YOUR

BEST LIFE BLUEPRINT

A WORKSHOP DESIGNED TO HELP YOU LIVE A LIFE YOU'LL LOVE

This wellness workshop is designed to help you walk through the different building blocks to create a life you'll absolutely love living. Imagine waking up and feeling truly inspired. Imagine living a lifestyle that has you feeling invigorated. It can happen and you are in control. This is your personal blueprint and the first step to building your best life!

PEACE OF ME PODCAST

HI FRIEND!

I'm so excited that you've decided to dive into building a life that you not only want to live, but will love! My hope is for this experience to help you uncover your needs, recognize what will truly fulfill you and find a way to actually make it all happen.

Our time is finite. Why postpone the things that will inevitably make you happy and bring you peace? Why postpone living your best life? At times it can feel like so many things that happen in life are out of our control and we forget all the things that still are.

PEACE OF ME PODCAST

BEFORE WE GET STARTED:

1. This blueprint will and should change over time- just like you. Feel free to add, tweak, delete & adjust whenever necessary.

2. This process should be fun and exciting! So please give yourself the time and focus you deserve to dive into this workshop so that it truly reflects you and your vision.

3. There are several people in your life who are important to you and part of who you are. But for this exercise, try not to make decisions based off of them (this includes your partner, parents and/or your children). Don't worry we'll include them later on!

4. What you'll need: this workbook (print or use as a guide), a journal or your cell phone. *Optional: your favorite beverage, candle and blanket to get cozy and let the creativity flow!*

This workshop has been separated into two different areas of focus: **envision** and **execution**. You'll need to complete part 1 before you can move onto part 2.

For a printer-friendly option- only print pages: 5-6, 11-13 & 17.

PART 1- ENVISION:

Have you ever daydreamed about an upcoming vacation?
Have you ever found yourself thinking about your weekend plans when it's only Tuesday?

Sometimes, just mentally escaping can help us see the good things ahead. The things we look forward to help us feel excited and alive.

The first part of this workshop is designed to help you really dig deep to visualize what your best life looks like. This is the part where fantasy, daydreaming and goal setting all come together. Let your mind wander and think of endless possibilities! As you answer the questions below, try not to judge your responses. The idea is to freely express what comes to mind and work through the pieces later. Keep in mind that the answers you provide might not be what you're currently doing. The goal is to reveal what will ignite your spark so that you can start setting up a life that you absolutely love living.

(If you're feeling stuck, skip to page 7 for some inspiration).

Part 1: Envision

1. WHEN YOU THINK ABOUT THE LIFE YOU WANT TO BE LIVING, WHAT DO YOU PICTURE?

2. WHO ARE YOU SPENDING YOUR FREE TIME WITH? WHO WOULD YOU SPEND LESS TIME WITH?

3. WHAT BRINGS YOU JOY OUTSIDE OF WORK (HOBBIES, ACTIVITIES, FITNESS, ETC.)?

4. WHAT BEHAVIORS OR HABITS WOULD YOU WANT TO MINIMIZE OR STOP ALTOGETHER?

5. WOULD YOU SWITCH CAREERS? CHANGE INDUSTRIES? GO BACK TO SCHOOL OR EARN A CERTIFICATION?

6. WOULD YOU RELOCATE, DOWNSIZE, UPGRADE OR CHOOSE TO LIVE IN A DIFFERENT CLIMATE?

7. IF YOU HAD A FULL 24 HOURS TO DO WHATEVER YOU WANTED- WHAT WOULD YOU DO TO FILL YOUR DAY?

8. IF YOU HAD A FULL WEEK TO DO WHATEVER YOU WANTED- WHAT WOULD YOU CHOOSE TO DO? GET GRANULAR!

9. WHAT DOES THE PHRASE “LIVE YOUR BEST LIFE” MEAN TO YOU?

10. WHAT DOES LIVING YOUR BEST LIFE LOOK LIKE FOR YOU?

NEED SOME INSPO?

Many times we are emotionally attracted towards things that emulate an environment or habit we desire. This can especially be seen with the social media accounts you support. What's in your feed? What accounts do you enjoy following? Is there a common theme or trend to the ones you do follow?

What websites do you peruse for fun? What lifestyle influencers seem to fit your vibe? Would you rather read a magazine about health or crafting decorations? Are you more interested in cooking or lifestyle tips?
What topics ignite passion in you? What do you get excited to share with your closest circle? What drains you or leaves you feeling unfilled or even uninterested?

Recognizing your own tendencies can help you realize where some of your interests lie or what you're craving more of.

TALLY YOUR TIME

Chances are you may find yourself doing mundane, daily tasks that don't seem to "add" to your life. For example: your commute to work or school, scrolling socials, gossiping, texting, watching television.

Don't get me wrong, we all need to unwind and relax. And in a world where our phones go everywhere we do, it's easy to find ourselves spending hours on them.

Take a moment to check your personal phone usage by going to your phone settings or by estimating a daily total. Write down how much time per day you're likely spending on the above things. Your answer likely will be in hours and not minutes. Knowing your number can provide clarity.

What's your number?

We'll revisit this number late in the workshop.

TAKE A BREAK

Take a sip, stretch and then re-visit the workshop. You're doing great!

As you move through this workshop, consider the questions below to help reveal any feelings/thoughts that may be hiding.

Some internal questions to ask yourself:

1. Are you living life on autopilot?
2. Do you want a life that is less stressful or more inspiring?
3. What else do you want to contribute to others, in your work, to your life?
4. Do you feel challenged (in a healthy way)?
5. Would you change anything about your eating or drinking habits?
6. Are there any passion projects or side hustles you wish to start?
7. What internal traumas need more healing?
8. What grudges do you wish you could finally let go of?
9. What unsaid words need to still be said?
10. What do you need closure on and how can you get it?

PART 2- EXECUTION:

Congratulations on all of your hard work thus far! You've taken the time to prioritize yourself and your future. I know you've poured your thoughts into each page and really dug deep to recognize what sparks your soul.

Now that you've envisioned the life you'd love to live, it's time to put your plan into practice. It's time to build out your best life. This part can feel overwhelming. After all, if it was easy, you'd probably already be doing all of these things already!

It's important to acknowledge that while you can live a life you love, it should also be realistic. Will you feel inspired and rejuvenated each day? Probably not. Will life still feel hard or at times not fulfilling? Absolutely. It's important to set realistic expectations so that you set yourself up for success as you build your best life blueprint.

Earlier in this workshop, I asked you to focus on your own dreams and goals. Now I want you to include all of the important people in your life (your partner/parents/ children) as you put the building blocks of your blueprint together. Depending on where you are and where you want to be, this process may be simple or it may be more involved. Either way, it's important to consider each step so that your execution is flawless and seamless for everyone.

Part 2: Execution

1. WHAT SMALL STEPS CAN YOU TAKE TODAY TO GET YOUR VISION STARTED?

2. WHAT DO YOU HAVE TO SAY NO TO, WHAT DO YOU HAVE TO SAY YES TO?

3. THERE WILL ALWAYS BE THINGS OUT OF OUR CONTROL. AS YOU MANIFEST THIS LIFE, WHAT IS WITHIN WITH YOUR CONTROL? WHAT CAN YOU CHANGE?

4. WHAT'S PREVENTING YOU FROM MOVING FORWARD? HOW DO YOU REMOVE OR MINIMIZE THOSE BARRIERS?

5. WHEN YOU LOOK AT WHAT'S KEEPING YOU FROM MOVING FORWARD- ARE THOSE ACTUAL OBSTACLES OR EXCUSES?

Part 2: Execution

6. IF YOU WERE TO MAP OUT YOUR TIMELINE, WHAT NEEDS TO HAPPEN FIRST? WHAT NEEDS TO HAPPEN IN 6 MONTHS, 12? IN 5 YEARS WILL YOU BE LIVING IT?

7. WHO NEEDS TO KNOW ABOUT THIS PLAN? WHO ELSE NEEDS TO APPROVE IT AND SUPPORT IT?

8. WHAT RESOURCES WILL YOU NEED (FINANCIAL, PROFESSIONAL, FAMILY SUPPORT, SCHOOLING)?

9. CONSIDER WHAT ALIGNS TO YOUR MENTAL HEALTH & WELLNESS, SPIRITUALITY/RELIGION AND PHYSICAL HEALTH AS YOU LOOK AHEAD:

10. IS YOUR BEST LIFE BLUEPRINT REALISTIC?

THOUGHTS:

TAKE A BREAK

Take a sip & stretch- then revisit this workshop. You're almost done!

FINDING MOTIVATION:

Dreaming and doing are two different actions. Often the *daydream* is the fun part while the *doing* requires accountability. Earlier I asked you to tally up how much time you spend each day doing things that don't seem to add to your life. Write that number again here:

Whenever you feel pressed for time...
Whenever your blueprint feels like it's still sitting in the envision stage.
Whenever the action of living a life you love seems futuristic, I want you to remember *your time*.

Your time is finite. It's a limited quantity and a priceless resource. You're already spending time each day doing things that *aren't* contributing to your quality of life. They're distracting you from your potential. If you spent even half of your tally time executing your best life blueprint, how much closer would you be to living it? If you're finding excuses as to why it can't happen, that might mean additional tweaks are needed to your blueprint.

If what you're manifesting isn't motivating you, it's time to revisit and make necessary edits. Take time to tweak your vision and create something that sets your soul on fire! You started this workshop for a reason. It's up to you to make it happen. Slow progress is still progress. The execution of your timeline doesn't need to happen quickly for it to be successful. Small steps are still forward steps. Progress is still progress. **The goal is to get you living a life you'll love.**

REMEMBER:

You did not come this far,
to only come this far.

WORKSHOP WRAP-UP:

Now that you've envisioned your best life and a created a blue print to living it- how do you feel?

What excites you the most?
What scares you?
What will be the 1st thing you can't wait to get started on?

Commit to your thoughts, dreams and goals.
I believe I can. I believe I will.

<u>This is the blueprint to living my best life.</u>

I built this blueprint on: (date)
My goal is to be living this blueprint by: (month and year)
I will check in on my progress every: (time frame in months)

CLOSING COMMENTS

Sometimes we need to start before we're ready.
And sometimes we're not just ready.

I hope if nothing else, this workshop has helped you uncover what feeds your soul. I hope it has helped you get excited about your future and all the great things that are to come.

Let all you've created here be a mental manifestation- an escape whenever you need to daydream. You can revisit this place whenever you need to get away…xoxo.

Lexy Leigh