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BLUEPRINT 5
YOUR BEST LIFE BLUEPRINT
WORKBOOK

YOUR BEST LIFE

Design, create & live your own
Best Life Blueprint



your



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JOURNAL SECTION 5

CREATE YOUR OWN PERSONAL MANIFESTO



THE POWER OF NOW

So much of our life is geared toward the future achievements and successes that it's often hard to remember that it is the present we inhabit.

We are forced to be 'big girls' and 'big boys' before we are ready.

We are trained to think about University before we've finished our H.S.C - Higher School Certificate.

We are asked our thoughts on marriage and having babies before we've even dated someone for six months.

The list goes on, but the point is that our success is often measured by where we are headed instead of where we actually are.

Although there's nothing wrong with planning, visualising and looking ahead, many of us struggle to reach the future without really paying attention to what is going on in the present.

My clients most often come to me wanting to create a great future, and they are often surprised to learn that the way to do this is by taking care of the present first.

We begin our work by facing the truth about what a client's life circumstances are telling her. If these are not what she wants them to be (and they usually are not), we then work diligently to change her life focus, re-examine her priorities and come up with solutions to her present-day problems.

Taking care of all these things releases a tremendous amount of negative energy, after which attracting a great future is easier.

WHAT IS A PERSONAL MANIFESTO?

Facing the truth and doing something about it involves making a pact with yourself that says you will do whatever it takes to make your life work in the present.

I call this pact a personal manifesto.

This manifesto means you are willing to give up big goals and fantasies of salvation in order to deal with what is true about your life now, and make it work.

Our job is to be an example of a life that is working.

A life that is working is one in which your complaints are at a minimum and, although everything may not be perfect, it works.

You have more than enough money, more than enough love and support, more than enough satisfaction out of the things that you do and the company you keep.

When you make a personal manifesto, you will start to by taking care of the 'real matters' at hand. These matters are those things that are not working for you on a daily basis. Those things could include a relationship that gives you trouble, finances that are less than stellar, a job you hate, or anything else that plagues you and doesn't seem to be resolving itself.

The personal manifesto does not apply to people in dire straits: it is useful for every single person who is not happy, regardless of his or her income level or social status.

Even people at the top of their game sometimes suffer from wishing it would all go away tomorrow. Such fruitless yearning can plague anyone who has neglected his or her own wisdom. The yearning may be a result of neglecting the signs that you need a change, a rest, a resolution to a problem or an antidote to the situation.

To make a personal manifesto with yourself, first look at all aspects of your life to determine what is working and what is not. This is not the time to dream big and desire for the ideal.

It is not the time to set goals.

It is the time to evaluate what is true for you right now.

Ask yourself:

What makes me happy?

My home?

My job?

My family?

What is not satisfying?

Do I want to be in better physical shape?

Do I want a better relationship with my parent, my spouse or my child?

Making a personal manifesto does not require that you have solutions to the less desirable elements of your life, just that you take stock of them.





Take Stock: Where are you currently at?

Use this list to evaluate what works and what doesn't in your immediate world.

Write 'yes' next to each item if you are satisfied with how it is working in your life, or 'no' if you are not satisfied.

If you are sometimes satisfied, write 'no' because there is probably some work for you to do on this item.

It may also help to ask yourself, "Does this work for me or against me?" Does it contribute positively to my life or negatively?"

Feel free to add any items I have not included that are relevant to you.

You will be instructed on what to do with this information later in this section.



'LYBL INACTION'

Evaluate Your Life

RELATIONSHIPS	YES / NO	ENVIRONMENT	YES / NO
Spouse or partner		Home	
Child/children		Office	
Parents		Outside view	
Siblings		Car	
Friends		Bedroom	
POSSESSIONS		HEALTH /WELLBEING	
Clothes		Emotional life	
Appliances		Body	
Work tools		Nutrition	
"Toys"		Habits	
Furniture		Indulgences	
CAREER / WORK		FINANCES	
Culture/atmosphere		Money management	
Co-workers		Habits	
Workload		Income	
Job description/ responsibilities		Spending	
Purpose		Savings	
Vision			
ACTIVITIES			
Social			
Spiritual			
Religious			
Leisure			
Volunteer			
School			

Feel free to add your own areas in the blank spaces provided



LET TRUTH SET YOU FREE

When you make a personal manifesto, you have finally listened to the truth about the circumstances in your life, and you have no choice but to take responsibility for them.

It takes so much energy to deny the truth and hide from it that once you admit to it, you feel an immediate release and burst of renewed positive energy.

The truth offers you wisdom (even when it isn't positive), because once the truth is spoken, you are free to take action.

You are free to change.

You are free to create forward motion in your life.

The tricky thing about the truth is that it is always changing.

Once spoken, what is true for you today could turn out to be no longer true tomorrow or the next day.

For example, if you share your feelings of hurt with a friend or co-worker whose words have wounded you, the hurt might disappear, just having spoken it.

Once you are no longer experiencing hurt, you are living a different truth.

Admitting what is true in a way that does not hurt others allows the possibility of a wise solution to or even the transformation of a negative situation.

One of my closest friends spent years denying he was bankrupt, living painfully cloaked in shame and deceit.

Once he admitted the truth of his circumstances to himself and the people around him, he discovered that the consequences of declaring bankruptcy were not nearly as harsh as he had feared. He was then able to close down his business with dignity, speak to his creditors openly and begin a new and more resourceful life.

Our tendency is to avoid difficult truths, trying strategy after strategy to do so, only to be left feeling empty or frustrated. Even if we succeed in covering up our reality because it becomes an empty and hollow victory.

The underlying problem is still there.

When you make a personal manifesto and tell the truth about your life, you have allowed your life to tell you what it needs from you, instead of telling your life what you need from it.

When we are not satisfied with our lives, no matter how outwardly perfect they look, this is what is going on.

We cannot override the truth.

No matter how hard we try, we cannot.

You can spend a lifetime trying but in the end, it will have been a much harder life.

Deal with what is true.



YOU ALREADY HOLD THE ANSWERS

If you are like most of the people I have worked with, you already know what needs to change in your life.

You don't need me to tell you, any more than do my clients, who simply can't bring themselves to make the necessary changes or have convinced themselves that they don't know how to make them.

I run a belief that everyone I meet is already whole and complete.

And they are, you all are.

And by now, you've taken a good hard look at what is working in your life and what is not.

I trust that you've been able to be truthful with yourself during this process.

All you need is a little push to get you towards doing something that you've discovered.



'LYBL' THROUGH WRITING

You Already Know What Needs To Be Done



This activity will show you how you already know what needs to be done in your life.

Return to the checklist in which you identified the areas in your life that were and weren't working for you.

In your LYBL Journal, create a separate page or heading for each area in the checklist: relationships, environment, possessions, health & wellbeing, career/work, finances & activities.

Focus on the aspects in each group that you have already determined are not working.

For each item, ask yourself the following 'LYBLQUESTIONS':

- "What do I need to know about solving my issues with my.....?" (e.g. finances, relationships, etc.)
- "What do I need to do about my... ..?" (e.g. environment, activities etc.)

Pose each question, take a deep breath and then write down the answer spontaneously.

Don't think too much about your response.

Frame your answers as if the issues themselves were speaking to you.

For example, if you are having a challenge in a particular relationship, respond to the question as if you were the person with whom you are having the problem.

It might sound like this: "What you need to know is that I'm sorry I broke your trust. What you need to do is forgive me." Or if your savings plan is not working, your money itself may speak: "What you need to do is save 10 per cent of every weeks salary."

When you have finished, go back and use a highlighter to mark things that translate into direction action items.

For example, if your money told you. "It's time to invest", highlight those words.

Then, make a list of action items from each heading.

These lists become part of your personal manifesto.

These are the simple goals and actions that will matter in excavating the blue print for your best life.











THE ONLY WAY OUT IS THROUGH

Commit now to doing whatever it takes to be responsible in every area of your life.

This is, of course usually easier said than done.

I suggest you start by concentrating only on one area, and don't go on to tackle another until you are ready.

Be compassionate with yourself.

By this, I'm not saying you should be lazy, just that you need to be kind to yourself as you deal with the challenges of perfecting your present.

Remember, the only way out is through.

This is why we did all that work on understanding what you're feeling in the last section.

When you can feel the truth, you can tell it and once it's told, action must be taken.

Nothing clears the way to your best life faster than doing the immediate work that your life requires.

There are no short cuts.

To me, the following story (which a friend sent to me) perfectly illustrates this.





Words of Wisdom: Leaving the Moth to Do the Work

A man found a cocoon of an emperor moth and took it home to watch the moth emerge. One day, a small opening appeared in the cocoon and he watched as the moth struggled to force its body through that tiny hole.

After several hours though, it seemed to stop making progress, as if it had got as far as it could and could go no further.

It was stuck.

Then the man decided to help the moth, so he took a pair of scissors and snipped off the remaining bit of cocoon. This allowed the moth to emerge easily. But it had a swollen body and small, shriveled wings.

While the man continued to watch the moth, expecting its wings to enlarge and expand at any moment to be able to support its body, this never happened.

The little moth spent the rest of its life crawling around with a swollen body and shriveled wings. It was never able to fly.

What the man, in his kindness, did not understand was that the restricting cocoon and the struggle require for the moth to get through the opening were nature's way of forcing fluid from the body of the moth into its wings, so that it would be ready for flight once it achieved its freedom from the cocoon.

Freedom and flight could come only after the struggle.

By depriving the moth of a struggle, he deprived the moth of health.

How many times have we wanted to take the quick way out of struggles, to take scissors and snip off our difficulties in order to be free of them?

How many times have we wanted to do this for our kids, loved ones and colleagues?

We need to remember, however, that it is through our trials and struggles that we are strengthened, for it is in these things that we learn the lessons that we need to in life.



STAY TRUE TO YOUR PROMISES

Telling the truth about your life's circumstances is only one part of your personal manifesto.

Keeping your word once you've given it is also a critical component of the contract.

Keeping your word means staying true to promises you make, especially to yourself.

Believe it or not, we tend to betray ourselves even more than we do others.

It is to ourselves that we must first begin to give our word and keep it.

This means not only telling the truth, but also learning to make promises that we can keep in the first place.

Having faith, or trust, in ourselves is absolutely essential to anything we want to accomplish in life. We lose that trust every time we do not keep a promise to ourselves.

If you broke as many promises with a small child as you do with yourself, you would not be surprised if the child didn't trust you and walked on eggshells around you.

Similarly, breaking your own promises to yourself erodes your self-esteem.

It deafens you to your own innate wisdom.

Whatever you neglect to honour - the promise to work out, eat well, save money, spend less, be more patient or play with your kids more, or any other vow that matters to you - these betrayals of self, and the associated guilt and shame we often feel, become an undetectable poison under our skin.

The fact is, although we live the false sense that the core of our worldly success is our goals and being better and smarter, the true work is being able to trust ourselves implicitly.

When you do this, you have confidence in yourself, confidence that shines through and acts as a beacon for success.

The secret to keeping your promises is to simplify.

Make your every promise small enough to be do-able.

Don't make an all-encompassing promise that all but sets you up for failure.

Instead of saying "I won't eat anything fattening today" say "I will keep my word to watch my nutrition today and make conscious choices about what I eat".

You can still choose to blow your daily intake on an ice cream cone, but you do so consciously.

Instead of saying, "I won't raise my voice at work anymore," say "I will keep my cool today" - or for the next hour, or what time period is short enough so that you can keep your promise to yourself.

Small promises allow you to be someone of your word.

Your word is the glue that holds your best life together, and every broken promise to yourself is a crack in the foundation that supports your life.

If you don't keep promises you will not be punished or suffer some grave fate, it will simply make it harder for you.

You may not be conscious of where you are breaking promises, so if you feel life does not trust you, as you'd like, take a look at where you are not keeping your word.

Then start keeping your word, or simplify what you promise so you can keep it.

PAY ATTENTION TO YOUR LIFE

In order for you to make and keep the personal manifesto, you'll also need to become the observer of it. Just as an actor would observe someone to portray them, observing your life allows you to live in it fully.

In his book, *The E-Myth*, Michael Gerber describes how a business owner, in order to be most successful must work not only in his business but also work on his business.

As your coach, I ask you to do the same for your life.

You can't just be in your life, you must work on it.

To do this, take the time to pay attention to your life instead of just surviving each day.

Your world is giving you feedback and clues that you need to stop to observe.

It is showing you the way, and any obstacles are part of that journey.

By observing your life as if you were outside it, you accelerate positive changes because you learn more quickly about yourself and your life.

To observe your own life requires learning how to be an observer of all life.

It also requires some of the detachment (not taking things personally) that we explored in Blueprint 3.

You must step back and take cues from the work around you.



Words of Wisdom: Look To Nature For Lessons



When we study nature, what is it that we learn?

Let's take trees for example.

Trees instinctively grow towards the sky.

They also have long lives and the resilience to stand their ground, literally and figuratively through all kinds of weather.

Deep roots surely have something to do with it.

In essence, trees are the quintessential servants, creating oxygen and apart from the carbon dioxide we breathe out, they ask for nothing in return.

From trees, surely we can learn the need to be sure of ourselves and to serve others as well.

There is so much wisdom to be learned through the observations of trees that can be used in life.

You too, can learn much about yourself and your life through this one simple aspect of nature.

What else can you draw upon from nature?



Observing life doesn't mean you sit in the spectator's booth watching it pass you by.

It means you are willing to learn from everything around you.

It means you are willing to not have the answers, willing to ask for help, willing to do whatever it takes to make your life work, and willing to marvel at the results.

Being the observer of your own life gives you the perspective that can cause a level of recognition and awareness that may very well trigger a quantum leap in what you can accomplish.

For example, after I wrote my first book 'Bringing Life to Leadership', I knew that I instantly had to write my next book, '*Live Your Best Life™*', the one that accompanies this journal that you are using to design your own best life now, however I was stuck on how to present my ideas to share with the world.

There are so many ways to frame how coaching affects people's lives and with many other people already writing about it, I was challenged as to how to make it unique and useful.

The more I pondered it, the less I seemed to have an answer.

When I finally pulled back and observed, I allowed myself to have the answer.

Instead I watched myself as I worked; I watched my clients; I studied their lives and the results they got from our work together and in their lives as a result.

I also carried in my heart all of you, the people who desire this journal and focused on what was the message I felt you needed to hear to truly live your best life.

Suddenly, what I needed to do became clear.

My role in writing the book and this accompanying journal was to help others access their own wisdom that they already have within them that was designed to lead them to opportunity and satisfaction.

With amazing speed, wisdom flew to the top of everything I wrote, to the point that the book which accompanies this journal tripled in its intended length, because things just started flowing out of me at a rapid rate of knots.

Clients, mentors, family and friends responded with such enthusiasm that it became undeniable that our innate inner wisdom simply had to be the focus of the book and this journal.

The speed and momentum I experienced in making this decision is what I mean by quantum leaps. It can happen to you too, if you stand back and observe your life for a moment or two.





Observe Your Own Life

Use the next day of your life as a chance to observe your own life and life in general. Keeping TV, radio and other noisy distractions to a minimum, for the next twenty-four hours, try the following:

- Don't pipe in at every conversation
- Daydream a little
- Watch your kids or other kids play (or fight)
- Notice nature
- Study human behavior (you or someone else's)
- Let other people 'win', just be an observer

When the day is done, see what impressions are left on you.

Write down the answers to these questions:

- What did I learn?
- Did I notice anything I wouldn't have if I hadn't been trying?
- Was there an 'A-HA' moment? If so, what was it?
- Did anything in particular stand out?
- Did I notice my actions more, or those of others?
- What insights did I have about life or myself in general?
- As the observer did I help to see my world differently or more clearly?

Allow your realisations to flow freely and float them to the surface.

Notice the difference your acknowledgement of these feels within your body.

Notice the things you are now telling yourself.







COACHES WRAP UP

Your personal manifesto is the crux of 'Your Actions', a step that cannot be skipped in the process of living your best life.

It will help you get to a point where your life works, even at the simplest level, where goal setting and daydreaming become pleasurable games instead of desperate odysseys in search of self-worth.

Self-worth reveals itself readily once you keep your commitments to your very own personal manifesto.

'Righting' every area of your life, admittedly, has to take some work on your part.

I trust that you know you can find any information you need.

Get on the Internet, buy some of the books, hire a coach, or ask a friend.

Just like the humour mentors we talked about earlier in this book, look for people who can mentor you on the life area you are not strong in.

People are the vehicle by which our success comes to us.

Ask, ask, and ask. Asking for guidance or help is like telling the truth.

It releases you from the strain of the lie.

Just do it!

Let's review the steps to creating and honouring your personal manifesto:

- Focus on the present, not the future
- Draw on the power that now brings
- Tell the truth in order to determine what is working and what is not working
- Make a personal manifesto to 'clean up' everything in your life that does not work
- Do the work
- Keep your word to yourself
- Become the observer of your own life and learn from it

