



Learning to Live by Design
with
Leslie Karen Sann, MA, LCPC

Welcome to the audio recording of the *Learning to Live by Design* tele-class. What follows are the handouts that are referred to on the call.

I trust you will receive value from the experience. I invite feedback from you, telling me how you benefited from the class. Send me an e-mail. I'd love to hear from you.

Take Care,

Leslie

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I, _____, *commit to living my*
 your name
life by design rather than by default.

Make it even more powerful - write it out:

Signed: _____

Date: _____

Put it somewhere you will see periodically.





Mark an X if the question relates to you.

- 1. Are there any areas in your life you would like to see changes, improvement? *e.g. career-job-profession/ relationships health/ finances/ family/self-development/ spiritual/ recreation/fun/?*
- 2. Do you want things or situations in your life that you don't have, for example, better relationships, healthier financial situation, more satisfying job?
- 3. Do you occasionally feel lost about knowing where or how to start creating those things you want in your life?
- 4. Have you in the past year ever felt out of control of your life as if it were happening to you, rather than you being the one to make things happen?
- 5. Are there relationships in your life at home, work, personal, community that you would like to be different?
- 6. Do you ever wish you could have more time for self-care, nurturing and fun, but that your life seems to be running away with itself, dragging you along behind it?
- 7. Do you sometimes wish you knew more clearly and definitely what you wanted? Do you feel unsure of yourself, your dreams, your goals?
- 8. Do you feel you've given up on some of your dreams having become complacent with what is?
- 9. Do you sometimes fantasize about things you want, job, relationships, travel, family, but then tell yourself you can't have them, or it would be too hard, or you're not worthy, or tell yourself something else?
- 10. Do you sometimes wish you could be more proactive, more excited and enthusiastic about your life and be experiencing more joy?

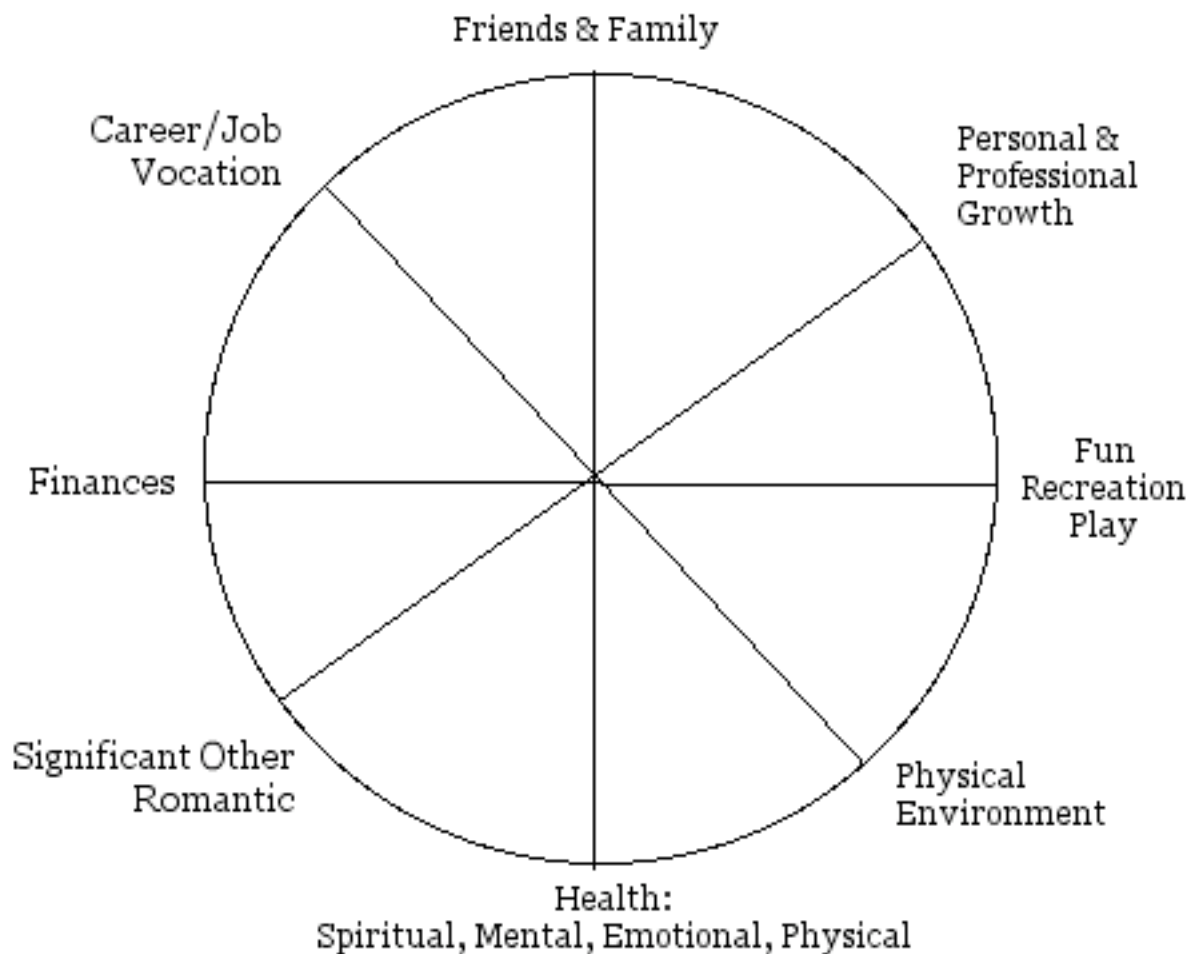
TOTAL X's _____





The Wheel of Life

Below is a circle divided by 8 lines. Think of each area and ask yourself the question, "How satisfied or fulfilled do I feel in each area of my life?". The outer edge, "I feel terrific, this is a 10 for me.", the center point is a zero, which is self-explanatory. Mark on each line what you assess your number is. When you are complete with all eight areas, connect the dots.





I suggest that you do a few things to take this evenings work a bit further:

- 1) Write out what a 10 is for you for every spoke on the wheel. Make it positive and powerful (more about how to write a vision in the upcoming course).
- 2) Write out what your goal for next year is if it isn't a 10. Same instructions, make it powerful and positively focused.
- 3) Create a backwards plan for each spoke on your wheel.
- 4) Begin taking action, action, action, because _____ translates dreams into reality.





Power Tools

1. Finger pointing out to finger pointing to self, “Hmmmmmm, how is this about me?”
2. Utilizing feelings in an intentional way to fuel the outcomes we truly want.
3. Putting ACTION on our desires.
4. Pay attention to the results you produce.
5. Observe and Correct
6. Know where you are and where you want to go
7. Have a plan.
8. Break your BIG goals into doable, chewable pieces.
9. Gratitude for gifts and blessings
10. Appreciation of self for taking action, even baby steps, and showing up!





Basic Recipe for Living by Design

#1) Know what you ReALLy want

#2) Know where you are at

#3) Devise an Action Plan

#4) Take action

#5) Continue until the goal is reached

#6) Have fun and celebrate yourself along the way. Remember, misery has enough company. Choose the joy that comes with living a life of your own design.





Remember: “Action translates Dreams into Reality.” Take action now. Go to: www.living-bydesign.com and sign up for the upcoming 5-week Tele-Course especially designed to assist you in living a life of your own design.

<http://www.living-bydesign.com/LBDSeptemberTeleclass.htm>

You will also receive the newly released booklet: **“Living by Design...from Dreams to Reality: 10 Simple Steps to Creating the Life You Want”**, as a thank you for joining me in September.

To listen to the April Living by Design Q&A session I mentioned early in the call:

<http://www.living-bydesign.com/LivingbydesignFREETeleclass.mp3>

Thanks for joining me on this call.

Warm Regards,

Leslie

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