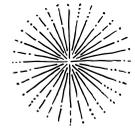


# How to Figure Out Your Ideal Life in One Hour or Less

If I asked you one thing you would change about your life RIGHT NOW, could you tell me? Perhaps.

But would you be able to tell me exactly what your IDEAL life would look like if I asked? Probably not. Most of us can't.



But why? Why can't most people describe their ideal life?

1. We have so much going on in our life that it's difficult to slow down long enough for some thoughtful reflection.
2. "Most people are so busy reacting to the needs of daily life that they're happy just to be getting through the day. It's hard to live on purpose when life revolves around daily crises and you're always feeling overwhelmed." ~ Marcia Wieder
3. We are bombarded by messages about what our life SHOULD look like that our own wants, needs and desires gets drowned out.
4. We are so used to helping others achieve their life dreams that pursuing our own can be a foreign concept.
5. We often value the opinions of those we care about to the point that we sacrifice our dreams so our loved ones won't be uncomfortable; especially if they don't understand what we want out of life.
6. We believe that what we really want to do in our lives is too risky, too difficult or too scary to figure out how to get there. Therefore, we push our dreams to the back of our mind in order to avoid the pain associated with not living the life we really want to live.

The problem is, you really can't get rid of the pain of not living your ideal life. It tends to manifest itself in other ways. Those ways can look and feel like depression, anxiety, fear, anger, discontentment, negativity, harsh judgement, substance abuse, overeating, etc.

**If you are experiencing any of this in your life, it's time to start being honest with yourself and planning for your ideal life; the life you would love to live.**

Would you believe me if I said it can be incredibly simple? I can hear you laughing now.

Nothing is that simple, right? Well, that's for sure.

However, what IS simple is taking the first step. And then the next. And then the next. You just need to know what that next step is.

So, here's where you start...

## **The One-Hour Assignment titled "My Ideal Life":**

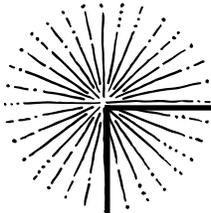
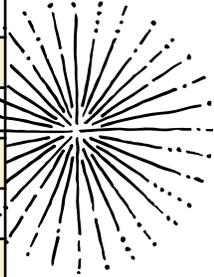
1. Look at your schedule for the upcoming week and schedule ONE hour to complete the worksheet on the next page. Write down the day & time. Commit to it now.
2. Complete the worksheet in pencil allowing yourself flexibility to easily make changes. See the example to help you get started.
3. Join the 'Determined to Love Mondays' private FB Group (just launched) for free coaching support by me and others who join. Remember, this assignment is one step in the journey towards living your ideal life. Let's work together as a community to figure out the next step and the step after that until we're all living the life we love.

**\*If you're interested in diving into the entire Life Planning Process and developing a thorough and effective life plan, check out the 'Life Planning and Goal Setting Workbook' at [www.etsy.com/shop/lovingmondays](http://www.etsy.com/shop/lovingmondays).**

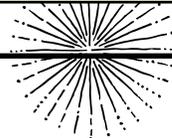


**EXAMPLE**

Karen's Ideal Day	
7a.m.	Wake up on my own (never by alarm)
7:30a.m.	Write Morning Pages
8-9a.m.	Coffee and TV/Movie
9-10a.m.	Straighten house and get ready for the day
10-2p.m.	Work on Business
2-3p.m.	Break/Coffee
3-4p.m.	Exercise
4-6p.m.	Free-time, Clean, Dinner, etc.
6-9p.m.	Paint/Creative Work
9-10p.m.	Ready for bed/TV
10-11p.m.	Read
11p.m.	Lights Out



Karen's Ideal Month	
Morning Pages / Reflection / Meditation	Daily (30 minutes)
Work on Business	20 Hours Week (5 days)
Paint / Creative Work	15 Hours Week (5 days)
Exercise	5 Hours Week (5 days)
Dinner Club with Friends	1 Evening Month
Soul Collage with Friends	1/2 Day Month
Paint with Friends	1 Day Month
Visit with Family	1-2 Days Month
Appointment with Medical Medium (Life Focus/Assist, Reiki)	1 per month
Massage	1 per month
Full Day Outings with Jim	2-3 per month



Karen's Ideal Year	
Vacation with Jim	Every 3-4 months
Visit the Chellmans	Once a year
Go on the Kohn's Family Vacation	Once a year