

# **Pursuing Your Personal Legend**

32 steps To Living Your Best Life,  
Inspired by the incredible journey  
of a world-class athlete

**Achille Wealth PhD**



*“To realize one’s Personal Legend is a person’s only real obligation. And, when you want something, all the universe conspires in helping you to achieve it.”*

-Paulo Coelho

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## **DICACE**

I dedicate this book to all the legends...

## INTRODUCTION

*"Be willing to sacrifice everything, but compromise nothing in your quest to be your best."*

**-KOBE BRYANT**

**M**any of us live by accident, i.e. we do not stumble upon a spouse, we embrace a career out of sheer vagrancy and seek the meaning of it all. We hope and wish to be lucky in love, make our fortune and stay healthy. I spent years living by chance, until I learned from the incredible journey of the world's top athletes to live with a determined goal and a mission to accomplish.

This book - inspiring and fascinating - offers insight and perspective on how one of the greatest basketball players of all time approached life, both on and off the field, and what really made him tick. In addition, by

highlighting 32 steps to a legendary life - all drawn from various stages or situations in the life of this basketball phenomenon - this exciting new book allows readers to apply some of these practices to their own lives. Using the life lessons learned from the example of this basketball legend, you will learn how to increase your confidence, overcome daily challenges, live with passion and determination, and achieve your goals while leaving a legacy that will stand the test of time. This inspiring and practical collection is almost a spiritual guide, a warrior's manual.

## **32 STEPS TO LIVING YOUR BEST LIFE**

*"The moment you give up is the moment  
you let someone else win. »*

**KOBE BRYANT**

*"The most important thing is to try to inspire people so that they can be great in whatever they want to do."*

**-KOBE BRYANT**

**STEP 1**  
**FIND A HERO TO AWAKEN**  
**THE HERO INSIDE YOU!**

*"We can all be masters of our craft, but we have to make a choice. What I mean by that is that there are inherent sacrifices that go along with that. "*

**- KOBE BRYANT**

**H**eroes have the ability to inspire you in ways you may not imagine. Your brain reacts differently when presented with a story about someone than it does when given simple principles or good practices. When you read an article about someone, your brain visualizes you in their place.

If someone had told 12-year-old Kobe that he could become a great basketball player if

he "outdid everyone," it would not have inspired him in the same way.

But because he read Michael Jordan's story, he was able to see himself instead of Michael. He saw himself bested by all the others and saw that it led him to push harder to achieve the same success.

This gave Kobe the power of will - the most powerful form of asset we can have. This power gives us the ability to continue to better ourselves because we know the sacrifices are worth it.

Look for your own heroes. Learn their inspiring stories and be convinced that their success is possible for you too.

**STEP 2**  
**SUCCESS IS WHEN PREPARATION**  
**AND OPPORTUNITY MEET**

*"I'm extremely determined to win, and I'm preparing for the challenges."*

**-KOBE BRYANT**

**F**resh out of Lower Merion High School, Kobe was lucky enough to be drafted into the NBA at the age of 17. Luck, however, couldn't carry anyone further. For the young Kobe, this reality probably imposed itself from day one. It is well known that Kobe's work ethic over the past 20 years as a professional has been nothing short of phenomenal.

Some even say it's beyond human. He has always been one of the first to be at

practice, , always working to improve certain aspects of his game and always in "attack mode." This impeccable quality has proven to be an advantage when opportunities arose in Kobe to shine. His career has reached heavenly heights through a good mix of hard work and great opportunities. It is also a source of inspiration that reminds us that success is within reach if we invest in the groundwork.