

I N D E X

- Accidents, creating deliberate,
69–71
- Adventure. *See* Secret #5
- Animal Farm* (Orwell), 52
- Appreciation, of what one
has. *See* Secret #4
- Aristotle, 50
- Aspirations:
communicating to others,
116–122, 128–129
evolution of, 14
Goal-Free Living and, 7–11
having big and bold,
166
origin of word, 8
- Bailey, Mae, 84
- Barlow, John Perry, 127
- Bea’s Kids, 65–66
- “Become the flow,” 162–164
- Belichick, Bill, 196
- Berra, Yogi, 44
- Beville, Paula Kay, 84
- Birthdays, 96
- Busch, Doug, 53–54, 86–88,
149
- Charles, C. Leslie, 30–31
- Childhood, reconnecting
with, 98–101
- Comedy classes, 100, 110
- Compass. *See* Secret #1
- Connections, making lasting
personal, 125–130
- Context, Goal-Free Living
and, 6–8. *See also*
Aspirations
- Conversations, starting
random, 122–124,
128–129
- “Could do” lists, 32–34
- Creativity. *See* Secret #5
- Critical Path* (Fuller), 62
- D’Souza, Paul, 162–164
- Davis, Tim, 137–139

- Decisions. *See* Secret #2
- Deng, Alepho, 9–11
- Detachment. *See* Secret #8
- Direction, believing in your sense of, 34–37, 39
- Disconnecting, to stay connected, 72–73, 75
- Einstein, Albert, 7–8
- “Elevator speech,” 117
- Eleven Minutes* (Coelho), 78
- Experiences, seeking broad spectrum of, 86–88, 93
- Failure, leading to success, 143–145, 147
- Fast Company* magazine, 125–128, 199
- Field, Marshall, 166
- Focus:
- detachment and, 155–157
 - expanding of one’s, 48–50
 - on living, 164–165
 - power and hazards of, 59–61
 - shifting of one’s, 50–52
- Frey, Chuck, 4
- Fuller, Buckminster, 62, 83–84
- Gardner, Doug, 5–6, 89–91, 144
- Goal-Free Living. *See also* Secrets #1–#8
- aspirations and, 7–11
 - context and, 6–8
 - explained and described, 5–6, 15
 - frequently asked questions about, 191–200
 - goalaholic quiz, 201–209
 - happiness and, 12
 - own goals and, 11–12
 - planning and, 13–14
 - story of transformation to, 178–187
- Goal people, 4
- Goals. *See also* Goal-Free Living
- origin of word “goal,” 8
 - place of, in goal-free living, 192–199
 - pursuing own, not others’, 11–12
- Goethe, Johann Wolfgang von, 171
- Grossman, Mark, 27–29
- Gypsy Masala* (Nair), 34–36

Index

- Habits, replacing bad with good, 167
- Happiness:
 committing to, 45–46,
 55–56
 seeking today, 12
- Herman, Michael, 105–109
- Improvisational comedy
 classes, 100, 110
- Inadequacies, finding and
 revealing, 133–137, 146
- Indecision. *See* Secret #2
- It's a Wonderful Life* (film), 83
- Jobs, Steve, 95, 98
“Judgers,” 195
- Kelly, Ranya, 66
- Letting go. *See* Secret #8
- Limits, embracing. *See* Secret #7
- Logan, Lynda, 36
- Lost Boys, 9–11
- Luck, creating own, 96, 110
- Map. *See* Secret #1
- Marriage, to self, 85–86
- Martin, John T., 199–200
- Mead, Rebecca, 127
- Menorahs, lawn-size, 27–29
“Mushin,” 50
- Myers-Briggs Type
 Indicator (MBTI)
 test, 195
- Nair, Preethi, 34–37
- Networking, 118–122
- New activities, trying,
 26–30, 38
- Nightingale, Earl, 4
- Nocera, Tina, 67–68
- Notebook, advantages of
 carrying, 111
- 100 Shades of White*
 (Nair), 36
- O’Neil, John, 70
- Opportunity. *See*
 Secret #3
- Orwell, George, 52
- Other people. *See also*
 Secret #6
 attaching to service of,
 160–162, 168
 own goals and, 11–12
- Outcomes, letting go of,
 158–160
- Outward Bound, 106–107

Index

- Parentalwisdom.com, 67–68
- Passion:
- “compass setting” and, 25, 37–38
 - finding in new activities, 27
- Paths:
- committing to own, 46–50, 55
 - creating many, 32–34, 39
- People. *See also* Secret #6
- attaching to service of other, 160–162, 168
 - own goals and, 11–12
 - types of, 4–5, 195
- “Perceivers,” 195
- Perspective, changing of, 101–102, 110–111
- Power, bad performance as source of, 139–143
- Present:
- appreciation of (*see* Secret #4)
 - attaching to, 157–158
 - seeking happiness in, 12
- River people, 4–5
- Row, Heath, 125–128
- Rozenfeld, Margarita, 140–143
- Rubenstein, Arthur, 77
- Safety net:
- disadvantages of, 46–47
 - doing without, 105–109
- Salazar, Bea, 65–66
- Salz, Jeff, 103–104
- Santa Clause, The* (film), 48
- Scarcity, fallacy of, 154–155
- Second Wind Dreams, 84
- Secret #1, Use a compass, not a map, 16, 23–39
- create many paths, 32–34, 39
 - find your compass settings, 25–26, 37–38
 - make it happen, 37–39
 - sense your direction and believe in it, 34–37, 39
 - set themes, not resolutions, 30–32, 39
 - try new things, 26–30, 38

- Secret #2, Trust that you are never lost, 16, 41–57
avoid decision avoidance, 43–45, 56
commit to happiness, 45–46, 55–56
commit to your path, 46–50, 55
listen to a silent mind, 50–52, 56–57
make it happen, 55–57
- Secret #3, Remember that opportunity knocks, but sometimes softly, 16, 59–75
before you open the door, look inside, 62–64, 74–75
look everywhere for opportunities, 65–72, 74
make it happen, 73–75
stay connected by disconnecting, 72–73, 75
- Secret #4, Want what you have, 16–17, 77–93
appreciate the whole spectrum, 86–88, 93
appreciate yourself, 81–86, 92–93
make it happen, 91–93
measure life by your own yardstick, 79–81, 92
travel lightly, 88–91, 93
- Secret #5, Seek out adventure, 17, 95–111
be an adventurer, 103–105, 111
change your perspective, 101–102, 110–111
do without a safety net, 105–109
make it happen, 109–111
reconnect with your childhood, 98–101
- Secret #6, Become a people magnet, 17, 113–130
assume everyone can help fulfill your aspiration, 118–122
communicate your aspiration, 116–118, 128–129
find something interesting about someone else, 124–125

Index

- Secret #6 (*Continued*)
 make it happen, 128–130
 make lasting connections,
 126–128, 129–130
 start a random conversation,
 122–124, 129
- Secret #7, Embrace your
 limits, 17, 131–147
 bare your inadequacies to
 the world, 135–137
 failure leads to success,
 143–145, 147
 make it happen, 146–147
 make the most of your
 inadequacies, 137–139
 put your best face forward,
 145–146
 turn bad performance into
 source of power, 139–143
 uncover your inadequacies,
 133–135, 146
- Secret #8, Remain detached,
 18, 149–168
 attach to the present,
 157–158
 attach to the service of
 others, 160–162, 168
 become the flow, 162–164
 detachment is a mindset,
 152–153
 difficulties of detachment,
 153–157, 167
 focus on living, 164–165
 let go of the outcome,
 158–160
 make it happen, 166–168
- Self-appreciation, 81–86,
 92–93
- Service of others, attaching to,
 160–162, 168
- Shaw, George Bernard, 3
- Shoe Lady of Denver, 66
- Siegel, Danny, 63–64
- Silent mind, listening to,
 50–52, 56–57
- Skills:
 “compass setting” and, 25,
 38
 finding unrecognized,
 62–64
- Stevenson, Doug, 50–51,
 99–101
- Stravinsky, Igor, 13
- Success, from failure,
 143–145, 147
- Themes, setting of, 30–32,
 39
- Trust. *See* Secret #2
- Twain, Mark, 144

Index

- Value, “compass setting”
and, 26, 38
- Voodoo priest, 199–200
- Waldman, Jackie,
68–69
- Watts, Alan, 8
- “Wha-Dho” philosophy,
163–164
- White, E. B., 23
- Why Is Everyone So Cranky?*
(Charles), 30–31
- Williams, Mikki, 118–122
- Wood, David, 160–162
- Yale University study of goal-
oriented graduates,
198–199
- Ziv Tzedakah Fund, 63–64

