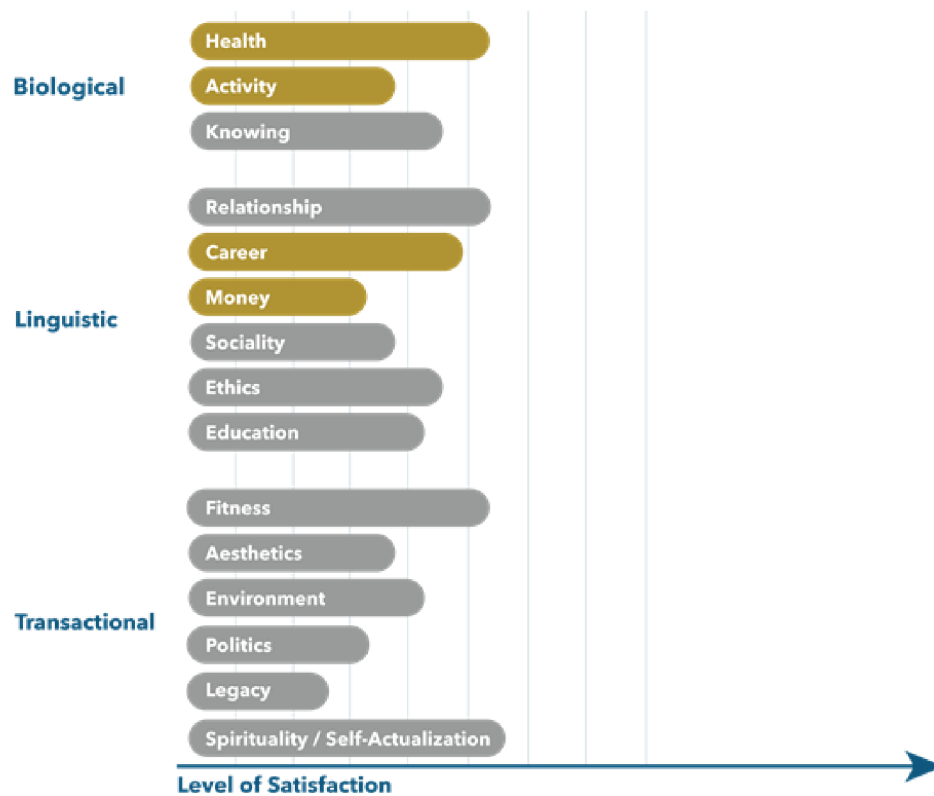




CONDITIONS OF LIFE



Why Conditions of Life?

“The good life for people is a life of happiness.” –Aristotle

We all seek to live a good life. What is happiness and how do you put it into a framework in which you have a pathway to achieving that state?

When students apply for our programs, we often see an imbalance in their lives, even in the most successful achievers. Perhaps they make a great income, but their health (stress, weight, fitness) is poor. Maybe they are so focused on one aspect of life that they struggle to satisfy others. It isn't easy to create balance in our lives, but it is quite possible to be profoundly satisfied across many domains of our lives.

At Influential U, we refer to these domains as Conditions of Life.

Are you satisfied?

A Condition of Life is an unavoidable state, situation, or recurrent circumstance that human beings face during their lifetime. These 15 conditions vary in their importance and relevance to us as we live our lives. Some are evident, such as our health, families, and the need for money. In contrast, others become more or less obvious and important to us as we mature, such as our need for education, spirituality, and our legacy, for example.

For adults who seek a good life, tending to these conditions ensures that they have the most significant opportunity to live a satisfying and happy life. If these conditions go unattended, the consequences can and often do produce a life of difficulty and hardship.

TIP: Learn to think accurately about each condition AND your specific aim for each. For example, aspirations would inform your aim for money by thinking accurately about the money you require now and what you will require to satisfy those aims until you die.

For each condition, think a) how do I think accurately about this condition and b) what is my aim for this condition (what would satisfy this condition)?

Health

The condition of our biology. This includes physical, mental, and social well-being and not merely the absence of disease.

Activity

The activity of life – what we do with our mind/body. This includes any labor, work, or action you take (or seek not to take) throughout your day, whether personal, professional, or leisure.

Knowing

The condition of our reality; our capacity and ability to organize acts. In other words, if you know something, then you're able to actually do that something. Knowing is not mere understanding.

Relationship

The condition of our ability to give AND accept love and care. This includes romantic relationships as well as relationships with your family, friends, coworkers, and anyone that you interact with.

Career

The condition of our identity of value and help in specific ecologies. What is your identity in the different groups you participate in? This is not relegated to only your professional life. This also includes your identity at home, church, in the neighborhood, around town, and even online.

Money

The condition of our ability and capacity to function with others in meaningful economic exchange. Money is the value of your help, the way that others perceive your value, and how you move to exchange it with others.

Sociality

The condition of our ability to cooperate and function among others (in roles and reciprocal practices). How are you perceived at work, or at family gatherings? How do you function amongst groups?

Ethics

The condition of our character. Ethics is an entire branch of philosophy that concerns itself with how you behave and what you consider right/wrong or proper.

Education

The condition of our specialized knowledge and the pursuit of learning. This includes conventional courses like school, universities, training, certifications, and licenses, as well as personal endeavors like reading, study, and self-improvement.

Fitness

The condition of our being "fit" for a satisfying life. This is not narrowly physical fitness, but rather your fitness for whatever aim it is that you're pursuing. Are you fit for the life for which you aspire?

Aesthetics

The condition of our appreciation of beauty and leisure. How do you address your needs and wants for art, beauty, nature, and the experience of leisure and relaxation?

Environment

The condition of our world. Although this includes your personal environment (home, office, or room), this condition covers your aims for the world, the planet, nature, and ecology—or your concerns for the state of the world and global affairs.

Politics

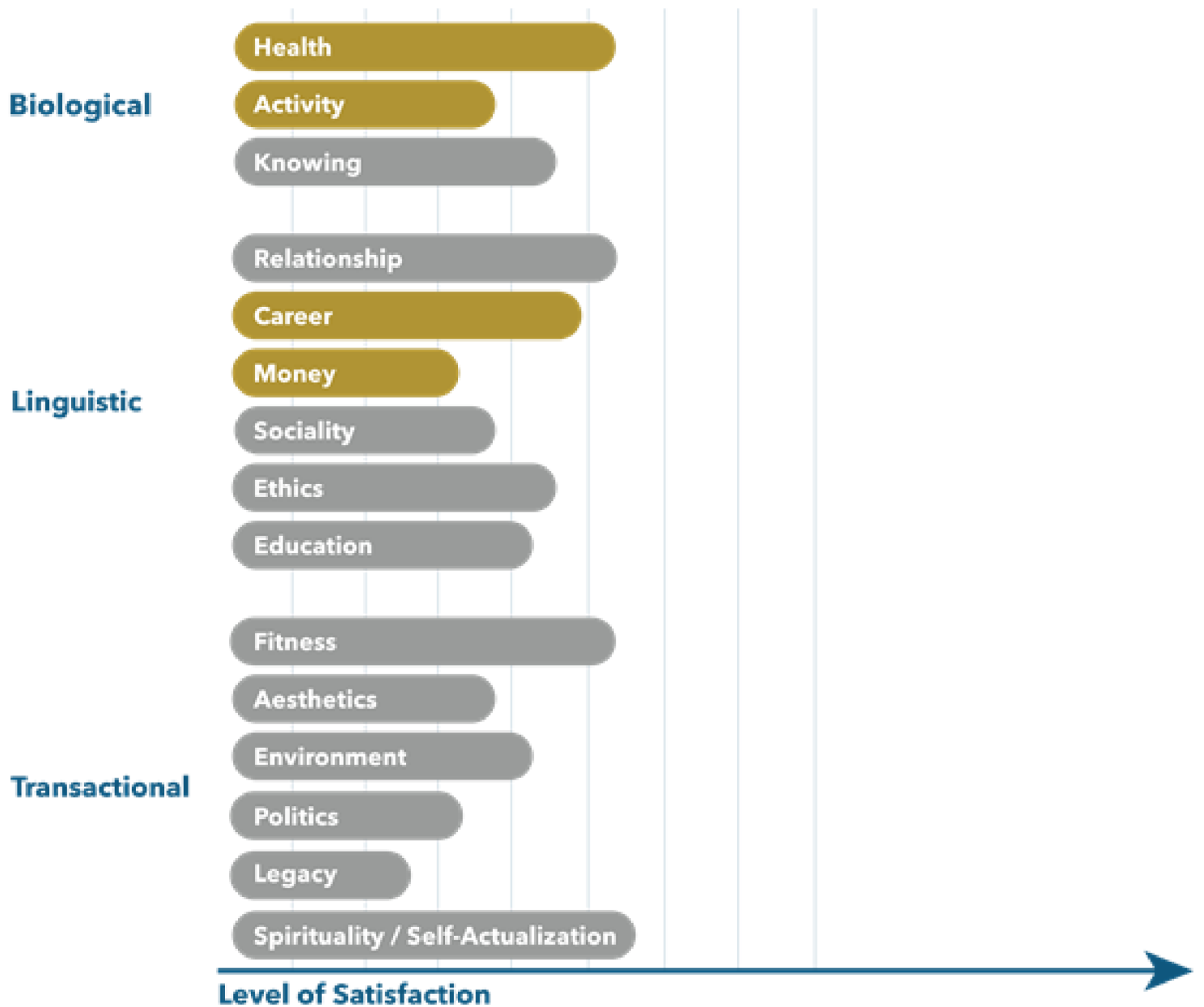
The condition of cooperation and redistribution of resources. Politics does not solely entail municipal, state, and federal government. Politics are present in all situations wherever you deal with people and sharing of scarce resources.

Legacy

The condition of our contribution of help to others. How will your help be remembered? Distinct from merely being remembered (or not forgotten), your legacy is about your lasting impact on the world.

Spirituality / Self-Actualization

The condition of unconditionality. Spirituality is about seeking a meaningful connection with something bigger than yourself; the realization or fulfillment of one's talents and potentialities.



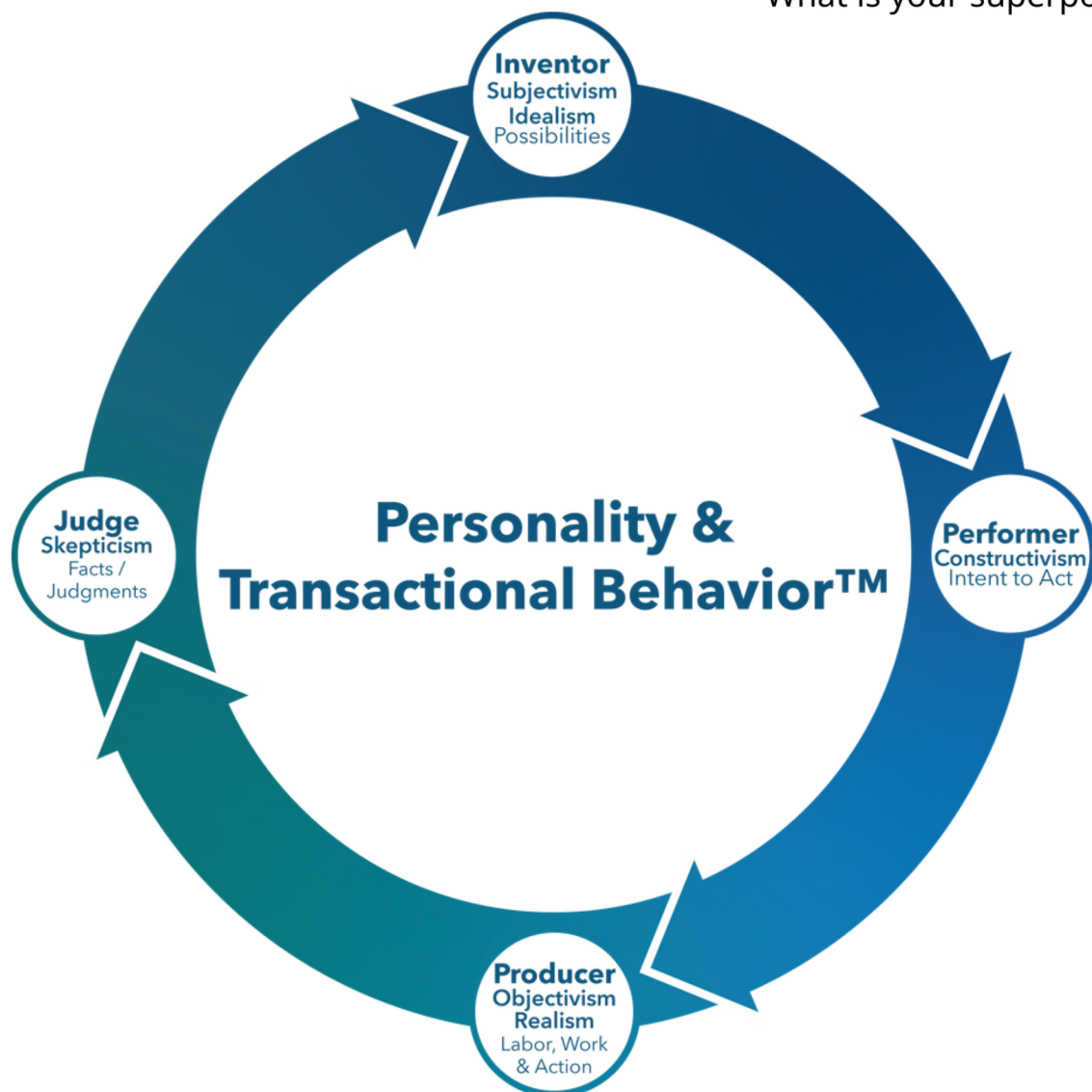
Exercise

Which exchange is your superpower?

(and which are your kryptonite?)



What is your superpower?



F*ck Luck

Influence every exchange.

Influential U gets real results. Our clients report earning more money, hitting health goals, and having more time to enjoy both. We have taught thousands of ambitious business professionals how to construct the exchanges that accelerate their influence. Our programs are offered in 12 countries with webinar participants and podcast subscribers in over 100 countries.

Influential U produces life-changing journeys. We will show you how to go from one-hit wonder to sustainable satisfaction, because real success means replicating results to consistently achieve aims. Since our founding in 2009, students have brought our proprietary practice to schools, institutions, and enterprises around the world.

More influential.
More rewarded.
More U.