

Lifestyle Design



Introduction

This is it.

The precious mysterious thing they call life.

You're living it.

How's it going?

Whether your answer is “brutal”, “f*cking awesome” or somewhere in between, don’t worry, it is never too late to create the life you want.

It is easy to get stuck in a short term perspective and the day to day of living life, but lifestyle design is something that takes long term planning, patience and persistence.

This workbook will provide you with reflection questions to help you get clear on your dream lifestyle.

Print it out and set aside 20 minutes with your favorite pen.

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Wave the Magic Wand

For a moment, turn off your practical nature. If you could wave a magic wand and have anything you desire, describe the dream life you'd create:

Location

In your dream life where are you located?

Do you stay in one place all the time?

How often do you travel?

If you travel, why and to where?

Work

In your dream life what kind of work are you doing?

How much time are you spending working each week?

What kind of people are you working with?

How much are you earning?

Freedom

In your dream life what kind of freedom or flexibility do you have?

Do you have the freedom to work on only what you want to work on? If so, what allows you that freedom (e.g., a team of employees).

Do you have the freedom to only work when you want? If so what allows you that freedom (e.g., selling passive products).

Is it important for you to have the freedom to work from wherever you want? (Location independence)

Making it Real

What kind of business model will allow you to create your dream lifestyle?

What things do you need to put in place to create your dream lifestyle?

What actions do you need to take to move you towards your dream lifestyle?

Today:

This Month:

This Year:

In Five Years: