

Be your true self and design the life you love!



Having It All...Made Simple

21 Days to Your Desired Outcomes

"Happiness is to be found along the way, not at the end of the road, for then the journey is over and it is too late. Today, this hour, this minute is the day, the hour, the minute for each of us to sense the fact that life is good, with all of its trials and troubles, and perhaps more interesting because of them."

(Robert R. Updegraff - Business Advisor)

Having It All...with Ease and Joy

How we define "having it all" dictates if we'll have it all. For me, the definition is fluid and always changing. It has to be because life is always changing, and I'm always evolving. So, one thing I know for sure is that when I feel like I "have it all" or will "have it all," I can feel happier. Feeling happier is the actual end goal. Well, happiness is a choice and can come in any and every moment, not just at the end of life, or at the end of the day, week, etc. Plus, enjoying each moment makes the next one better:-)

So, having it all is about making a choice, believing in it and in you. Pain and suffering comes in when we second guess ourselves and our choices leading to sometimes force ourselves to be someone we're not.

So How Do We Move Forward?

What if we focused on our values and truth, made a choice based on them, believed in the choice (vs doubted it) *for this moment*, and then enjoyed the effort and reward that comes from living a life in alignment and integrity with our true/best selves and deepest wishes for our lives?

Then, we can live an inspired life daily, moment by moment. It's in this blip of time that you can experience deep happiness...add up all of those moments and that is when joy flows through your life and you flow through your life with ease and grace.

Inspiration for Being Your True Self

The author of the book The Top Five Regrets of the Dying writes that the regret she heard most often was "I wish I'd had the courage to live a life true to myself, not the life others expected of me." The second-most-common regret was "I wish I didn't work so hard."

My hope for you is that you can connect with your best and true self, get excited about making your dreams come true, get organized to make it happen, and find support and accountability to keep you in the flow. Voila! Start with step 1 below and you're already closer to "having it all!" Enjoy every moment☺

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The Step By Step Process

The beauty of this process is that you'll be inspired to move forward in life versus working hard to get by in your day to day. By the way, it takes (at least) 21 days to develop a habit. So, below are the steps you can take over the next 21 days to create the life results you'd like to experience. If you can't get to a new step each day, just repeat a step or take some sort of action toward your goals and desires. The payoff is a life you love!!!

Connect With Yourself

1. Create a quiet space to set your mantra for the year. Use it as inspiration to create desired outcomes.
2. Identify your strengths (from the assessment in the book StengthFinders 2.0).
3. Identify your values by thinking about an amazing experience in your life.
4. Identify your life purpose. Insure your desired outcomes are in line with your life purpose.
5. Create desired outcomes based on your values. Use strengths as guidance for how to achieve them.
6. Think about how you want to feel when you achieve your desired outcomes? From that place, determine what your next step could be in that moment.

Make It Happen

7. Create process goals or a list of next steps (that ladder up to each desired outcome).
8. Identify and revisit your best self often. Make a collage that represents this best self.
9. Identify your saboteur. What things might you say to yourself that hold you back?
10. State each desired outcome out loud and check in with your body to notice any sensations. Ask yourself about these desired outcomes and see how you respond. Brief answers are the ones meant for you to hear. Revise any desired outcomes as necessary.
11. Revisit each desired outcome and associated feelings daily – imagine yourself feeling the outcome.
12. Think about who you need to be to accomplish these desired outcomes. Write these qualities out and remind yourself about them.

Be Organized

13. Ritualize your behavior - practice turns activities in to habits. Put time in your calendar to accomplish each desired outcome (or the next step for each desired outcome).
14. Create a to-do list based on where you're located (i.e., action steps for phone, home, office).
15. When a task comes your way, decide to do it, defer it, or delegate it (per David Allen).
16. Prioritize the top 6 things you want to do each day. Start your day with the toughest one or the task that takes the most mental energy (or do it when you have the most energy).

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Get Unstuck & Get Support

17. If you are feeling stuck, remind yourself about the deeper purpose behind your outcome(s)?
18. Identify who can support you and share your desired outcomes with them.

Stay Accountable

19. Revisit if you *want to* do the identified steps toward your desired outcomes or if you feel like you *have to* do them. One indicator of “wanting” to do them is if you feel a sense of accomplishment/satisfaction when you do them versus release/relief after you’re done.
20. Track your progress toward each desired outcome to help you stay accountable.
21. Celebrate accomplishments and acknowledge and name positive emotions for each step toward achieving desired outcomes (to re-associate positive emotions with your work and effort).

Bonus: Create a *HAPPY* list...write down activities that make you feel good (i.e., take a bath, call a friend, etc.) and choose to do one when you need a boost. Feeling good is a motivator.

So, now you have a clear road map with next steps to live a life you can enjoy daily while making effort and progress toward experiencing your life’s desires. Even taking a few of these steps will help you feel motivated and inspired to continue moving forward with creating a life you love.

If you have any questions about the steps or need any support along the way, please contact me at Rosie@InnerBrillianceCoaching.com. I’d be happy to discuss, or I can share the comprehensive 3 month program “Be Perfectly YOU!” - - a road map to living your perfect lifestyle - - which provides a more in-depth approach to the steps above.

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