I COULD DO ANYTHING IF I ONLY KNEW WHAT IT WAS: HOW TO DISCOVER WHAT YOU REALLY WANT AND HOW TO GET IT — OUR 90 SECOND REVIEW

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In this New York Times Best Seller, Barbara Sher takes you on a journey of self discovery that can lead you to the career of your dreams.
Short Summary

Everyone has dreams and aspirations—but not everyone really knows how to pursue these in a way that is effective enough to actually accomplish these goals. Some people are too frightened to try to figure out how to accomplish them, and others are too mired in inner conflict to really move forward. In this book Barbara Sher encourages readers to learn techniques for overcoming inner conflict, clarifying goals, and making out of life what is truly desired.

Key Takeaways

Sher suggests a number of games and activities you should partake in in order to identify and achieve your goals. Some of these include:

- "The Impossible Dream": List all of the careers your family members would ideally like you to have in order to put into perspective how impossible it is to please everyone simultaneously.

- Construct your "job from heaven." Describe what you would do, where you would do it, and who you would do it with without worrying about the practicality of each of these areas. Repeat this exercise with your "job from hell."

- Make a list of all the things that, to you, define "meaningful work" in order to hone in on what you would really like to be doing.

- Make a list of what you enjoyed doing at various junctures of your life (ie: at age 5 and every 5 year interval after that) to remind you of what you used to love and to inspire you to keep dreaming.

- Make a list of all of your goals and passions in the order of what can feasibly be accomplished in the shortest time to the most long-term project or plan. Then, you can pursue all of your goals without feeling like you are sacrificing any of them in favor of another, or eliminate possibilities based on how impractical they truly are.

Action Steps

- Recognize your inner conflicts. Identify where they are coming from, the results of these conflicts, and how you could benefit by resolving such conflicts.

- Brainstorm how to overcome your inner conflicts in an effective way.

- Identify what is stopping you from achieving your goals or helping you to achieve what it is you need or want to in life. Brainstorm how you can overcome these obstacles so that you can effectively pursue your goals.
 Acknowledge and accept that you truly can have whatever you want out of life if you only know how to pursue it.

 Don’t get bogged down in self-analysis. Make your brainstorming sessions active and effective, and then act on your thoughts. Know that action is the most important element of overcoming your inner conflict.

 If you find yourself in a position of having made a wrong decision, make the absolute most of it, and then learn from this wrong decision.

 Allow yourself to want things that you may think are trivial. Allow yourself pleasure and rewards in life.

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