



# DESIGN YOUR LIFE



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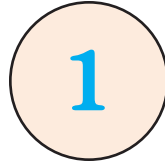
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# Introduction

Health, Wealth, Relationships, Professional, Spiritual, Social Life are these important in your life? Yes it is. All of these are designed by you or are you going by the flow and let others design your life for what they want in their life. Do you have the remote for your life in your hands or you have given the remote to others. This book is to successfully get control of the remote of your life step by step in 10 weeks.

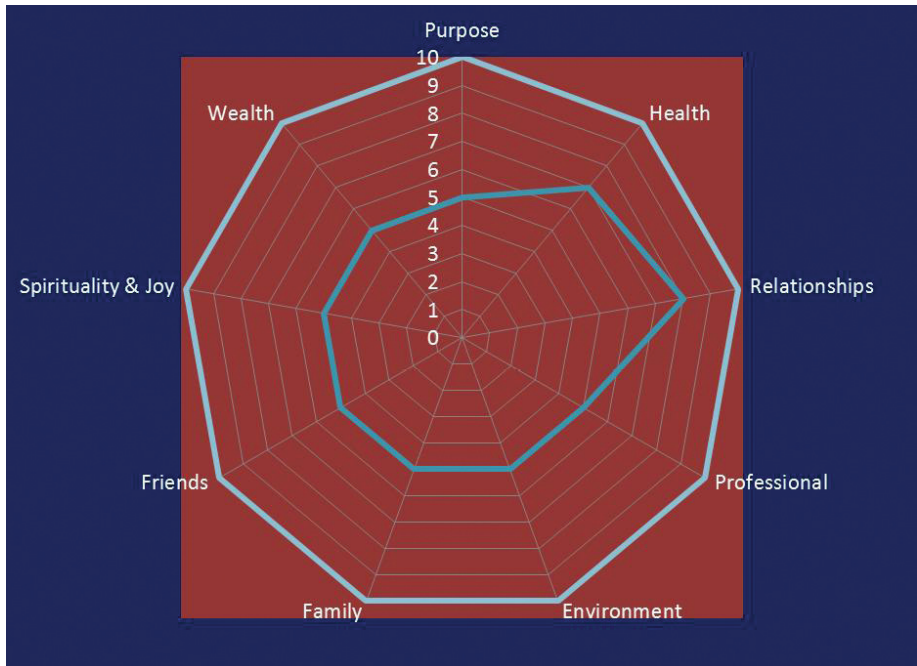
You should constantly enhance your perception and your intelligence.



Never give anyone else the remote of your life

**When you handover the control of your life to others, this is how your life looks like.**

**You are doing fine in certain aspects and not so good in other aspects.**




**May your life happen out of your own clarity and ability, not by chance or out of the compassion and kindness of others?**

**Now let us take a look at each aspect of your life and make it a true "Circle of Life"**

“

**WHEN WRITING  
THE STORY  
OF YOUR LIFE  
DON'T LET  
ANYONE ELSE  
HOLD THE PEN**

”



**find your purpose**



## 2

# Know Your Purpose in Life

You must have heard the term “I am getting burn out,” “I am tired,” “I am stressed” you know what, you do not have focus on your purpose, or you do not have purpose. When you feel all of this, think through on what is your purpose in life, do you have clarity. If your game is not big enough you are not interested anymore.

How do you find your purpose?

Think through on what excites you the most. When you are involved in certain activities you stop seeing the clock, you are totally immersed and your productivity is at its peak and you are joyful.

You need to consciously put in effort to identify those activities and check if your mainstream activity is the same or different. If it is different from your mainstream job or activity think through and try to transition yourself. But before you transition, think through if this particular aspect will still be really important even after thirty or forty years. Then you go ahead and transition.

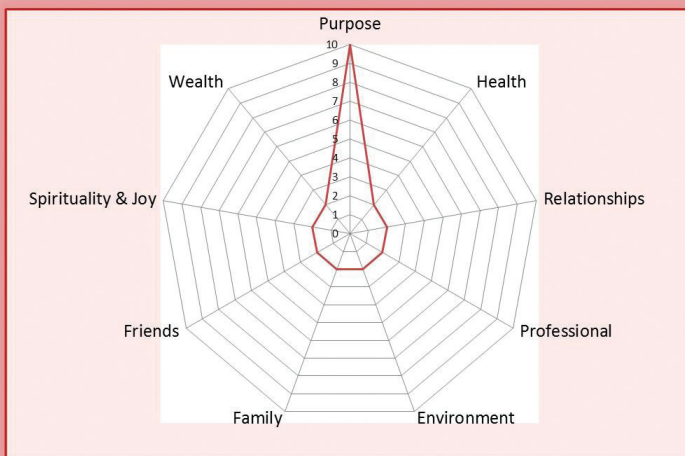
When you do this, the other aspects of life will fall in place and you will get immense value out of it. Let us look at how we can have a balanced success in your life. What do you mean by balanced success?

If you are career oriented and your total focus is on career and you really did well and moved on in the corporate ladder and achieved greater heights and success, but at what cost? Are you fit and healthy? Take a look at your waistline; check on your brows,

your receding forehead, do you look ten to fifteen years older than what you really are? Do you have healthy relationships?

If success comes at the cost of something else from your life, do you really call it as a success? Probably for your neighbors and friends who only see your external wealth and not internal serenity.

So, let us take a sneak peek at each aspect of your life in the coming chapters...are you ready?



If you are clear in your purpose of life your wheel for purpose is complete... If you are not yet clear spend some more intense time in identifying the right purpose and using the following exercise.

## Goal Setting & Action Plan

This exercise is designed to help you determine short and long-range goals and design action plans to successfully achieve those goals.

1. The first step in positive change is determining what it is you want. This exercise will guide you through making each goal specific and detailed.

2. The next step is vital for real and long term change, looking at the bigger picture. What is it you want for your life and how do your goals fit into the life of your dreams?
3. An important next step is to honestly look at your current strengths and how those strengths will help you achieve your long and short term goals.
4. Now you are ready for action. You will write at least two different paths to reach your goals.
5. Add in accountability and celebrations and you're well on your way to success.
6. Implement your plan. Pick a date and start working your plan.
7. Finally, no real change is complete without assessment, evaluation and looking at next steps.
8. Feel free to begin again. Set new goals and design new action plans to achieve those goals.

Have fun with this

*"YOUR FUTURE IS CREATED BY WHAT YOU DO TODAY"*

Start as small as you would like. Start as big as you would like. Just start. This exercise is designed for success, but you do need to do the work. Work the book completely and thoroughly.

Before you begin, write your intention to do the work. By putting your intention in writing, you are affirming your commitment to real change.

Exactly how much of this exercise are you willing to complete? How much effort are you willing to put into the work?

Write about your intentions right here, right now.

I intend to

---

---

Here are a few suggestions to help you get the most out of this exercise.

9. Schedule time to do your work.
10. Be honest and open.

This is your exercise and you only need to share with others the ideas you want to share. The more honest you are about what you want, the more likely it is you will obtain what you want.

11. Take your time. This exercise was not intended to be completed in an hour or two. Take as much time as you need.
12. Re-read your completed work before you start a new section. Review your ideas and thoughts as often as possible.
13. Repeat as often as you wish. Create a new exercise or redo this one.

## Writing Goals

There are 3 simple rules for writing goals that have a great possibility of being fulfilled. These rules are:

- Your goals must be positive
- Add details like “when,” “where” and “with whom”
- Believe that you will achieve

Imagine your future. You are bigger than your circumstances or your life situation. Believe that you will achieve. Be the change leader for yourself.

## One Example

I want to lose weight. This is stated in the positive, but it is without a belief in my ability to lose weight.

I will lose weight. The positive thinking has been inserted and now I know that I will lose weight.

I will lose 20 pounds in the next six months. Positive thinking, and I have added details – how much and by when.

Get out your pencil or pen right now. It is time for you to write your first goal and start on the road to success.

### Brainstorm – What Do I Want?

What do I want for myself? Don't think about details right now. Brainstorm at least 20 wants for yourself. Get ready and brainstorm. Don't stop for at least 30 minutes or until you have at listed at least 20 wants.

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20. \_\_\_\_\_

Now pick just one of these wants as a starting point. Select the one you want the most and that you know you can achieve. It is important to find success early on, so don't pick the most difficult, but one that will give you the most bangs for your buck, so to speak.

Write that "want" once again.

Re-write the want as a goal stated in the positive and with belief that you will achieve this goal.

Now add the details. Think of who, what, where, when, how much. Don't think of how, at this point, that will come soon enough.

Think Bigger

Before going on to the next page, put this goal in the context of an even bigger goal. This is what you will return to after achieving the goal you have identified as your starting point.

### Why do this?

When goals are viewed as one part of a larger goal, they have a better chance of succeeding. For example, what is the real purpose behind wanting to lose weight? Perhaps, good health is the reason. Then losing the weight is one step closer to living a healthier life. The diet becomes a way of life – living healthier. The exercise that goes with losing weight seems less daunting when you chose to live healthier.

You have heard that fad diets seldom work and often result in gaining all the weight back that you have spent so much time losing and adding a few more pounds in addition. Why? Fad diets are meant to be short term. You don't go on a fad diet as part of a larger picture, as a life style. They are meant to do the job quickly and at times painfully. What is missing is long term commitment to a larger goal.

So right now, think bigger. What are your long-term intentions that relate to your short-term goal? Write those below.

I intend to\_\_\_\_\_. My goal of \_\_\_\_\_

\_\_\_\_\_ is a positive action step toward that intention.

An example: I intend to live a heart healthy life and live to be at least 100 years old. My goal of permanently losing 20 pound is a positive step toward that intention.

Notice how the word permanent slipped into the goal. This comes when you start looking bigger. Your goals become bigger and better and long-term. You now have an even better chance of success than before.

Now, write four or five bigger picture intentions and how your goal fits into that picture of life into your future:

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