



52 Weeks of Make It Happen Mastery

Joann Lim

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Inquiries regarding permission for use of the material contained in this book should be addressed to:

joann@bigpicturefinefocus.com

Book and cover design by Joann Lim

Logo by Drew Lesiuczok, *www.lessuhchuck.com*

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First Release: January 2012; Second Edition: December 2012

ISBN-13 978-0-9878099-2-6

Rockstar 52

You are cordially invited

to play in this game of life.

This is your chance to Make It Happen
and make this year ahead a living Masterpiece!

A handwritten signature in teal ink, appearing to read 'John', with a large loop on the 'J' and a long, sweeping tail.

Rockstar 52

the *BlG* three

1

YOU Matter.

Time is the currency of life. My hope is that you will make the time you have count with the people, events, and causes that are important to you. Beyond a book, the pages ahead are a reflection of your life. 52 Game Changers have been specially selected to empower and inspire you to be the BEST version of yourself each day such that you live your BEST life now. Happy ThanksLiving!

2

Play It Forward.

One of the greatest privileges we have is to share who we are, what we know, and what we have. As such, if after reading this you got at least ONE thing (I'm counting on you getting at least two), please visit www.bigpicturefinefocus.com for more goodies and spread the word via email, Facebook, LinkedIn, twitter, Pinterest, snail mail, your choice.

3

Connoisseurs like Company.

Do you want more? I personally invite you to become a Rock Star subscriber at bigpicturefinefocus.wordpress.com and check out www.bigpicturefinefocus.com for some amazing resources...did I mention it's completely, 100% FREE?

This book is for anyone who is interested, curious by, in the process of becoming, or already is a Connoisseur of Life.

Rockstar Resources

Rockstar52

www.bigpicturefinefocus.com

Secret Revealed!

Ever wonder how everyday people become Rockstars; how to Unleash (your) Greatness & Be Exceptional; how to become a Connoisseur of Life?

Keep your eyes out as all through this book, you will find the **Secret Revealed!** sign. These secrets INCREASE in value as amazing people like you take hold of their lives and commit to transforming every now moment into a wow moment and living the BEST life ever- beginning today.

Consider This!

Every so often we come across or stumble upon bits of insight that challenge, change, and/or transform the way we see things. The *Consider This!* sign indicates "food for thought" and/or something to chew on.

CONNOISSEUR KEY!

Have you ever worked on a puzzle or crossword and wished you could get a clue as to what to do next and/or how to approach your next move? The **CONNOISSEUR KEY!** is provided throughout this book to give you an addedumph, a little boost, and tip to move forward into greatness.

PLAY BIG PLAY NOW!

True Rockstars know and embrace the idea that LIFE IS NOW. Opportunities exist in the present moment and it is up to us what we do with them. **PLAY BIG PLAY NOW!** invites you to get into the game and take inspired action NOW. There's a reason why it's not Play Big Play Later...

M.I.H. OPPORTUNITY

M.I.H. OPPORTUNITY: Make It Happen Opportunity. That's right folks, 52 weeks, 52 M.i.H. Opportunities for you to learn, discover, uncover, and enhance who you are and the life you desire.

Look for the signs!

M.I.H. Opportunity

I WILL COMPLETE THIS M.I.H. OPPORTUNITY BY: [Insert completion date]
MY REWARD FOR COMPLETING THIS WILL BE: [optional]
MY CONSEQUENCE FOR NOT COMPLETING THIS WILL BE: [optional]

REWARDS



CONSEQUENCES

- If I have money leftover in my budget at the end of the month, I will put the difference into a "end of the year trip fund."
- If I do {insert task} by [insert date], I will go to the party Friday night.
- If I do {insert task} by [insert date], I will get to sleep in on Saturday.
- If I do {insert task} by [insert date], I will get the shirt I wanted.
- If I do {insert task} by [insert date], I will treat myself to a manicure/pedicure at the spa.

It's quite common when the notion of rewards and consequences comes up, people say, "I can't think of a reward or I can't think of a consequence."

Let's get clear. Rewards and Consequences often help us move forward as they serve as motivation, enticement, inspiration and a form of accountability.

For some, Rewards & Consequences may work, while for others, the sheer idea of committing to something is enough. The reality is, you know yourself best. This is your experience and thus your choice.

If you are interested in using the Reward & Consequence method, I have provided a list of some of the ones I have used with my clients on their journey of Unleashing Greatness (perhaps they will spark some of yours).

- If I don't submit my taxes by {insert date}, I will donate my tax return to a charitable cause.
- If I don't do [insert task], I will give up my daily Starbucks coffee.
- If I wake up late, I will run an extra lap/extra 10 minutes on the treadmill
- If I don't announce my commitment via Facebook/Twitter, you can and will.
- If I don't do [insert task], I will add to my stress.

R & C

GET CLEAR!

It's time to get clear on **Your BIG Picture.**

What do the following mean to you? How do YOU define them?

SUCCESS, FULFILLMENT, BALANCE, LIVING FULLY, WHOLE, COMPLETE

Remember, this is about YOU for YOU.

Secret Revealed!

The secret to getting what you want in life
is being honest with yourself.

I WILL COMPLETE THIS M.I.H. OPPORTUNITY BY: _____

MY REWARD FOR COMPLETING THIS WILL BE: _____

MY CONSEQUENCE FOR NOT COMPLETING THIS WILL BE: _____

Week 1

envision invasion

Create Your Big Picture
a.k.a the Life YOU want.

*Write out, draw out, cut & paste pictures
that inspire, excite, and energize you.*

[Some examples: words that inspire you, places you want to go, the job you want, your ideal health, etc.]

Consider This!

Before you begin, close your eyes.

“Closing your eyes is sometimes what you need to see everything.”-JL

I WILL COMPLETE THIS M.I.H. OPPORTUNITY BY: _____

MY REWARD FOR COMPLETING THIS WILL BE: _____

MY CONSEQUENCE FOR NOT COMPLETING THIS WILL BE: _____

Week 2

What do you STAND for?

What I STAND for...

e.g., being a Connoisseur of My Life

What I NO longer stand for...

e.g., living the same day on repeat

I WILL COMPLETE THIS M.I.H. OPPORTUNITY BY: _____

MY REWARD FOR COMPLETING THIS WILL BE: _____

MY CONSEQUENCE FOR NOT COMPLETING THIS WILL BE: _____

DELIVERED.

December 31st, [insert year]

Dear: [insert your name]

One of the greatest letters you will ever write is one to...yourself. Yes you read correct, a letter to yourself is one of the most important and impact-filled letters you can write.

This week, write a letter to yourself and date it December 31st, [insert this year]. Write to yourself from the perspective of who you want to be at the end of the year. What do you want to acknowledge yourself for? What inspired you? What did you learn? Reflecting back, what type of year did you have?

Love, [insert your name]

postage

[insert your name]

I WILL COMPLETE THIS M.I.H. OPPORTUNITY BY: _____

MY REWARD FOR COMPLETING THIS WILL BE: _____

MY CONSEQUENCE FOR NOT COMPLETING THIS WILL BE: _____

Joann Lim

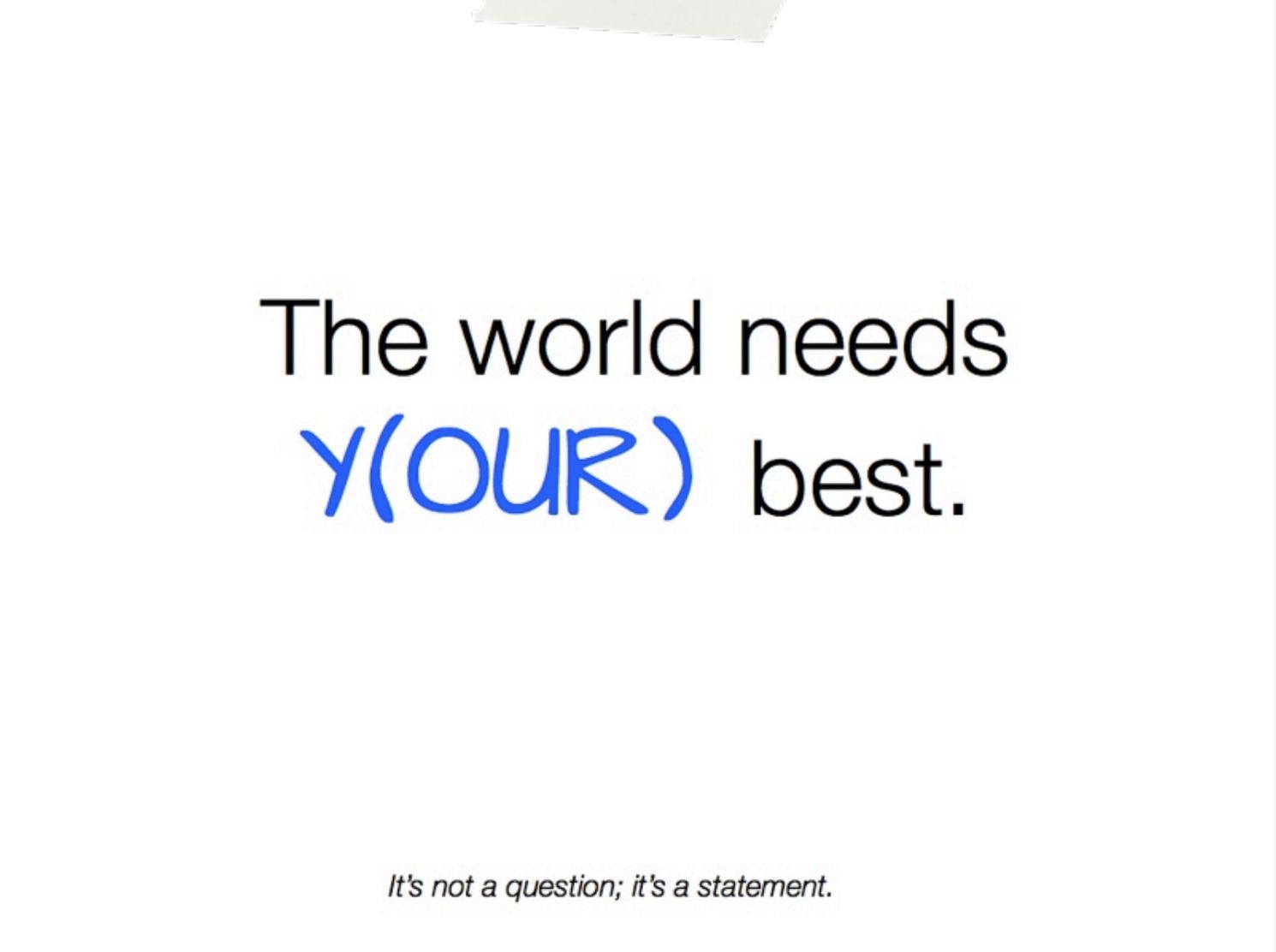
Joann Lim is a Connoisseur of Life, Making It Happen Specialist and Catalyst for Greatness. She is a foodie, world traveller and soccer player. Joann's been on three farm vacations, is allergic to tree nuts and shellfish, and loves anything monogrammed. She spends her days helping individuals and organizations Unleash Greatness, Be Exceptional and Live Rockstar lives. She can often be found sketching in her design book, wandering through markets, or concocting something delicious and nut-free in the kitchen.

"Dying is an inevitable consequence of life; living is man's privilege." -Unknown

Contact her at joann@bigpicturefinefocus.com (she reads and answers her own mail!)
& join Project Fascination on Twitter @[PlayBigPlayNow](https://twitter.com/PlayBigPlayNow)



To learn more about Joann & her Rockstar work,
visit The Playground of Connoisseurs of Life::



The world needs
Y(OUR) best.

It's not a question; it's a statement.

Bonus Section!



52 Weeks of Make It Happen Mastery

You bring the dream(s), We Make them Happen!

joann@bigpicturefinefocus.com

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Keep in touch!