

Savvy Steps – How to Create A Blueprint of Your Ideal Lifestyle

Now it is time for you to get into action and take steps to start living your ideal life. Let us help you craft your own lifestyle blueprint, the map that will guide you to create a more balanced and fulfilling life for yourself and your family.

Schedule a block of uninterrupted time when you can close the door to your office and head to a quiet spot, perhaps your favorite coffee shop or a tranquil, inspiring place out in nature. Imagine what might be missing in your life, and what could make it richer and even more fulfilling.

1. Get creative and get writing!

Use your *Sassy and Savvy Journal* and the questions below to get your creativity flowing!

- What I wish I had more time for in my life right now is:
- I have always wanted to learn how to:
- The way I would most like to contribute to others is:
- The one thing I want to do with my family consistently is:
- For me to feel balanced and empowered, each week/day I must:
- If money were no object, I would:
- The hobby I most want to spend my time on is:
- Before I die, I want to be sure to:
- The thing I want most to enjoy with my spouse/partner on a regular basis is:
- The ideal amount of vacation time for me and my family is:
- The places I most want to travel are:
- The people I most want to spend time with are:
- The best way for me to practice self-care and put myself first on a regular basis is to:

- The one way to really treat myself is to:
- Doing this would make life worth living:
- The one thing that nurtures my soul is:
- The best way for me to relax is to:
- The one thing I look forward to most each day is:

2. Write a detailed description.

Using the ideas you discovered above, now write a detailed description of your ideal lifestyle. Dream big and create a vision for the life you most want to live!

Tip: Write this using “I am” statements, as if you are already living it, and use emotionally charged language to make it real to you.

For example:

“I am thrilled to be taking time each day to do my daily workout and get to my yoga class. It feels exhilarating to be taking such good care of my body, and I feel completely energized and vibrant.

I am also excited to be regularly taking Fridays off, spending fun time connecting with my kids at the movies or exploring waves at the beach. I feel very fulfilled to make time for regular date nights with my husband, and am enjoying the romantic dinners and special nights we create together.”

You get the idea. Write a detailed description that feels inspiring to you, and post this somewhere you can easily see and read it every day. Remember, **what you focus on you create!**

3. Start living now!

Examine what you have written in the above exercises and make a commitment to start living this ideal life now. Choose two to three simple things you are ready to experience in your life on a regular basis, and schedule them into your calendar.

Be realistic, but make changes that count. Maybe you do not have the time to get to the gym five times a week, but how about two or three just to start? You may not be able to fly off for a month’s trip with your family to Europe, but how about scheduling an afternoon every other week to do something special together?

The Three Steps I Want to Take to Live My Ideal Life Now Are:

- 1)
- 2)
- 3)

There are simple but important ways for you to be living a more balanced, inspiring and fulfilling life RIGHT NOW – the choice is really up to you. By taking even small steps to live more of an ideal lifestyle, you will be empowered to create more of it.

4. Get support!

Old habits can be hard to break, so consider getting some support for living your ideal lifestyle. Talk to your spouse, partner, family and friends and let them know how they can help you stay accountable and on track.

Get a coach or join a mastermind group. Join our “Sassy and Savvy Women” on-line community to find others working on similar goals. Go to www.SassyandSavvyWomen.com and find a support team.

Ask yourself these questions to help you keep your commitments:

a) What benefits would occur by making room in your schedule for these three lifestyle goals? How could having this balance contribute to your personal goals, your family, your business success?

b) What’s the cost if you don’t make these changes? How will this affect you, your personal life, relationships, and business success?