 Global Goals by ***We Grow Together***



Click on the photo or HERE to watch the video

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Thinking DIFFERENTLY begins with a thought ...

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We live in a time of change. This change happens once every 150 years and lasts between 40 to 60 years. During this time, nearly everything changes, which is not easy to cope with. We feel insecure and unsafe, but at the same time we are fascinated.

If you have a keen eye you will be able to perceive this phenomenon: we are on our way to a society in which mankind and the earth play a vital role; an improved society in which solidarity and interacting differently with mother nature is important. Because we are confronted with changes, setbacks and challenges, we decide more often to take initiatives ourselves together with like-minded people in order to survive_and to take action for a better society.

For your personal development this period is a unique opportunity: if you wish to do so, you can make a difference and positively influence the development of local or even global society by implementing your passion, talents and ideas. It is a choice that greatly improves self-respect and lust for life!

Real wealth is never measured in money. We all know that deep inside. The new wealth is to be found in personal development, cooperating, sharing with others and putting a lot of effort in it to create a better society in which there is well-being for everyone, including the earth. Once you come to like it, you never return to your normal life and all the certainties that come with it: you deliberately choose the new way of thinking, acting and sharing with others and you choose to work continuously on your personal development.

Times are changing

The new mindset, self-image and the practical tools you nowadays need, are to be found in the free online course 'think DIFFERENTLY', available in English in the 2nd half of 2019.



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The new mindset: you are important, your contribution counts!

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In every person hides a good idea and the personal devotion to change the society. In these times, every person, idea and initiative count!

There is nothing wrong with you as a person; you belong to the world just as much as anyone else. You have your own set of talents and ideas with which you contribute to society. There is a reason you are here!

You are important and your ideas and contribution can make a difference.

Your ideas and contribution count!

It is possible that you are unaware of this fact, or that you have not heard this information often enough, which is logical: the old mindset required you to develop the skills of obeying, adapting, participating with the group and doing what others believe to be right for you. You are taught that you have to proof yourself over and over and that you should know a million things before they take you seriously; only then you are 'worth something'. There are too many people in our daily lives that think and act this way.



Good news: you can change this. You yourself can replace the old mindset for the new one! You do not have to wait until you have a degree, learned/accomplished something in particular, or wait until others tell you what to do. You can start as of today!

Curious how to do that? Continue reading…
It is easier than you think.

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Thinking differently = to look and choose differently

The mindset of thinking DIFFERENTLY opens new doors for you and changes the relationship with other people in a positive way.

In the previous era, we learned to use the differences and talents of each person to distinguish us from each other. We were taught that it is important to put on a bold front in order to compete, to be better or feel more important than others. This way of thinking made us individuals even more apart from each other and made us feel either superior or inferior. With this mindset it became 'every man only cares about himself', with major consequences. This should be different!

If you think differently, you will notice that we are all different as human beings, which is not for just any reason: we are different, complementary, and thus only together we are complete! Each and every one of us has its own package full of passion, talents and ideas, and therefore his or her own unique contribution in society to make. You as well! Because of these differences, we only have the talents, solutions and dedication that nowadays are needed to realise a new society if we combine our strengths.

If you start thinking and perceiving that way, you choose to do so together. You choose for a society in which you, as a human being, feel that you belong here for 100%. You are part of a larger whole. Your ideas and contribution are important. It is a way of life in which you experience that your life is useful and that you feel like living!

This might sound utopian, but it is not. It is wat every human wishes and knows deep inside. It is possible. The trick is to simply start and go for it!

Together we can work on building a new society with the needed attention, well-being and bright future for everyone, our Earth included.

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Welcome!

With the help of this e-book I invite you to get familiar with the new mindset and thinking differently about:

- yourself
- your passion, talents, ideas
- the value of your contribution
- taking initiative, yourself

It is a new mindset that can be mastered at any age. With it you can once more give meaning to yourself and your life and at the same time start thinking differently about:

- each other
- solidarity
- interacting with our Earth
- and taking responsibility together

With this mindset you free yourself of habits that no longer fit. It will become easier, achievable and interesting to go your own way and take initiative yourself and by doing so really change society with each other.

Please have fun reading this e-book and best of luck playing the Life Twister game. I obviously assume that you are just as important as anyone else and that you are going to do something with your talents and ideas!

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Together we have all ideas that are now needed to change society in a sustainable way.



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Acknowledgement

The making of this e-book would not have been possible without the help of Bas, Joris-Jan, Job and Sophie, my – by now grown-up – four children. With a lot of patience and determination they have shown me for the past 25 years how I could develop myself and join their life style and future. They helped me remember who I actually am. With a clear message, attitude and respect, they stayed true to themselves. And by doing so, they gave me the opportunity to copy them and to discover what I had given up on as a child by adapting myself to the larger group. 'What will *they* say? What will *others* desire from me and how do *they* do it?' All this just to fit in and be 'normal'.

The study and the course that are now online were not have been possible without the inspiring cooperation with all the young people that I have gotten to know well. They shared their dreams and ambitions and showed me every time again: youngsters of today have their own vision and idea of the future. They hold a different view of life (other than used to be 'normal' for a long time). They choose consciously for a different life style that is now more and more accepted by both youth and adults. They take initiative themselves to durably change society. We as adults should copy that ánd learn from it!

This discovery gives hope, inspiration and a future! If youth may stay true to themselves and we as adults dare to copy and learn from them, the differences between the generations will be no more and youth and adults can start cooperating with mutual respect on bringing change and innovation in this new era.

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Youngsters of today are born (evolution) to design the new society.

We can copy and learn from them!



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What this e-book offers you

This online booklet already started by giving insights in the change we now experience and continues to describe the first characteristics of personal development and the new society that we are facing. Followed by the Life Twister game with which you can get to work for yourself, if you discover that the new mindset described in this booklet suits you well.

11 A new era, a new way of living and a new mindset.
Choose for yourself, your hidden talents, passion and ideas.

16 The Life Twister Game
To become the Personal Coach of yourself, with explanation & game rules.

18 Get to work, choose your goal, make your plan of action, consult and go!

24 Everything begins with a thought
An invitation to you.

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A new era: time to think and act differently

Earth, crises and other challenges show that the old way of living and the old society are no longer maintainable and that it is time to really change our personal life style and way of cohabitating. It is time for a new society in which all people have access to a basis of well-being and opportunities to develop themselves. A society with education and entrepreneurship for all youth, so that current and future generations can consciously take the opportunity to think along and find solutions for current problems by means of their own contribution, talents and ideas. With this basis, everyone can take responsibility and actively contribute to create, both for ourselves and together with others, a society that brings a much better future for both humans and earth itself.

The increasing scarcity and need for change helps us to discover that everyone's contribution is important and that we need each other, can learn from each other, share our means and bring about lots of improvement and innovation with each other. The Internet allows us to cooperate both locally and globally. We already use this tool very often. Today already entire networks of like-minded people dedicate their time to improvement without large sums of money or traveling: they take the initiative online to reach the future society they desire together.

To reach the self-conscious contribution of as much youth and adults as possible, a change in the way of thinking is required. This change first begins in your own life: your view on life, your way of thinking about yourself and the things you are going to do with your ideas and talents. These factors determine your choices, time investment and personal dedication and contribute to the change we can all undertake.

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The turning point is when you start choosing for change and goals that really suit you.



A new way of living

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Due to the changing economy and labour market, more and more people decide to take the initiative themselves and independently earn their living. The increasing poverty and impoverishment of health and welfare in our society as a consequence of cutbacks in expenditure creates a new form of solidarity and stimulates personal dedication and new initiatives. People are taking action and deciding their own destiny. They reunite and take initiatives to change the society from bottom-up.

Youngsters also show where our society is headed. They deliberately step out of the race of successful lives based on money, prestige and a full agenda and exchange higher incomes for more flexibility and a better balance between work and personal life. They choose for natural, sustainable products and simplicity, and take the initiative to change their own life style and way of cohabitation. They share with others without getting something back in return.

In short: for more and more people taking initiative themselves is the new way of living. It is the combination of a new way of living, cohabitation and if necessary a system to earn one's living. Not by profit though, but by impact of social change, followed by a good financial system to provide one's own livelihood to maintain the social changes you aimed to achieve with your initiative so that this initiative will be successful. Changes need time, an average of 10 years to be precise, even in these times.

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Social entrepreneurship: not driven by profits, but by impact of social, sustainable change.

Connected with a good financial system to provide one's own livelihood.

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Time for a new mindset

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It is already described above: our society is changing and not by a little. We find ourselves at the beginning of a new era with new opportunities. This way of living and thinking that we all held on tightly for a long period of time is coming to an end. A lot of things are changing. Where we are headed is not yet entirely clear, but one thing is for sure: it is time for a new mindset, a different life style and a different way of living together.

Even your own life is changing. We used to be taught not to speak, to adapt and follow others to be good enough to join the group. Nowadays you are more and more challenged to take initiatives yourself, find solutions and create your own employment and participate in social and sustainable change.

We live in a time in which radical changes are happening with regards to our personal lives, the local community and global society. Turbulent times in which you consolidate your position with a new and strong self-image and a good view on seizing opportunities for a happy life and, if necessary, create your own income.

That is why think DIFFERENTLY offers an accessible online course with regards to the new mindset and life style that help you to move forward regardless of the change. The course starts with Life Twister, your goals and plan of action and 6 building blocks that form a solid basis to seize the opportunities that fit you and try them out.

Think DIFFERENTLY:

A new mindset for a strong and entrepreneurial life.

In this e-book you find a course that you can start working on, on your own time and pace, to integrate the mindset into your daily existence.

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Introduction ‘think differently about yourself’

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Choose to think differently about yourself

After a long period of following others, proving and adapting yourself to them, it is finally time for a different way of living. In these times you can make your own choices and choose for personal development and goals you wish to achieve.

Change your self-image, choose new opportunities

You are able to do more than you think! You discover this by choosing new opportunities, accepting new challenges and setting goals that give meaning to your life.

Go back to who you were as a child

As a child you are inquisitive, studious, entrepreneurial, social and creative. You are curious and wish to develop yourself continuously. You do not have these talents for just any reason. You need them as a small human being to survive and fully develop yourself.

Develop your hidden talents

These talents got lost somewhere during your upbringing and education in a system working well back in the old days. Back then it was all about knowledge, performance, obtaining high grades and going in the same direction as everyone else. It was something to hold on to. Nowadays it is completely different. Now you need talents to cope with the changes in society, the economy and labour market. Luckily, these talents are only snowed under and thus not unfindable. You can retrieve them by looking for them and developing them even further.

You can go back to the curiosity and talents you had as a child already.



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Give meaning to your own life

Every human has his own passion, talents and ideas for change and an important contribution to make for a better society for everyone. If you discover these talents and use them, you get motivated to use your passion and talents to the fullest and undertake your idea for change. You energise, get lust for life and develop the feeling of being important: ‘my ideas and the efforts I make are important too’. My life has a meaning; I can make a difference!

Become curious about who you are and what passions, talents and ideas you have

Such life with passion, talents, ideas and motivation starts by becoming curious about who you are and who you want to be. What kind of passion, talents and ideas are hidden inside of you? It also starts by finding some free time to personally develop yourself and, for example, start part 1 of the course ‘thinking DIFFERENTLY about yourself’. In that course you discover who you are and who you want to be in seven steps, but also what your hidden talents are and how you can still develop them. The game Life Twister is the main theme of the course, guiding and helping you to find out what you really wish to accomplish.

Play the Life Twister game

With Life Twister you choose challenges and goals that suit you well. You choose those you find important and want to accomplish in the near future. With this game, you discover what holds you back and what you need to achieve the goals. This game enables you to independently coach yourself at any time. You make a plan and take action with full focus on your target. This makes you strong and gives you the opportunity to achieve the goals that are important to you!

With Life Twister you discover:

The best personal coach is you!

&

You are the entrepreneur of your own ideas and contribution.

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The LIFE TWISTER game

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Rules of the game

In this e-book, you play the game with a goal that you can achieve within one month to try out how it works or to see if it suits you, but also to see whether you can achieve a goal. After a month of practicing with a goal you can achieve within one month, you could use the LIFE TWISTER game for goals that you wish to accomplish in time. These goals are to make your dreams come true, elaborate on ideas and develop your talents. By putting an effort into it you can bring about a difference in society.

The LIFE TWISTER game consists out of 8 steps.

Step 1	Make a list with goals and choose your TOP 3.
Step 2	Pick an achievable goal from either your TOP 3 or the rest of your list and complete the LIFE TWISTER form.
Step 3	Draw up an action plan to map out the route to your goal.
Step 4	Consult on this plan with people that are important to you.
Step 5	Ask your HERO or others for advice or tailor-made help.
Step 6	Make a collage of your GOAL to keep focused.
Step 7	Go! & Evaluate in between, continue and enjoy that what you already accomplished on the way to achieving your goal.
Step 8	Achieve your goal, celebrate the victory and/or choose your next goal.

You do not need to prove yourself in this game.

It is mostly about the road to achieving your goal, and not only the achievement itself.

This game has no losers!

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Three game rules

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Game rule 1

The LIFE TWISTER game starts with the thought: *'I am important, my ideas and contribution are of importance. I am the entrepreneur of my own ideas and contribution.'* With this game you discover how you can become an entrepreneur. And if you play the game till the end, you will have become the winner when being on your way to achieving your goal. A known expression states that when determining goals, you do not necessarily need to achieve them; It sometimes is all about the experience and learning moments along the way. With each goal you obtain more knowledge and experience, even if you do not achieve it. The knowledge and experience is the most important!

You sometimes choose goals that in retrospect were not your cup of tea. That is OK!

Game rule 2

You can only win the LIFE TWISTER game if, at the beginning of playing, you choose what goal you wish to achieve and do not let other people's opinions influence your choice. You play the game perfectly if you play it with everything you find, feel or think is important. That way you can discover how independently you can achieve your goals on your own strength and by making the choices yourself.



Game rule 3

You can even win making wrong choices. Playing the game goes by making your own choices and setting your own goals. You could obviously make the wrong choice or choose a goal that is not your cup of tea. This is very normal! Your so-called 'wrong' choice is of great value. These choices give insight about yourself and about what is, or is not your cup of tea. They help you to choose a different goal next time.

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Start your Life Twister

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Step 1: make your list of goals and choose your TOP 3

Take your time to calmly think about the following questions:

- What dreams and desires do you have?
- What would you like to develop, be able to do?
- What talents would you like to develop?
- What ideas would you like to carry out?
- What do you prefer to share with others?
- What is worth your effort, for what do you make free time?
- What could you accomplish when achieving your goal?
- What would absolutely positively change your life and make you happy?
- What do you really wish to experience in your life?
- What goals would you need to achieve that?

Complete the list of goals with the help of the answers to the questions. Your list of goals can be downloaded here. If you are done filling in the form, choose your TOP 3. You should choose the 3 goals you now find the most important to achieve.

Download the list of goals by the button below.

Save the list to print it out or to fill it in digitally

YOUR LIST OF GOALS

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Step 2: Choose a goal from your TOP 3

To try out how the LIFE TWISTER game works, please choose a goal that you can achieve within four weeks. With the help of this goal you fill in the answers to the five questions of LIFE TWISTER.

LIFE TWISTER consists out of five questions. You can fill in the answers on the LIFE TWISTER form to clarify what you need to achieve your goal.

1. GOAL: What do I really want to accomplish. What do I really want to achieve?

2. NOW: How far am I right now in achieving my goal? Where do I currently stand?

3. OBSTACLE: What is holding me back from achieving my goal? Which personal aspect is holding me back? What environmental aspect is holding me back?

4. RESOURCE: What do I need to achieve my goal? What characteristics do I personally need to have? What kind of people or resources can help me to achieve my goal?

5. HERO: Is there someone around that already has achieved my goal. Who can help me? Someone that I can ask for advice?

If you completely filled in the form, please proceed to Step 3. When filling in the form, think of game rule 2*: You play the game perfectly if you play it with everything you find, feel or think is important.*

Download the LIFE TWISTER form by the button below



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Step 3: Make your action plan that will lead you to achieving your goal

With the help of the answers to the LIFE TWISTER form questions you can start developing your first action plan that will lead you to achieving your goal.

After looking at RESOURCE you will have discovered what you need in order to overcome the OBSTACLE. After looking at HERO you were able to think of someone you can ask advice.

With this information you can draw up an action plan. Make it achievable. You can define 'achievable' by using common sense, but please consider the following as well: your goals will become achievable if you work on it on your own pace. In this game, you do not have to prove yourself to no one. You play the game to discover in what way you are the entrepreneur of your own goals and life, but also to discover that you are capable of achieving the goals that are important to you in your own way.

Step 4: Consult on this plan with your relatives or friends

After you have drawn up your action plan, it is time to determine how much time you need to free up to achieve your goal. You can already make a planning with what you now know. If you have done so, consult on this plan with people that are important to you. Tell them what your goal is and why you wish to achieve your goal. By doing so you inform them on what you are going to do and they might end up supporting you. If the people in your environment are open to it, you could also talk about what you can and cannot expect from one another with regards to achieving the goal. If possible,

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make clear agreements so that you make sure you can achieve the goal on your own way to prevent having to explain over and over what and why you are doing what you are doing. You can go your own way without being unsociable and that feels great!

If people do not understand or respect what you find important or how you wish to achieve your goal, you will have at least informed them. You can refer to it again if they 'bother' you along the way by asking questions for which you do not have time. If you find yourself in this situation, hold on to the following thought: 'You are the entrepreneur of your own ideas and contribution. You are the only one who can determine what is best for you. You can only take your responsibility in one way: by making your own choices.' These people often respect you when looking back. It is because they still hold on to the thought: *we will believe it only when we see it*. That is fine too ☺. Not everyone sees the same opportunities as you do. Every human being has the right to his or her own truth. Yours may differ from theirs.

Step 5: Ask your HERO or others for advice or tailor-made help.

If, when filling in the LIFE TWISTER form, you have found a HERO, please make an appointment and ask this person advice with regards to your goal. You could talk about your action plan and ask this person how he or she feels about it.
Please make sure that after the conversation you thoroughly think his opinion through. Would his way suit you too? Modify your action plan if necessary.

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If his or her advice is not of any use to you, just leave your plan as it is. Be aware of the fact that there are several ways to achieve the same goal: you are doing it perfectly on your own way. To learn from it yourself, you follow your own path in achieving the goal.

With your action plan now finished, you can specifically ask others for help. You can exactly indicate what help you need and what help you do not need. The other person can indicate if he/she is prepared to give you that help or not. You both then know where you stand. This makes your relationship with the other one transparent and prevents you from getting the wrong impression or disappointed.

Step 6: Make a collage of your GOAL to keep focussed

You can only spend your time and focus on one thing. The same goes for money. Everything you put your focus on, will grow. To keep your focus on a goal, you make a collage of it.

You make the collage by using images (of the Internet or a magazine) and words that have everything to do with that goal you wish to achieve. It is important that you choose images and words that make the goal attractive for you and make you feel motivated to work on it just by thinking of it. You use your collage to keep reminding yourself why you have chosen this goal and to find the strength to keep going, even when it gets tough. It is best to keep your collage next to your bed or close to the mirror you use every morning to prepare yourself for the rest of the day.

Here you can open an example of a collage.



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Step 7: Go! & Evaluate in between, find the courage and enjoy that what you already accomplished along the way

After step 6 you are ready to achieve your goal. You thoroughly thought everything through, so you can trust yourself for mapping out the best path. Keep your action plan and LIFE TWISTER form close to you and look at it once every week. Check if everything is in order and if this is not the case, modify your plan.

If others are involved, for example if they help you or curiously follow you, try to share your modified action plan with them as well. By doing so, you keep them well informed and you maintain respect for them and yourself.

Step 8: Achieve your goal and/or choose your next one

Game rule 1 informed you that it is not always about achieving the goal. Sometimes it is all about the way to it and everything you learn from it. If you evaluate frequently and stay honest to yourself, you automatically feel if you have chosen a goal that is achievable or not.

If you see this coming, please take a new LIFE TWISTER form. Check what other goal you can choose to achieve the initial end goal. It is possible that another action plan works better or that on the way to achieving your goal you find out that the goal itself is not achievable or less attractive for you.

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Not achieving your goal and choosing for another has nothing to do with failing or making the wrong choice that you could have prevented. You have simply gotten more familiar with yourself and know more about yourself. With this knowledge you choose differently next time. And that is very normal, because that is the way of self-development.

If you have achieved your goal, you should celebrate it: it is worth it and you will enjoy it. After your celebration you simply choose your next goal. You know how it works and you continue investing time into developing your own life style, ideas and contribution in this society. Take your list of goals and TOP 3 and continue with step 2.

Everything begins with a thought, the summary …

Good ideas and innovations are hidden in everyone, including you ☺
You develop them yourself. You are the one to choose to go for it.

Make the decision and contribute! Your ideas and contribution are important. We live in the same world. Let us take action for a new society together to bring a better future for every man, every woman, every child and the new born generations.

Now it is of utmost importance: What will you decide to do? What do you really want to achieve? Do you choose to give meaning to life, to make a difference? Are you going to wait or participate? Today or tomorrow? Whatever you choose, there are no hard feelings. The choice is yours; you are the entrepreneur of your goals, contribution and life you wish to achieve.

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You are important!

Good ideas and innovations are hidden in everyone, including you ☺

Embrace your talents, ideas and dedication to contribute to a better society and future of all, including earth!

If you are ready to do so: Welcome to join ONE WORLD Citizens!

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