

My best life

MAY 2024

Fun & Recreation Planner

The toolkit to
DESIGN | CREATE | LIVE
my very best life



WHAT IT MEANS TO *live your best life*

You are connected to your purpose in life.

You're in **CONTROL** of your thoughts and behaviour

YOU INFLUENCE the outcomes you want

You feel energised and present in all areas of your life.

You're respectful of your **body's needs.**

You're **self empowered** and love who you are.

You Feel **PASSIONATE** about everything you do. **OH,**
and you LAUGH , a lot.

Life isn't about

finding myself.

Life is about

Creating

myself

Wheel

Of

Life

THIS *wheel* REPRESENTS MY *Life*

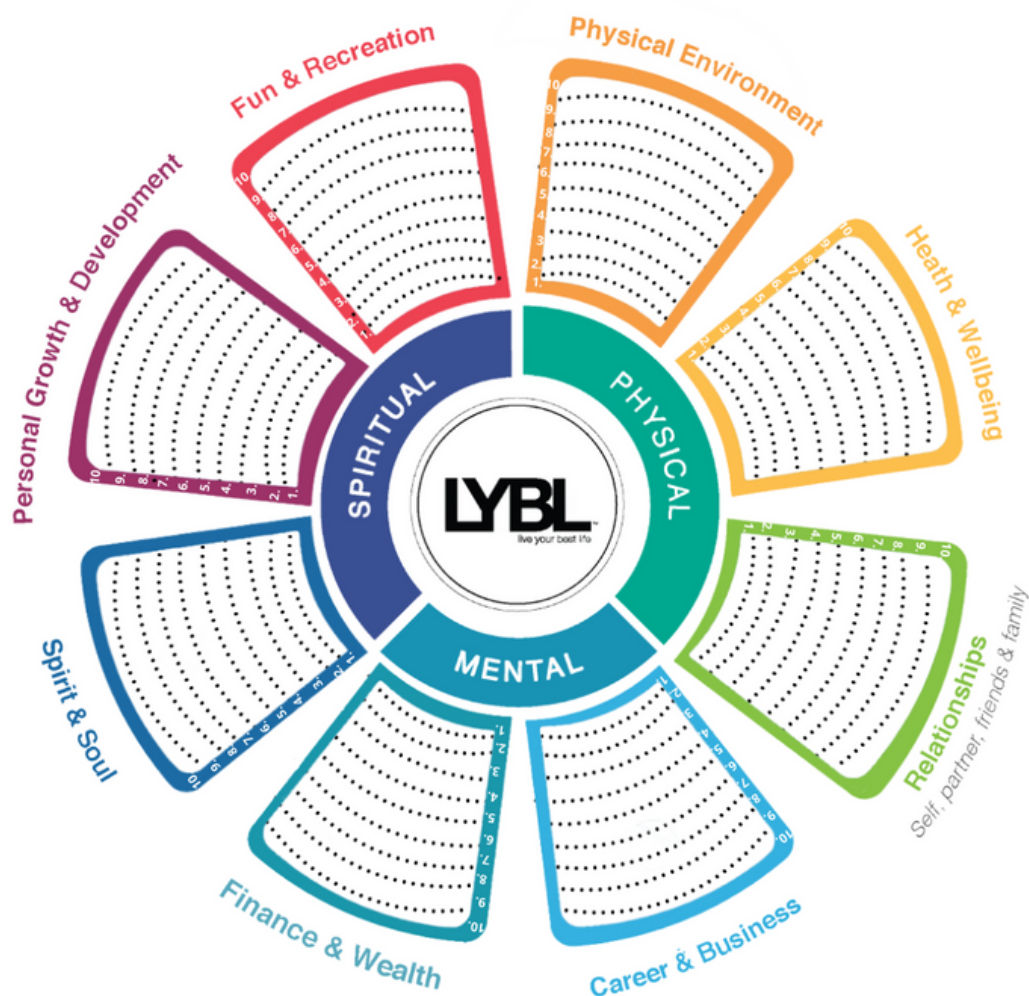
I am aware that different areas of my life will need different levels of attention at different times.

When I assess each of them I can determine the amount of attention to devote to each area.

Reflect on each life segment and give each a score between 0-10... shade it in... visually get a sense of where I'm at right now in my life.

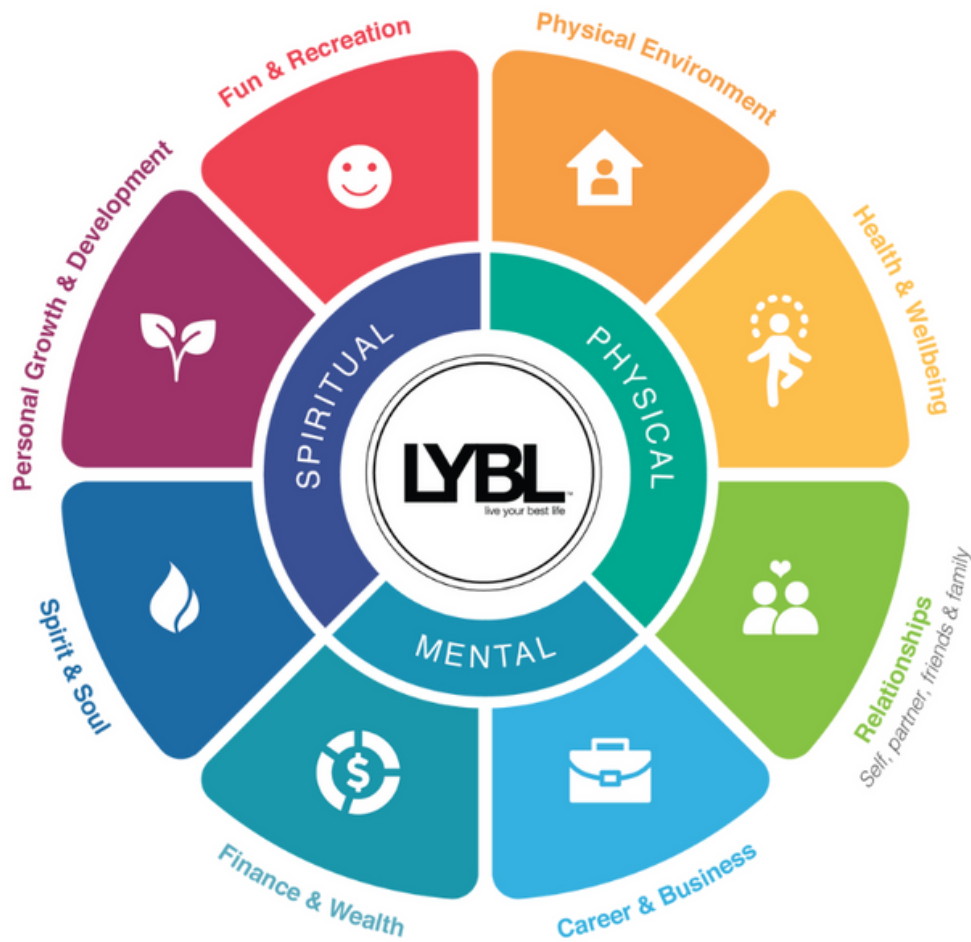
0 = Unfulfilled
10 = Extremely fulfilled

What area/s of my life requires my attention & focus over the next 90 days so that I am moving toward living my best life in the best way possible?



My current score for this area = / 10
My ideal score 90 days from now = / 10

The LYBL Monthly Themes & Your Own Wheel Of Life



JANUARY	HEALTH & WELLBEING
FEBRUARY	CAREER & BUSINESS
MARCH	PERSONAL GROWTH & DEVELOPMENT
APRIL	SPIRIT & SOUL
MAY	FUN & RECREATION
JUNE	FINANCES & WEALTH
JULY	RELATIONSHIPS
AUGUST	HEALTH & WELLBEING
SEPTEMBER	CAREER & BUSINESS
OCTOBER	PERSONAL GROWTH & DEVELOPMENT
NOVEMBER	PHYSICAL ENVIRONMENT
DECEMBER	RELATIONSHIPS

MY LYBL IMPACT FILTER™ | FUN & RECREATION



PROBLEM

WHAT AM I SOLVING?

IMPACT

WHAT DIFFERENCE WILL IT MAKE TO MY LIFE?

OUTCOME

WHAT DOES 'BEST LIFE' LIVING LOOK LIKE?

WHAT ARE THE 1-6 BIG CHUNKS?

WHAT ARE THE NEXT 1-3 ACTION STEPS TO GETS STARTED?

1

2

3



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What results do I want to achieve in the next 90 days in relation to this area of my life?

What will achieving this result give me?

How will this make me feel?



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What actions do I need to take to achieve my desired outcome/s over the next 90 days?



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What do I need to do on a day to day basis to ensure I am achieving my desired outcome/s?

The only thing
limiting me in
life is the belief
that there are
limits!

Trust

1. TRUST IN YOURSELF! Trust that you are right where you need to be. Trust that you have everything you need within you to tackle anything at any time (even when it doesn't feel like it - you DO!). Trust your intuition/instinct! Remember - you were born whole & complete - nothing is missing - it's only a thought that you have that something is!

2. TRUST THE PROCESS! Most of us seem to understand that there is something greater than us at play. Whether you understand it to be the Universe or you are steeped in a tradition or religion that offers you a name to that 'greater good', there is something greater than us steering us through life.

Have you had an experience where things have just lined up so beautifully?

Where you have felt called to do something and you have taken ACTION and everything so easefully just fell into place?

When we have these experiences you develop a trust in the process of life.

You start to let go of the reins a little bit.

If you've taken step 1 you are already trusting in your intuition your ability to discern, and then with each synchronistic experience the trust in the Universe, God, the Divine grows too.

There is something greater at play.

We can't just throw our hands up and say "what's the point?".

We have to do our bit.

Our actions keep things moving.

If you feel a nudge to do something, do it, without any attachment to the outcome but a deep trust that you are doing what is there to be done.

Trust that whatever happens you will land on your feet because we always do.

Everything that happens in life, happens for us, not to us.

Every experience provides us with an opportunity to uncover ourselves at another layer, to grow and to go forth with a new perspective.

How does it feel to let go a little and TRUST?

Fun &
Recreation

Live your best life Through Fun & Recreation

Are you incorporating some Fun & Recreation into your life?

What does this even mean to you?

Fun & Recreation can mean different things for everyone...

For us we see Fun & Recreation as different things..

Laughing until your belly hurts with those you love,
Making heartfelt connections,
Dancing, Singing, Laughing & Travelling,
Being present & in the moment.

Indulging in your favourite hobbies...

The thing is, is that the way we view fun & recreation will be different to all of us, but with similar outcome to experience the same feeling of joy & happiness - a rush of endorphins.

Living your best life is about letting your guard down sometimes to enjoy life's most simple pleasures.

Life doesn't have to be so serious day in and day out - and often times we get caught up in Groundhog Day which eventually gets boring.

Life is supposed to be enjoyed.

We are supposed to do things each day that lights us up & makes us smile.

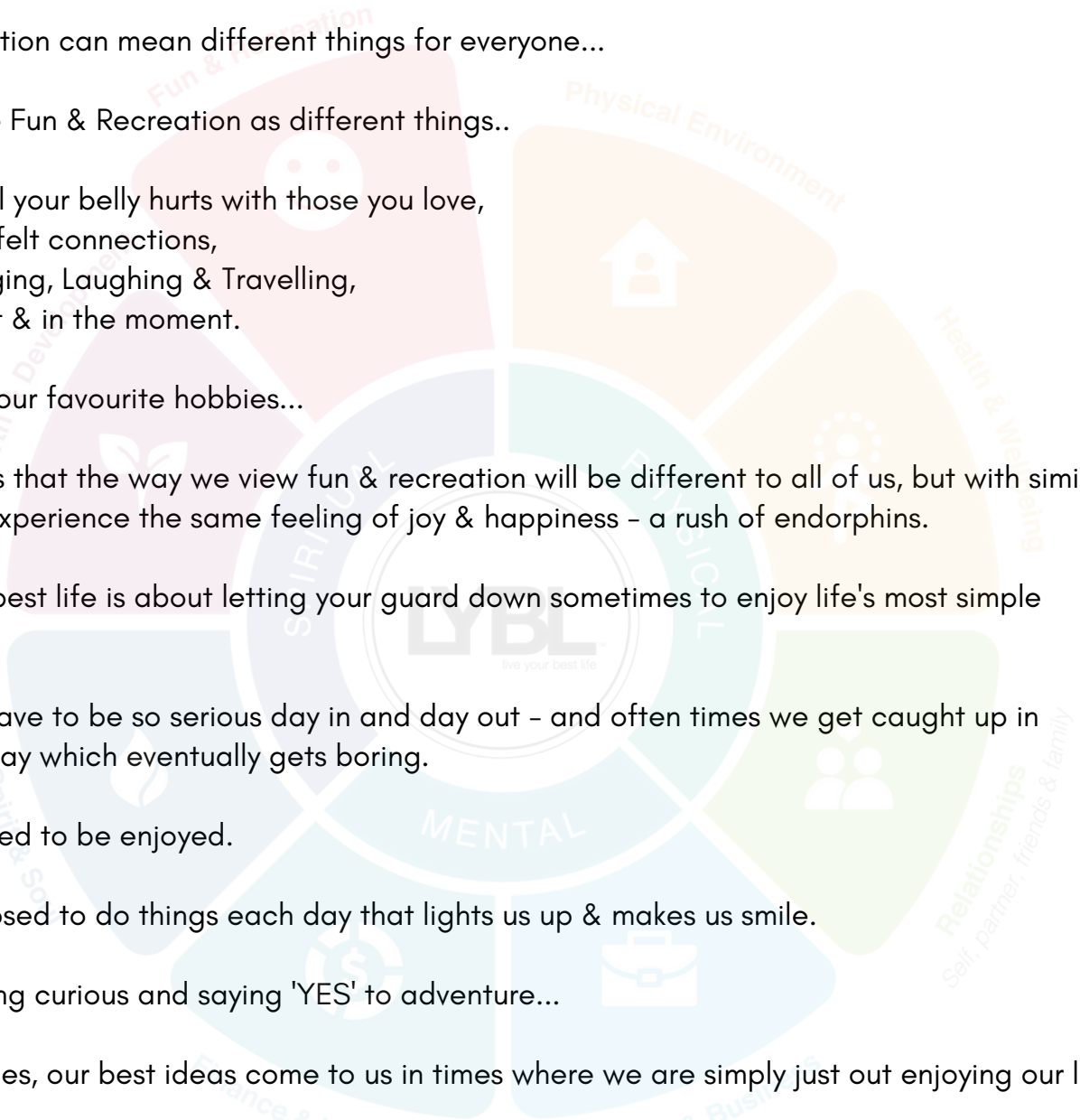
It's about being curious and saying 'YES' to adventure...

And often times, our best ideas come to us in times where we are simply just out enjoying our lives.

So for this segment we encourage you to let your hair down & enjoy some adventure in your life.

Incorporate some Fun & Recreation into your life and let the magic happen within you!

Get outdoors, experience the elements and find your Fun + Recreation groove.



~~Bucket~~ 2024 Live List

THINGS I WANT TO DO

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NOTES:

~~Bucket~~ 2024 Live List

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NOTES:

Laugh often

If you were to recall all the times you laughed, I would take a guess and say that 99.9% of those memories are happy ones.

Need I say more?

If you're laughing, you're smiling. If you're smiling you're experiencing some level of happiness within you.

We all want to experience happiness, yes?

Laughter is a release too!

Have you ever felt so tired that you were delirious and all you could do was laugh (or is that just me?)

Maybe you've been holding onto 'stuff' and it's been building within you until it pours out in tears and laughter and after you feel so much lighter.

A big part of our LYBL Manifesto states...

'Laugh until your face or belly hurts....snort laughter raises your energetic vibration'.

Let's face it...everyone loves a good ol' snort laugh - it sets off a chain reaction & before too people in your company at the time have caught the laughing bug!

Laughter is medicine - it's been proven.

Get your endorphin high naturally & laugh today & use this medicine to fuel your best life living formula.

If your searching

for that one

person that can

change your life...

Take a look in the

mirror.

BEST LIFE *blueprint*



This is your first step towards creating a life that you dream of and to work on your most important asset in life....YOU!

We want to help you to **DESIGN | CREATE | LIVE**™ your own best life blueprint through our most profound and transformational 10 week program towards personal mastery..

This is your first step towards creating a life that you dream of and to work on your most important asset in life....YOU!

The 'Your Best Life Blueprint™' program has been created by International Professional Master Coach, Michele Jones, who is the founder & creator of the globally recognised 'LYBL' brand & movement.

The program was created to empower you to design, create & live a life you love through accessing your own inner knowledge and wisdom to achieve your own version of living your best life.

In the 'Your Best Life Blueprint™' program, you will learn to:

- Acknowledge your current beliefs and reprogram your thinking to bring to life who you know you were born to be.
- Learn to trust yourself, listen to your feelings and gut instincts then allow them to guide you rather than suppressing them. This will allow you to operate from a place of alignment and pure empowerment, allowing for powerful decision making.
- Stop the daily grind of action taking for actions sake and become the Master of Focus and Being with the power of NOW through intentional focus.
- More freedom to be fully expressed with depth of meaning and connection to the core of your inner truth, internal knowing and ultimate happiness.
- Discover and reveal your own self worth by allowing all the hidden messages in your dreams and aspirations to expose your lucrative purpose that's woven within them. Tap into the greater richness and all you have to offer this world.

You can find out more and sign up to become a member via the QR code.

your greatest adventure begins here





LIVE YOUR BEST LIFE

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