

LUCIDLIFE

3 INSTRUMENTS TO CRAFT YOUR DREAM LIFE

AND 16 STEPS TO HELP YOU GET THERE

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If you are an emerging leader who wants to take a mindful approach to managing stress, priorities, responsibilities and time, crafting your dream life will help you:

CREATE a vision of what type of leader you want to be and the balance needed to get there

PROTECT and uncover hidden challenges that could be sabotaging your success in managing your emotions, which is often what creates burnout

RENEW and start creating emotional resilience and renewed purpose in your work and life so that are re-energized, and inspired.

Whether you use this as a step-by-step guide, or select the ideas that resonate with you, the following is a guide to crafting your dream life.

Unless otherwise specified, each of these steps is an exercise in reflection. Some common methods are writing down your thoughts, contemplating in silence, or using meditation to try and connect with your intuition. The goal is to help you find intrinsic and external motivations to help you renew your commitment to yourself and your business.

CREATE

1. Think of your dreams you had for yourself as a child. Are you living in line with who you wanted to be when you were young? If not, what steps can you take to change that or incorporate them with what you do now instead? It is common that we don't honor who we are at our core and our true desires in some form. If that resonates, you may be missing out on what is most important to you.
2. Think about your golden years. At the end of your life, who do you want to be? How do you want to be remembered? What would you like to have accomplished? Why?

3. Principles are the foundation of our own personal belief systems. They influence everything we do. Reflect on the principles you live or want to live by. Pick out the 3 most fundamental principles and use them to measure all your other goals. For example, mine are integrity, enthusiasm, and service. Before I make a decision, I ask myself if I am being of service, sharing enthusiasm for life, or acting with integrity. These principals are critical for me to practice to accomplish my goals.
4. Create a short sentence or creed that incorporates your 3 core principles. This can help you easily recall why you're doing what you're doing. For me, my purpose guides every choice I make. I chose mine to be; "It is my purpose to lead with integrity, fire up others by sharing my enthusiasm, and serve others selflessly.

PROTECT

5. If you don't have tools for growing spiritually, pick some and practice daily. Some examples? Meditation, writing, reflection, silence, meaningful & purposeful deep conversation. These are critical tools for protecting the life we want.
6. Often, we can feel demotivated simply because there's something eating at us. What's bothering you? Look at the people in your professional and personal circles. Do you have resentment towards any one? Have you harmed someone in any way that's still bothering you? In any of the above cases, find out why. Usually, we have played some part in the situation or relationship that contributed to this feeling. Make sure to remind yourself of this insight the next time you see this person. If you did something wrong, admitting it to yourself is the first step in moving past it. You can do this by sharing it with a friend or coach to get perspective. It is also important to take time in silence to reflect on it. Then, if possible, make amends. Be willing to learn from feedback you receive from the other person. This process is healing for both parties. By removing that hidden mental weight, you'll find it easier to stay motivated and lead others.

7. What fears are you worrying about? Fear is an emotional reaction to something that seems dangerous. The 2 most effective steps are talking to a friend or coach about it and then taking action if applicable. If you can take an action to counteract the fear, this is most effective in removing it.
8. We are a combination of the 5 people we spend the most time with. Who do you surround yourself with? Have the courage to let go of those that don't fall in line with your principles. You can be honest with them directly, have less and less contact, or write them a letter. Try to practice reflection first to make sure you are choosing the right direction.
9. Pick someone in your network you admire who you don't talk to often. Tell them why you admire them, that you would love to learn from them, and treat them to a coffee.

RENEW

10. Do you have concrete personal and professional goals and the motivation to take the steps to accomplish them? Do some reflection on your dream life. What do you really want? This is the foundation for all of your other goals and it provides the motivation to get there. Spend time on this to get it right, the tool next can help specifically.
11. Budget dedicated time without any forms of digital tools/screens to get clarity and decompress. I like to schedule Friday from 6pm to Saturday at 6pm. I go on walks by myself in nature, meditate, write, or sometimes read. At times I get completely silent. You can also structure this more informally. You will be amazed at the peace it brings.
12. To set goals, it is of critical importance to keep it simple for effectiveness. I look simply at personal and professional life.

Categories aren't important. Getting them accomplished is. Break them down by the length of time they will take to accomplish (for example, 5 years 1 year 6 months 3 months). Set smaller goals that support accomplishing the bigger goals. Finally for each one write out the reason why this goal is important to you. It should all be aligned with your dream life.

13. That project you have been putting off? Be honest with yourself, how long will it take you to get it done? Take that estimate and then triple it. This is to give you wiggle room for urgent and important tasks that arise. Then set that deadline and get it done. No excuses. If this deadline is longer than 3 weeks, you must break it into smaller 3 week projects to maintain momentum.
14. Set up habits that accomplish your goals and support your desired lifestyle. First, assess where you are by tracking each activity you do. Behavior change is paramount to habit accomplishing. It is helpful to be on track with a habit, but keep the end in mind. Flexibility and your bigger dream life is important too. When picking habits, focus on very small habits so they are easy to accomplish each day, consistency is key. Lastly, track your habits each day to monitor progress and make tweaks when needed.
15. If you don't already have one, establish morning and evening rituals. If you have one, based on your experience, adjust them to make them more effective. Try adding something new or removing something that's no longer serving you. Realize that your ritual can and should change over time based on changing life circumstances, your growth and progression in your own path.
16. If you don't have one already, set up a recurring personal and professional practice in your life for being of service. When we help others, we derive a deep sense of purpose and meaning for what's truly important in life. Not to mention renewed motivation for our own ventures.

START CRAFTING YOUR DREAM LIFE

By the end of these steps you'll have gotten some amazing tools to create, protect and renew your dream life. This should enable you to start to set up the life you want. If you want help getting there quicker, jump on a FREE call with me.

**BOOK YOUR
FREE CALL**