

INTRODUCTION

Imagine achieving your childhood fantasy. In the fourth grade I wanted to be a fireman. By eighth grade I wanted to be Matt Lauer, from *The Today Show* on NBC. By junior year of high school I was convinced I would become a better film director than Steven Spielberg. I entered my freshman year of college as a journalism major with a theatre minor. On day one, after only 45 minutes into my first class, I decided to drop journalism and go undeclared. It didn't take long to recognize that I talked a lot about my future without a solid grasp on what I actually wanted. The next few years were spent trying to put together the pieces of who I thought I was and how that would correlate to a successful and fulfilling life outside of the college bubble.

Work hard. Play Hard. That is exactly what I did for four consecutive years. No breaks. No timeouts. I studied until the sun came up, and I partied until I couldn't stand up. I was ex-

treme. I was committed. I was the greatest college student I knew how to be. I loved every minute of my four years, but by the end of my college career I was certain that I had no clue what I was doing.

Just weeks before graduation, I was having the time of my life at one my fraternity's rambunctious parties. This scene was not new. Watching hundreds of young adults trash their bodies with alcohol, tobacco, and any number of illegal substances was all a part of the scene. I participated as much as I could stand, and then I bailed out. I drank like a sailor for four years and trashed my body to no end, but I knew it was time for a radical change. The amazing friendships I had developed were about to be fundamentally tested. The systems and strategies I had created to thrive in the academic world were about to become nearly useless. The life I had built was about to disappear.

As I sat on the rooftop watching the party rage on, I couldn't help but feel completely torn. As much as I longed to continue my hooligan lifestyle cramming for tests and boozing until dawn, I was ready to take on the next challenge. The only problem was that I didn't know what the next challenge would be. I had spent years telling people how I would use my love of theater and technology to become a brilliant filmmaker. I laid out my research of film schools, only the best of the best, which would send me to LA, NYC, or even Europe. The possibilities seemed endless and amazing, except for one problem - I didn't like film that much. Sure it was interesting

and definitely had the cool Hollywood factor included but something didn't click with me. I could not picture myself borrowing nearly \$100,000 for a graduate school program or risking it on my own with no training, especially for a career that was not my ultimate passion. I was at a crossroads and, for the first time in my life, I did not have a crystal clear plan for my future.

If you google the word clueless you will find a definition which has described my life for far too long: *totally uninformed about what is going on; not having even a clue from which to infer what is occurring*. I change my mind every thirty seconds. I spend much of my day dreaming about who I could be, who I want to be, and (most importantly) who I believe I was born to be. To understand cluelessness is to understand choices and how they directly impact every moment of our lives. The paradox of choice is paralyzing because it is a doomed scenario, a catch 22. For everything you choose to do, you are inherently choosing not to do something else. Some people have too many options, others not enough. Some know what they want while others have no clue where to begin. Others still, think they know what they want but will soon discover they know very little about themselves, other people, or the world around them. Choices can clarify difficult decisions and yet, they can just as easily cause more confusion than anything. To

choose a college major is a breeze for one student and an endless cycle of undeclared for another. What is the difference? More importantly, what actions can we take right now to conquer our cluelessness?

Graduated and Clueless is an action plan to overcome the seemingly insurmountable obstacles in the life after college. This book is the analysis of cluelessness. It is the understanding of why some are clueless, how others are not, and what you can do to overcome cluelessness and create your own success. Cluelessness is not a disease but it just may be contagious. You would be hard-pressed to find an adult today who did not experience some form of misdirection as they entered the real world. Being clueless is not unique and it is not something to ignore. Lack of focus, identifying strengths, discovering passions, finding a great career path, making intelligent financial decisions, and setting and achieving ambitious goals are all a part of the challenge we face as the school day ends and the workday begins.

My goal is simple: I want you to conquer your cluelessness. I want to roll away the boulders that are blocking you from exploding with passion. I want to provide you with the resources, tools, tips, and experiences that will strengthen your resolve to push forward and actively create the life you want. I believe in the course of my life, when I have achieved success, I have refused to walk away from dreams that resonated at the core of who I am. When I am authentically inspired to pursue a dream, quitting never crosses my mind, and success is un-

avoidable. The difference between someone who is fully committed to a goal and someone who cannot seem to stay focused is neither discipline nor perseverance, but instead a deep emotional connection with the dream. If you have ever met someone who is driven for a cause, charging ahead toward a goal so fervently that it seems success is imminent, you can reasonably assume that person is so emotionally invested in their dream that not even logic will stand in their way.

That is where we are headed. To get there we will focus on three strategies that have worked wonders in my own life and in the lives of nearly every super-successful person in the world: education, preparation, and application. Phrased another way, personal development, goal setting, and daily bold action. The commitment to personal growth, setting ambitious goals, and making consistent daily progress are the keys to maximizing your potential, unleashing your dreams, and creating a realistic plan to make them a reality.

In the first six months after college graduation I matured more than the preceding four years put together. If you don't know who you are today and you cannot picture what your life will look like tomorrow, just breathe. We are going to walk through some very simple steps that will allow you to make progress in every major area of your life including your career, finances, health, goal setting strategies, and much more!

The essence of being graduated and clueless is the inability to make a decision and the inevitable downfall into

mediocrity if nothing is done to correct the confusion. To become the rockstar you were born to be I will show you how to discover exactly who you are and how to make passionate and deliberate decisions in every waking moment.

How You Will Benefit From Reading This Book

DREAM. We will imagine the endless possibilities that exist between your present and your future. Think back to your childhood fantasies about solving world hunger, walking on the moon, or even writing your own book. Break through your own glass ceilings and make your dreams a reality.

THINK. We will take an honest, authentic, truthful look at your life and discover what it means to you. Think about where you have been, where you are, and where you want to go. We will discuss how to live consciously and with great intention in your decisions.

RUN. We will discover what excites you and how to run after your passions as fast as you can because you cannot imagine anything greater. I will show you how to train your body for a marathon, both literally and metaphorically, because this is a battle that will require incredible endurance.

SMILE. I will show you how to realize your full potential and embrace the amazing emotional journey you are about to embark upon. Enjoy the present moment and live each day to the

fullest. Make today mean something and encourage others to do the same.

What You Can Expect In the Upcoming Chapters

- Lots of **bold** action
- Practical tips you can put to use today
- Words of wisdom you can carry with you for a lifetime
- Recommendations for books to read, websites to visit, and foods to eat
- Health advice, money advice, and career advice
- Strategies on how to live with passion
- Lessons on how to dream without limits, brainstorm ambitious goals, and create a game plan to accelerate your success indefinitely!

Bonus Resources in Every Chapter

At the end of each chapter I have included three sections to provide additional insight into the material covered. The *Cluelessness Self-Evaluation* is your opportunity to ask yourself tough questions about your life in order to evaluate how clueless you may be today. Please take these sections literally by physically writing out the answers whenever possible. These exercises are a powerful way to stimulate your growth. The *Daily Bold Action* section is designed to provide you with practical strategies and action steps that you can implement immediately. The recommendations should be put into practice on a daily basis in order to maximize your ability

to achieve your goals faster than you ever thought possible. Finally, the *Additional Resources* section provides extra websites, books, documentaries, and other sources of information that you can turn to for further research into the specific content areas.

Success is Not an Accident

Conquering your cluelessness will not be an accident. Success is a choice. Becoming wealthy is a choice. Achieving your ideal career is a choice. Living your life to the fullest and experiencing true joy are both choices. Congratulations on your decision to begin living an intentional life. Your journey to conquer your cluelessness has just begun!

For more information visit GraduatedAndClueless.com!