



# The Game of Life and Success

*Steps to Self Mastery and Happiness by Steve Wright Krummeck*

**Krummeck** is a leadership, business, career and life coach. In this book he draws on a range of ideas, from ancient spirituality to modern science, and uses them to formulate ways to transform your life, circumstances, or business. His central offering, for which he also runs a workshop called Happiness Now, focuses on the transformational power of happiness and its part in success.

His method concentrates on seeking the meaning in your situation, and rising above your circumstances. He illustrates his ideas with case studies drawn from his career as a life coach. He asserts, "The Game of Life and Success affords you the opportunity to radically change the way you think and what you believe; therefore the way you see the world, yourself, others, and how you view success, life, relationships, your career, and business/organisations."

We will look at some ideas from his chapter on

goal setting. Krummeck says, "The crux of the matter is that you need to believe in your future, have goals, purposely move towards achieving your goals, and have some degree of spiritual awareness which underpins your Being the essence of who you are."

## 1. Set goals

Choose the areas of your life or business you want to work on. "Define explicitly what you want," says Krummeck. "Set specific realistic, achievable goals which redefine your life as you want it to be. Write out these positively stated goals/affirmations and read them to yourself at least once a day, visualising them as already achieved." It is imperative that your goals are concrete, realistic and attainable, and "take cognisance of what is required of you, and perhaps others, in order to achieve them".

## 2. Align your goals and your values

If you find you have not been achieving your goals, Krummeck says, "Ask yourself whether the non-achievement could be a message that the goal in question is not necessarily the one you should be striving to achieve." If it doesn't feel right, leave it.

## 3. Write affirmations

By this he means "a goal positively stated as already existing or already achieved". He gives the example of

someone who wants to be a helicopter pilot. His positively stated affirmation could be, "I have my pilot's licence".

## 4. Devise a workable plan

"This plan will have to realistically detail the actions and resources you require to achieve your goals," he explains. Set specific dates for completing each stage of the ultimate goal, right up to its completion.

## 5. Take action

"Taking action involves taking concrete steps towards the achievement of your goals or affirmations," says Krummeck. "Therefore, you need to propel yourself forward by purposefully focusing on specific actions in order to attain the end result you desire."

## 6. Be patient

"Rome was not built in a day," says Krummeck. Keep at it, celebrate your successes as you reach milestones in your plan, and return to your goals and affirmations every day.

## The book also covers:

Overcoming fear, enhancing your intuition, living your passion, knowing and loving yourself, values and beliefs, mind power and more.

## Vital stats

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