

What does the life you want look like?

Have you ever felt that life and what you want from it is passing you by?

If not read no further, however should you be remotely curious read on a little further with healthy scepticism naturally.

We are able absolutely to choose to create or have the life of our dreams.

This has a cost. The cost is that we then have no option but to take full responsibility for what we create and the consequences. We have to overcome our lack of certainty, of confidence, of self-worth and self-esteem. We need to fully take our place in the world. As our own architects we have licence to paint the broad-brush strokes plus intricate detail.

Again, the question: What does the life you want look like? What does it feel like? What sense of it do you get? Imagine it had a taste, what would that be? What would indicate to you that you had achieved it?

The following super 6 may aid your focus, help your clarity:

1. **What would be your wake-up call?** What would you use to identify how you want your life to look in six months, in a year, in two years, in five years?
2. **What do others have that you want?** What is stopping you having that right now? What strategies could you put in place to have what you want?
3. **Identify your top ten moments in your life.** What about them makes you happy/content/fulfilled? Ask yourself were these things that you feel should make you happy. Maybe you might wish to start this section again going for what genuinely makes you happy.
4. **What would you do differently if** you forgot to compare yourself to others and/or if you stopped feeling you had to prove yourself?
5. **Take yourself to ten years hence,** what advice would you give you at the age you are now from the perspective of ten years on?
6. **What assumptions/limiting beliefs/controls** would it be a relief to let go off to enjoy the next stage of your journey through life.

What would you like to achieve in order to look yourself in the eye at the end of your life and say with complete integrity that you did it.

What is holding you back from achieving it right now?

Get over yourself. Clear it. Just do it!