

PATHS OF DISCOVERY LIFE COACHING *“Exploring Life’s Possibilities”*

Designing Your Life in 2011

Designing Your Life, what does that mean to you? The intention for this self-study course is to help you envision and explore what areas of your life can have more purpose and meaning. You will find tools to help you see your hearts desire and vision, set goals/intentions to support your vision, and begin implementing strategies to put it all into action.

This study has a Spiritual bent, because I believe we find our purpose and meaning from God and with His guidance our lives are complete. I encourage you to go through the study with an open heart and see what you come away with.

I invite you to find a comfortable spot to sit and grab some coffee or tea. Take a few deep breaths and think about what you want to get out of this course? Take a moment to write your intention here.

My Intention:

Let’s begin with a formula to work from: **Vision + Goals + Strategy = ...**

By the end of this study, my hope is that you will have a word or thought that completes this formula.

Let’s start with the **Vision** piece of the formula. When you hear the word vision, what are some of the first words or thoughts that pop into your head? Take a moment to write these thoughts down.

Vision:

Would you allow me to offer a slightly different perspective? What if your vision were playing out in your life right now, whether you are aware of it or not? Your everyday moments of conversation, making choices, decisions, thoughts, actions; they are all shaping what your vision looks like. In other words, you are creating what your life looks like.

If this were true, then what does your vision look like based on your everyday conversations, choices, decisions, thought, & actions? Is this what your heart truly desires?

A definition to consider: ***The ability to see your hearts true desire as if it's already happening right now.*** Have you ever thought about your hearts true desire? And, to put a spiritual emphasis on this idea, have you ever thought about what God's desire is for you and how He puts that desire in our hearts? In addition, if you were able to *see* that desire, how could you begin to put it into play in your life right now? Take a moment to digest this concept.

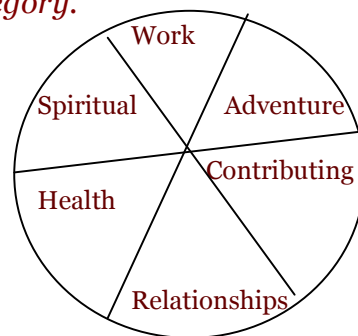
Now, to break this concept of seeing your heart's true desire (vision) down into practical terms, lets think about some of the different categories we have in our lives on a daily basis.

- ✿ Work
- ✿ Relationships – spouse, children, parents, friends etc.
- ✿ Physical & Mental health
- ✿ Spiritual life
- ✿ Fun & adventure
- ✿ Contributing to others

Let's stop for a moment, and get a good mental picture (**vision**) of what these categories look like in our lives in this present moment.

For visual effect, draw a large circle below. Form six pieces of pie into this circle. Insert each category above into these pieces of pie. ***Calculate the size of each piece of pie by how much time/space/energy/desire; you currently give to that category.***

Here is an example. Now draw your own.



Is your vision pie mostly in balance, or is it lopsided? Keeping in mind the definition of a vision ~ ***The ability to see your hearts true desire as if it's already happening right now*** ~ are there certain pieces in your vision pie that are tugging at your heart to expand, decrease, change or get rid of? What are they? Take a few moments to think about this and write them down.

Now that you have identified the pieces of pie that you want to change, what does your heart's desire tell you about how you want these pieces of pie to look? Take a moment to envision what this might look like ~ close your eyes and breathe. Ask God to give you His picture of what this vision looks like. Allow yourself to see in detail the colors, environments, people, places, things that create this vision. Write out what your vision looks like in a list, story, or draw a picture or create a vision board using poster board and magazine clips.

By doing this, you are creating your vision in a more tangible form. Below are some questions to assist you in gaining further clarity about this picture.

🍷 Are you relying on or letting others or circumstances fulfill or sabotage your vision?

🍷 If so, do you want to change that?

Is so, what are some ideas that might help you begin the process of changing this?

If not, keep reading you might feel differently later.

🍷 Who are you when you are living fully in your vision?

Before we delve into Goals, I'd like to say a little more about vision and how faith plays a part in it.

Here's an example:

Maybe your hearts desire, your vision piece of pie, is in the adventure category. Maybe you saw during your envisioning time vivid colors, new places to visit, new things to learn, and classes to take. Now, that you have a picture of what that might look like, you are thinking that there is no way this could ever happen. You tell yourself you don't have time, you don't have the money, you think it's selfish and without purpose. Yet, as you talk to God about your concerns, you can't shake the inkling, and prompting that this is the right path. Now is the time to think about taking a step of faith. (By the way, don't worry if you are not seeing your vision totally clear, it will unfold as you continue your journey.)

“Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see.” Hebrews 11:1 NLT

To begin the process of taking a step of faith, it's time to first choose to take that step. Faith does not usually come naturally. It is a conscious and continuous mind and heart process of being willing to let go of control, trust and allow God to orchestrate His desire, and His vision in our lives. In turn, He gives us hope and we can be confident in that hope, even when cannot see or understand how this vision will play out in our lives.

Once you have **chosen** to take this step of faith, then you are on your way to set a goal or an intention. This goal/intention might sound like this ~ I want to plan one adventure every month. Don't worry about how you are going to do that or what it might be, we will get to that in the next step ~ *Strategy*.

Goals

A definition to consider is: ***A goal is something we want to complete; it's not something we feel we “should” do. A goal gives us a feeling of motivation and excitement. It is something tangible that we can do right now that is in alignment with God's desire and purpose for our lives.***

If you the word goal does not resonate with you, try using the word intention.

Based on your summary of your vision above, what are some goals or intentions that you would like to put into place?

Things to consider as you are thinking about your goals or intentions:

📌 Purpose and Meaning:

How can my goals/intentions provide me with a deeper sense of God's purpose and meaning in my life?

Do my goals/intentions serve God and others? Is that important to me right now?

🌿 **Changes:**

What changes am I willing to make right now, to pull me towards my vision?

What fears do I have about making these changes?

Are holding onto my fears worth staying stuck in my life?

What can I do to release my fears and break free from them?

How can God help me with this?

🌿 **Boundaries:**


Are there boundaries I want or need to establish in my work/social/family relationships?

What are they? When will I establish them?

🌿 **Waste time/reason:**

Where are the areas that I waste time?

What are the reasons?

 What works:

What am I doing that works really well in my life?

What is not working in my life?

Reflect back on your vision you created in the previous step. Now, write out 10 goals or intentions that will pull you towards creating in tangible form the vision you desire.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Strategy

What are your thoughts when you think of strategy? A few synonyms are – action plan, or game plan.

You may be wondering what a strategy has to do with supporting you in living the vision God has put in your heart. By creating an action plan, you are creating momentum and tangible steps to move you forward. A goal or intention without a strategy can die quickly.

Below are some questions to get you thinking about a strategy or action plan.

- 📌 What thoughts are hindering you from making a strategy?
- 📌 What are you willing to do?
- 📌 What are all your options/alternatives? Even the ones you may not like the sound of at first.
- 📌 Target date.
- 📌 Who is your accountability partner? Are you willing to ask for one?
- 📌 What are the benefits Spiritually and personally if you were living out your vision?

Here is a very simple example of how these questions can play out.

Let's say that Spiritual health is part of your vision piece of pie that you want to expand. So, you decide to set a goal or intention of wanting to stop watching so much TV in order to have time to read your new book on Spiritual health.

Your answers may sound something like this:

Q – Thoughts that hold me back... I know my Spiritual health is important and this book would help me, but I feel like I am giving up my relaxation time if I stopped watching TV.

Q – What am I willing to do? I am willing to cut back on watching so much TV, but how much TV am I willing to stop watching?

A - Two days/nights a week.

Q – Options/alternatives... I could give up TV altogether. Or, I could set a time limit for each night. Or, I could set designated TV nights. Or, I could figure out a way to watch only my favorite shows. All of these will give me time to read my book, but which one/s fit best for me right now?

A – Record my favorite shows and watch them on designated TV nights.

Q – Target Date...When am I going to start doing this?

A –This Monday and following through each week until my book is finished. Maybe I will continue to use this system, which will free up time for other things I'd like to be doing.

Q - Who is my accountability partner?

A - My spouse, I will ask him/her to check in with me every other week, to see how I'm doing in achieving my goal/intention.

Q – Benefits to me Spiritually and personally?

A – I will see the difference physically and in my mindset, & thoughts. I will feel more alive, more purposeful, more peaceful, more confident in God, and I can share this with others.

My Strategy: My goal/intention is to expand my vision in the area of Spiritual health. I know my hearts desire is leading me towards this because I feel excited about learning something new & deepening my relationship with God. I know God will use this new learning and He will give me opportunities to use it and be more purposeful.

In order to do this, I will start by recording my most favorite TV shows and only watching them on designated TV watching nights. The time that this frees up, I will use to read my book and learn more about my Spiritual health.

I will start this Monday and follow through until my book is finished. I will then assess whether or not I want to continue this new system.

I will ask my spouse to check in with me every other week to find out how I am doing with this goal/intention.

Now it's your turn. Use this process, and apply to each of your goals/intentions that you set in the last step. When you are finished, combine your answers and write out a short summary of what your strategy looks like.

Thoughts that hold me back...

What am I willing to do?

Options/alternatives?

Target Date?

Who is my accountability partner?

Benefits to me Spiritually personally?

My Strategy:

Now it's time to complete the formula that we talked about in the beginning of this workbook:
Vision + Goals + Strategy = (Hint – What does it give your life? How does it effect who you are?)

Vision + Goals + Strategy =

I acknowledge you for being open and willing to try on new ideas and concepts. My hope for you is that this study – **Designing Your Life in 2011** gives your life a spark and motivation to move you towards seeking God's desire for your heart and living a more purposeful life.

I would enjoy hearing from you and your experience as you went through this study. As a gift, I am offering you coaching session at a 20% discount. You can use this session as a follow up to this study, or for something else you would like to explore. Please contact me for further details, & mention this offer when you set up your appointment.

Warmly,
Pam Day

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