

# LIFESTYLE DESIGN

*Discover How To Design The Life Of Your Dreams...*



**MindGaia**

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We are passionate about what we do and try to go the extra mile on everything we do.

"We believe that knowledge is power. That everyone should have the opportunity to improve themselves no matter what stage in life they're in. Whether it's mindset management, learning to be more productive or just how to live a happier life, moving forward is the key."

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# Lifestyle Design

Discover How To Design The Life Of Your Dreams

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# CHAPTER 1: WHAT IS LIFESTYLE DESIGN?

## Chapter 1: What is Lifestyle Design?

Ask 10 different people what Lifestyle Design is and most likely you will get 10 different answers. While many of the ideas about Lifestyle Design have been around for a long time, the term is relatively new in our Western Culture. For me it means taking a much more proactive approach to the life I am leading and pursuing the things that align with my personal values, my life mission and the goals I have set. Rather than following the herd mentality about what is expected of us, it starts with a deep look inside oneself to decide what it is in life that truly makes us happy.

### Lifestyle Design: Having a Work Life Balance While Pursuing Your Passion

Our society has taught us that we should give up on doing things we like now for some type of reward that is years off in the future. That living a life in some cubicle, working 50 weeks out of the year so that we can have that 2 week vacation to some exotic location is the life we should be chasing.

If we only buy more stuff, the designer glasses, the newest smart phone, the brand label jeans, drive that hot sports car, we will somehow be happier... Yet ask most people that have all of

that if deep down they are truly happy and you will find that it is the pursuit of those things, not the actual getting of it that has an effect on their happiness level. Once we get that new shiny object, the sought after happiness we believed would be ours quick fades as we rush off to acquire the next shiny bobble.

Lifestyle Design is about taking a new approach to living a happier life. It means taking inventory of your current position in life, how you rank in the 8 Areas, then making a plan to achieve greater work life balance while pursuing your passion.

## The 8 Areas of Life



When was the last time you sat down and asked yourself what you wanted your life to be like? What you wanted your daily routine to be like? And how you intended to get there?

If you're like most people, then you will have fallen into a job (because you had no other option and that was what you were taught to do) and probably just kind of 'survived' up until now. You

live within your means, you work the hours and schedule you're given and you may have even chosen the location you live based on distance to your workplace.

So right now, you have not chosen your life. You had no choice about where to live, you have no choice about how to spend the hours between 8am and 6pm (taking into account your commute) and you probably have *limited* choice how you spend the rest of your time due to time and budget constraints.

What makes it even worse for many people is that during the 8am to 6pm job time, people are just not happy. They are an employee doing a job they don't like, exchanging their time for money, given mundane tasks to accomplish and reprimanded if they don't do it on time.

Like a child, you can be reprimanded if the work is late, wear the wrong clothes, even in some offices if you put the wrong things on your desk. Oh and you can also get into trouble for talking in most offices.

### Is this really the life we want?

And it's not just the hours you spend actually working that affect you either. Just as bad is the time that you lose out on at home. When you only have a few hours (and more importantly – very little energy) in order to do anything useful once you get home. It can be hard to spend the amount of time you want to with your family, have enough time for working out and getting into shape, or spend time outdoors. Even just to read that book or play that video game that you've been wanting to experience for a while now.

It's so bad that we end up just looking forward to the time when we're old enough to retire. You know something is wrong when we're actively looking forward to being so old you can't work anymore...

### It's Time To Make A Change

More and more people are making the change. They are stepping away from the standard 8 to 6 routine and building lives based upon the passion they have. Giving up on what was once "the

secure way” of the giant corporate office to live a more fulfilling life based on a work life balance that takes in to consideration the 8 areas of life.

So how do you get started, read on for how to start living a more meaningful life.



# CHAPTER 2: LIFESTYLE DESIGN BASICS

## Chapter 2: Lifestyle Design Basics

Most people that look at Lifestyle Design are doing so because inside they just feel something is not right with the way their current lives are going. They begin by questioning the status quo.

- Is this all there is to life?
- Am I destined to spend most of my adult life sitting in this office doing tasks that I have no real passion for?
- Is my life having any real impact on the world I live in, my family, friends and even clients?

True change in life always starts with some type of dissatisfaction with the current situation. Think about it, if you are comfortable where you currently are, why would you change anything? It is only when we feel something is wrong, we are not happy, or we face some type of discomfort in our lives, that gives us the motivation to change.

It's for this reason that if you want to be more successful in setting up a new program of lifestyle design, you need to take inventory of your current situation. When you can sit down and look at all 8 areas of your life and find out what you are lacking in each of those areas,

things that will make you live a more productive and happy life, things that you are passionate about, then you can begin to build a plan and move forward.

Many people find it difficult to list out what are the goals they want in their lives. Instead we suggest that you begin by making a list of the things in your life that you currently have that you **don't** want (see Chapter 7). Once you have this list in place, then you can start to make goals that removes the things that you don't want and move you towards the things that you do.

This list will help bring clarity into your life, and clarity is true power. When you remove the fog from your glasses and can see clearly exactly what you want, and then stay focused on that, then the chance of your success increases exponentially.

Truly, lifestyle design is about finding your passion and then building your life and your activities around that. Some people have the misconception that lifestyle design is simply about sitting on the beach in some exotic country and doing nothing. And yet when you ask people that have moved completely off the grid and have that lifestyle, many of them are not satisfied or happy with how their lives are going. Because they are not engaged in activities that meet the drive that all humans have to have balance and happiness in their lives while doing something productive. They are missing out on the core of what lifestyle design is all about.

If you boil it all down, strip it to the bare essentials, you really only have one purpose in life and that is happiness. Everything that we do as people revolves around that point. What makes me happy will be different than what makes you happy. Sure, as a species we have basic things in common towards which we strive to gain happiness. We want a certain level of comfort, we all want to feel that we are significant in the way, that we are connected and have love, that our children will have a life that is as good or better than the one that we have, and an opportunity to grow and expand who we are as a person.

When you think about lifestyle design, you want to be looking at the areas of your life that you are lacking in and what it is that will bring you true happiness. What are you passionate about, so much so that you would be willing to do that as a job for free. When you are following your passion, doing things that truly make you happy, money and financial rewards become less important. And that is what you want to strive for.

In the following chapters, we are going to look at a number of areas in your life and how you can make the choices to find out what it is that you as a person need to find fulfilment in your life. What is it that you are passionate about, and how you can layout a map to achieve it.

So let's get started.



## CHAPTER 3: YOUR CORE VALUES

### Chapter 3: Your Core Values

Lifestyle design is about living a life that makes you happy. And happiness is based upon knowing what your core values are and then planning your activities and interactions with other people in harmony with those values. When you make decisions that are in line with your core values, you will notice that you feel much more confident about the decision and happier with the results that you get.

Our core values are a set of beliefs and qualities that we strive to live by. They are psychological concepts that help define our sense of the world. When we live by our values, our actions and behaviours align with them.

In general:

*When our behaviour aligns with our values, we feel happier, more fulfilled and have greater level of satisfaction in our lives.*

*When our actions are misaligned with our values, we lose motivation, feel purposeless, and can even become depressed.*

*Put in situations where our values are disregarded or taken advantage of by people, can lead to being uncomfortable or increase negative emotional states leading to anger.*

### **Why are they important?**

Our values act as our inner guidance system for the direction we take in life. This is why it is important to know what they are and then measure your decisions and goals against them. Values are not actions, like running, or possessions, such as a large house, but are the fulfilled *needs* behind those things like health and security.

Living a life without understanding your core values or making key decisions without considering them, is like making a purchase in a store with your eyes closed. Sure you may get a new pair of pants, but once you own them, you may find they are the wrong size, the wrong style, and not what you wanted.

When we live our lives this way, we end up with the same thing. A life that doesn't suit us, leaves us feeling uncomfortable and dissatisfied. A life that just happened to us, rather than something we consciously chose.

When we go against our core values, living a life that is not in harmony with them, that we feel unfulfilled and dissatisfaction with the situation we're in. For this reason identifying what your core values are and then measuring all future actions and goals against those core values is one of the best ways to ensure that you are on the path to a higher level of happiness.

In Appendix A, we have provided you with a short list of Core Values (NOTE: For a complete list of Core Values and how to integrate them into your life, visit the [Kaizen Success System](#) ).

**Exercise:** Get a blank sheet of paper and read through the short list of Core Values we have provided for you as a starting point. Any of them that resonate with you, write them down on the paper.

Now, it's time to ask yourself some questions and note the answers.

*1) When have you felt happy, fulfilled and proud of yourself?*

When you have these times in mind, try to identify what *elements* of the situation in

particular left you feeling happy, fulfilled and proud.

*2) When have you felt most regretful?*

Just as we feel happy and fulfilled when we are living our values, we can experience feelings of regret, depression, emptiness and sadness when we are not living our values. It's important to know these times as you can then identify the value you are NOT doing and make the change so that moving forward you can bring that into your life.

*3) When have you felt frustrated, unfulfilled, empty or annoyed?*

This is a sign that your values might be getting squashed - either by parts of yourself or by external situations or people.

*4) What activities put you into a "flow" state?*

"Flow" state describes activities that engross us: usually they are challenging, fulfilling, and make us lose track of time.

*5) Who are your role models? What qualities about these people do you admire?*

These are people you find inspirational, who embody qualities or lead a lifestyle you aspire to.

*6) What are your natural gifts and qualities?*

When do people turn to you for help? What gifts and qualities do you appreciate about yourself?

*7) What are your interests?*

Think about what you enjoy doing. What is it about this activity that you find joy from?

Take some time to go over the list of sample core values from above, then look at your answers to the above questions and see if you can extract the values in each of the answers you provided. Group the ones together that are very similar. For example you may have something like "fitness, exercise, and walking". You can group these and boil it down to "Physical Health".

Find which values resonate the deepest with you? Then narrow the list down to between 6 to 10 core values maximum.

Once you have these, you are ready to move on to the next chapter.



# CHAPTER 4: YOUR LIFE MISSION

## Chapter 4: Your Life Mission

Many of us get so wrapped up in the rat race, we lose sight of why we got on the treadmill in the first place. We fill our lives with gadgets and possessions in hopes they will make us happy. We strive for that promotion at work so we can get that next raise, that one that will make our lives a little bit better than what we have right now.

The problem is many of us end up 'trapped' with no way that we can break free. We often pin our hopes for happiness on a job we don't like. We push for a sense of achievement or status from doing things that in our hearts don't seem to be aligned with our values or give us a lot of satisfaction.

Moreover though, it's because we think we need more money or possessions to be happy. As soon as we start earning a certain amount of money, we upgrade our lifestyle to live just within our 'means'. We get that 5% raise, up our mortgage, buy more gadgets and more toys, get that new car on credit and once again lock ourselves in the shackles of wanting the next salary increase to pay for it all.

It's not until we break away from basing our happiness on stuff and find our life purpose that we can really reach a level a new level of happiness in our lives.

So how can you figure out what your Life Purpose is?

- Think about what Skills & Abilities you have that you enjoy using.
- Add in your Personality Traits.
- Then think about your Values, Dreams and Passions in life

All of this leads to defining your Life Mission

**Exercise:** Grab another sheet of paper and ask yourself these questions and note the answers.

- 1) You are now very old, sitting on your poach in your rocking chair looking back on your life.
  - a. What have you achieved?
  - b. What are your relationships like?
  - c. What matters to you most?
  - d. What do you regret not fully doing?
  - e. What do you regret not being?
  - f. What do you regret not having?
- 2) What makes you smile the most? What activities, people, family members, etc.
- 3) In the past, what have been your favorite things to do? What do you enjoy doing now?
- 4) What makes you lose track or time?
- 5) What people inspirer you? What qualities do they have that you like about them?
- 6) What are you good at? What skills, abilities and gifts do you have?
- 7) What do people you know ask you for help with?
- 8) If you were going to be a teacher, what would you teach?
- 9) What are some challenges you've overcome in your life? How did you do it?
- 10) What causes do you strongly believe in? Connect with?
- 11) If you could get a message across to a large group of people. Who would those people be? What would your message be?

- 12) Given your talents, passions and values. How could you use these resources to serve, to help, to contribute? ( to people, beings, causes, organization, environment, planet, etc.)

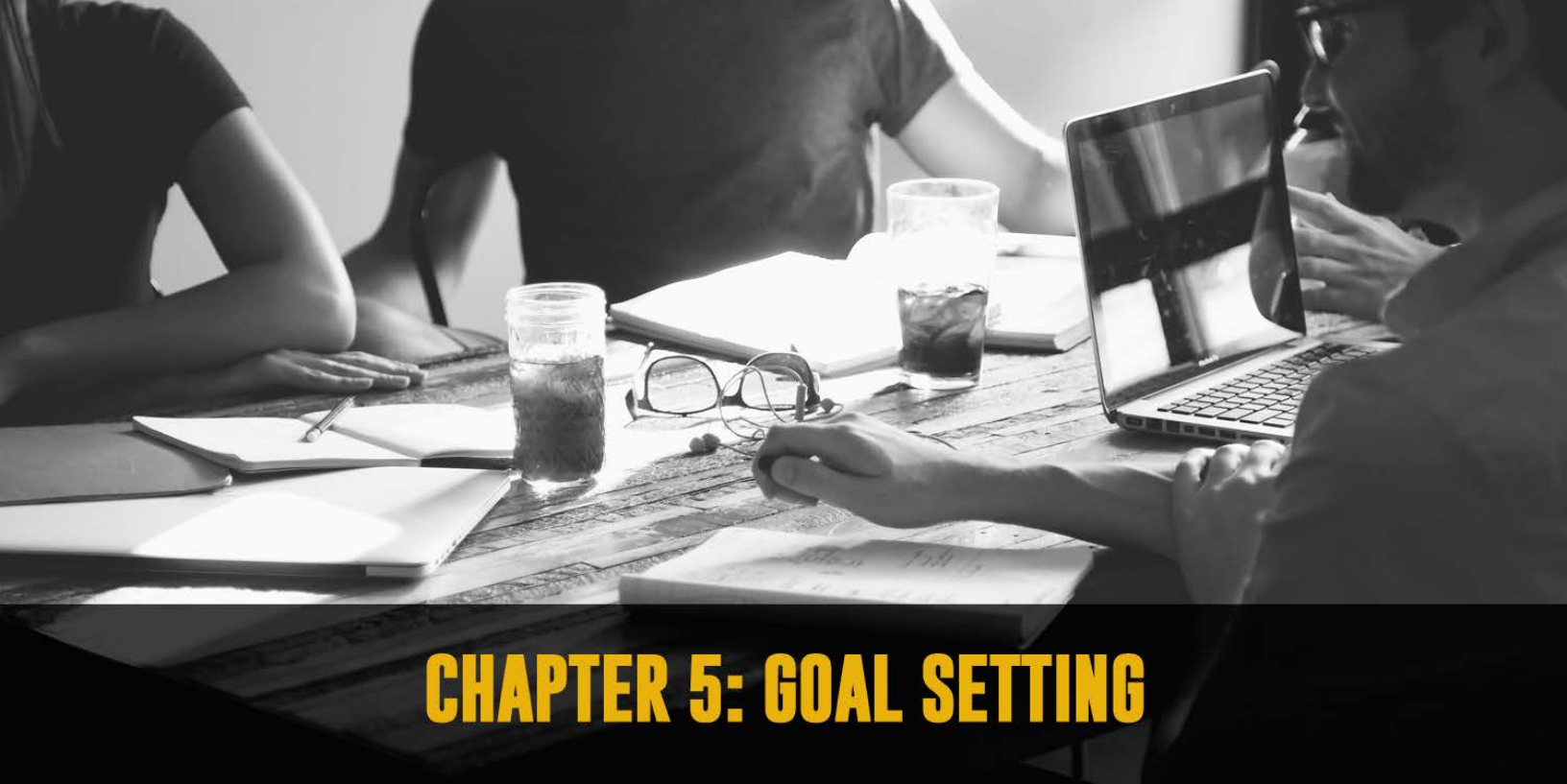
Now that you have the answers to all these questions and you have a list of your core values, it's time for the next step.

**Exercise:** Get another sheet of paper:

- 1) Write at the top, "What is my life purpose?"
- 2) Write an answer (any answer) that pops into your head. It doesn't have to be a complete sentence. A short phrase is fine.
- 3) Just keep repeating step 2 until you write the answer that resonates very deeply with your inner self. You will know it when you reach it because it will also align with your core values.

You will find that if you stick with this process, just keep doing the exercise until you get an answer, eventually something will pop out of you that just resonates in your bones.

Some people can do this exercise and get an answer in 10 to 15 minutes. Others will struggle and it may take over an hour. The important part is to just keep your answers from above and your core values in mind while repeatedly doing step #2. If you stick with it, don't give up, you will find something will emerge from within yourself.



## CHAPTER 5: GOAL SETTING

### Chapter 5: Goal Setting

Now that you know what your Core Values are and you have found your Life Purpose, you can set meaningful goals. You can work on your Lifestyle Design so that you are living a happier life. Without first understanding what your core values are and your life purpose, productive goal setting is nearly impossible. Goals that are not based on your core values and life purpose tend to focus on objects and possessions instead of emotions and behaviours.

To set effective goals and have the best chance at succeeding with them, you need to follow one of the best systems around. A system that has been proven effective time and again. This system is known as S.M.A.R.T. Goals.

S.M.A.R.T. means they are Specific, Measurable, Attainable, Relevant, and Time Based.

When you are looking at Lifestyle Design, it means you need to get from where you are to where you want to be. And to do that you need a plan. The best way to do this is build S.M.A.R.T. Goals that are based on your core values and your life purpose.

Why are S.M.A.R.T. Goals so important? It's not enough to just say "I want to be wealthy" or "I want to lose weight". You need to use the S.M.A.R.T. goal system to define that.

It was Jim Rohn that said ***"The Bigger the Why, the Easier the How"***. This is why you want to know your life purpose before you start the goal setting process.

Let's say your want to lose some weight and today it is January 1<sup>st</sup> 2017. Using the S.M.A.R.T. Goal system you can write this goal out like this:

On July 1<sup>st</sup>, 2017 at 12 noon, I will have reduced my weight from 190 lbs to 180 lbs.

- It's Specific: you are saying you will weigh 180lbs on July 1<sup>st</sup>, 2017.
- It's Measurable: you can tell how close to it you are as you move forward.
- It's Attainable: if you currently weigh 190 lbs, 10 pounds in 6 months is doable.
- It's Relevant: this is something you want, not a goal set by someone else.
- It's Time Based: you are giving an exact date and time when you will reach this goal.

When you build your goals like this, you will find you increase your success rate.

S.M.A.R.T. Goals are a foundation skill needed to work on a Lifestyle Design plan.

Remember, it will take effort to move from where you are to where you want to be and undirected effort is just wasteful. The clearer your plan is and the more you stay focused on it, the more you improve your odds of success. And if you have built your S.M.A.R.T. Goals based on your life purpose and your core values, then success is much more likely.

And that is what Lifestyle Design is about. Increasing your level of satisfaction and happiness in your life.

Keep in mind what we talked about earlier. That if you want real, lasting happiness in your life, then you need to take a holistic approach. You want to be thinking about the 8 Core Areas in

your life that lead to balance. Without balance in your life, it is very difficult to achieve any real long lasting happiness. Sure you may become very wealthy, of famous, but if that comes at the cost of giving up on other areas of your life, then you are missing out on your full potential. And when you do that you are missing out on reaching the level of happiness you could have by making some changes to your plans and actions.

## The 8 Areas of Life



**Exercise:** Get another sheet of paper and list out the 8 areas of life listed above. Next, start writing out a minimum of three personal goals for each of the 8 areas. After each goal, write out why achieving this goal is important to you.

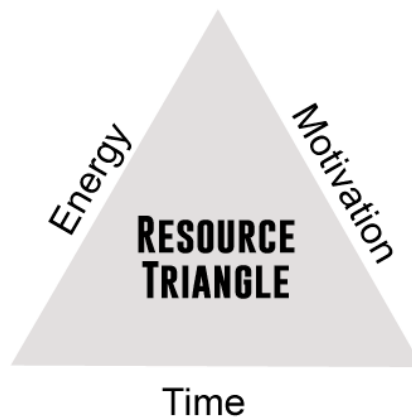
Next, turn each of the goals into a S.M.A.R.T. Goal. Make sure you include all 5 steps of the S.M.A.R.T. Goal process.



## CHAPTER 6: WHY TIME, ENERGY AND MOTIVATION ARE KEY TO YOUR SUCCESS..

### Chapter 6: Why Time, Energy and Motivation are Key to your Success

Time, Energy and Motivation are the three sides of the Resource Triangle. You need all three to make the shape and when you are looking to do Lifestyle Design. When doing your Lifestyle Design plan, these are three things you will need to be aware of and use wisely.



Everyone knows that Time is limited and no matter how hard we try, we can never get it back. I once read a quote that said, “to waste time is to waste your life”. How you use your limited

supply of time will determine the level of success you have in life. For this reason, how you plan your days, weeks, months and years will larger determine your level of success.

For me, success means: **Achieving objectives aligned with my life purpose.**

The more of these objectives I reach, the more successful and happy I am. This is why you want to make sure you start with your core values, define your life purpose, then build a plan utilizing S.M.A.R.T. goals that take you alone your chosen path.

The second item in the resource triangle is Energy. Each day you have a limited supply of energy. With the right diet and good sleep, you can recharge your energy level each day. But make no mistake, each day you have a limited amount of energy to draw upon. How you chose to use it is up to you.

If you are a morning person and you level your more difficult tasks until late in the day or early evening, you will often find your energy level is so low that you either cannot complete the task or you do such a low quality job at doing it you might as well have not tried at all.

Being smart with your energy usage, focusing it on the most important thing you can be doing in the moment is key to moving ahead in your life faster.

And finally the third leg of the resource triangle is motivation. You can have the time and the energy, but if you are not motivated to do the task, then the end result is often again of lower quality or not completed.

Motivation can also have a big effect on energy. Any one that has teenagers has seen this in action. Your teenager comes home from school and you ask them to do some chores around the house. They complain that they are tired and will do it later (lack of motivation), but if some friends drop by and ask them to go out with them, suddenly, they find the energy to get going.... This was directly related to the motivation level for the task / event.

When you build S.M.A.R.T. goals based on your life purpose and your core values, when you have a big “Why” for what you are doing, you will find that even if you have tasks that are not

that exciting, you will still be able to stay motivated because you now know exactly why you are doing it and where you are heading.

Once again: **Clarity Is Power!**

To benefit from the Time, Energy, and Motivation Resource Triangle, you want to tackle your more difficult tasks at your highest energy level periods in your day. For most people, that is early in their day, not long after they get up or arrive at work.

As you knock these harder tasks off earlier, you will find that you feel uplifted as you have done some of the harder things and then the rest of the day seems to just get easier and easier.

Being smart and breaking intense periods of work with short breaks has proven to raise productivity. I like to break my day down into time blocks.

- **Short Blocks** are 25 minutes work followed by a 5 minute break.
- **Medium Blocks** are 50 minutes followed by a 10 minute break.
- **Long Blocks** are 75 minutes followed by a 15 minute break.

When I look at my schedule for the day, I try and block out when and what I will be doing and break the activities down into these types of blocks. This way, I know I can stay focused on what needs to be done and that when I reach the end of the block I will have a small reward of a break.

This allows me to focus much more on the topic at hand and helps me conserve and utilize both my time and energy efficiently while staying motivated.



# CONCLUSIONS: TAKING THE PLUNGE

## Conclusions: Taking the Plunge

We hope you found this short report helpful for taking the plunge and starting to build your plan for Lifestyle Design.

What you have been reading is a **tiny subset** of the material and training available in the [Kaizen Success System by MindGaia.com](#). The Kaizen Success System is a 13 Week intensive training system that outlines *“How to get from where you are to where you want to be”*. The Kaizen Success System is the culmination of 30 plus years of researching, building, testing, tweaking and using by the founders of [MindGaia.com](#). The training has delivered some unbelievable results for our students. Visit the Kaizen Success System web page hear what they have to say.

If you are truly looking to change your life, gain clarity and bring focus to what is important in your life, learn proven techniques for achieving more, being more, doing more in your life. Then we look forward to seeing you join us at: [Kaizen Success System](#).

See you inside!

## Appendix A: Core Values

Here is a short list of some of the core values people have.

Aliveness	Justice
Autonomy	Learning
Beauty	Love
Caring	Making the world a better place
Challenge	Mastery
Courage	Order
Creativity	Perseverance
Dignity	Playfulness
Elegance	Revolution
Excellence	Safety
Excitement	Security
Fairness	Self-reliance
Freedom	Service
Fulfilment	Simplicity
Fun	Solving problems
Grace	Stimulating change
Happiness	Synergy
Harmony	Truth
Helping	Uniqueness
Honesty	Using your abilities
Humour	Vitality
Innovation	Wisdom
Joy	Zest