

Let the beauty of what you love, be what you do. – Rumi

HOW?

Use the **Lifestyle Design 101** Process...
(Right here, right now, this document.)

(Part 1. Of the TIME masterclass)

This **Lifestyle Design 101** process
(Is) A GOOD FEELING great for your WELL-BEING and WELL-IMAGINED path,
TO LIVING A LIFE YOU LOVE, ALL BASED ON WHAT YOU MOST VALUE.

By JOSEPH FAUST

Introduction

In a SINGLE exercise, (in this document) I have provided a CLEAR PATH to doing more of what you LOVE and living your BEST LIFE...your true DREAM LIFE.

Have you ever tried to plan your LIFE only to find yourself feeling a bit overwhelmed?

Most people when considering HOW TO create a deliberate path to their best life have felt the options staggering.

Here's a SECRET...

When you Get CLEAR on ONE SINGLE DAY, your LIFESTYLE DESIGN 101 , the day that represents to you the BEST DAY you could live, a whole new world opens up to you...because your LIFESTYLE DESIGN 101 is the core of your DREAM LIFESTYLE.

Consider this...by discovering your LIFESTYLE DESIGN 101, the single day that you would most love to live, again and again, you will have a CLEAR VISION (target) for living a life you LOVE.

And you will have CLARITY on what's important to you in life (and what isn't important to you).

After over two decades of providing professional coaching and building the LoveLife University, including [Love Coach TV](#), and [Lovers Vault](#), it's now clear that...

...there is GREAT POWER in

ALIGNING

all of your

PERSONAL & PROFESSIONAL ACTIVITIES.

ALIGNMENT is Power.

CONGRUENCY is power.

When all parts of your life FIT together you THRIVE!

Integrity is the essence of everything successful. - Buckminster Fuller

Do this LIFESTYLE DESIGN 101 exercise AS DESCRIBED,
even if at first it seems unrealistic,
because it can support you in creating your DREAM LIFE.

LOVING WHAT YOU DO IS IMPORTANT.

What if DOING WHAT YOU LOVE is eighty percent of what it takes for you to live your dream? (IT IS, if you do it right...)

WHAT IF living your DREAM is one of the most important contributions you could make to the quality of your life, to the lives of others and to honoring our planet?

IT IS. Why?

Because LIFESTYLE CLARITY creates MUCH BETTER RESULTS while respecting the use of resources (time, energy, money and natural resources).

It's necessary to start with your
ULTIMATE **LIFESTYLE** VISION,
to
AVOID BUILDING A LIFE
(relationships, businesses, homes, etc.)
THAT CONFLICT WITH YOUR
VALUES & DREAM LIFESTYLE.

Imagine how great you will feel when you are holding in your hand a clear description, a CLEAR VISION, for living your DREAM LIFE.

Here's how to CREATE YOUR **LIFESTYLE DESIGN 101**:
ASSUME that you...

Have perfect health, unlimited financial resources, all the people you'd like to have in your life and none of the people you don't want in your life, and you live in a geographic location of your choice (on planet earth).

For this exercise, plan to respect NATURES LAWS to support maintaining your perfect health, (example: Plan to move/exercise your precious body).

Also, recognize that you'll need to abide by the LOCAL COMMUNITY LAWS of the location you choose (Example: no driving as if you're on the German auto-bon while driving California freeways).

To clearly identify your DREAM LIFE, we need to discover your DREAM DAY, which is one day, 24 hours; described IN DETAIL — from the time you wake up until the time you go to sleep (plus 8 hours for sleep). This includes the people you interact with, your location, ALL OF YOUR ACTIVITIES, including the food you eat and any modes of transportation you use. EVERYTHING...

Your DREAM DAY is a Template (for a Single Day) that you imagine living FOUR days a week for the next TEN years. Your DREAM DAY helps you clarify YOUR LIFE VALUES — because you identify exactly the way you most would love to live!

LIFESTYLE DESIGN 101

I. Today, Do Step 1, IMAGINE your DREAM DAY ▼

(ASSUME you have perfect health, unlimited financial resources, the relationships and partnerships you desire, and you live in a personal paradise (the DREAM environment(s) for you to THRIVE in).

MY DREAM

Wake up time is...
Anyone else in bed with me...
Describe my bed ...

Describe my bedroom...

Location, where I am...

What I do when I get out of bed...

What I do next...

What I do next...

What I do next...

Breakfast (food, location, anyone else there?)

Next activity...

Next activity...

Next activity...

Lunch (food, location, anyone else there?)

Next activity...

Next activity...

Next activity...

Dinner (food, location, anyone else there?)

Evening...

The last things I do before sleeping are...

What I think/feel as I drift off to sleep is...

My DREAM sleep time is...

II. Step 2, reviewing my DREAM DAY...

<p>What did I do today that is ALIGNED with me living my DREAM DAY?</p>	<p>What did I do today that was <u>NOT ALIGNED</u> with me living my DREAM DAY? Could I release it or design it out? (automate or outsource it?)</p>

III. Creating YOUR **LIFESTYLE DESIGN 101** (template)

Your 24 Hr Plan...That Can Help Create your DREAM LIFE.

Tell me, what is it you plan to do with your one wild and precious life? - Mary Oliver

MY PURPOSEFUL PROFESSIONAL WORK IS...

I love it. I'm great at it. The world needs it. I am paid for it.

24 hours - 8 hours for sleeping and...

you have 16 precious awake hours, what will you do with them?

Describe at least one thing you experience each half-hour on your DREAM DAY.

Assuming you could have it the way you want...

At what time will you do what activities

to create a life you LOVE?

The more colorful detail ABOUT what you really want, the better. ☺ ☆ ♥

(Each line item, on the next page, represents 30 minutes for your LIFESTYLE DESIGN 101 activities)

What time do you want to start your LIFESTYLE DESIGN 101? (You get to choose)



5:00 am
5:30
6:00
6:30
7:00
7:30
8:00
8:30
9:00
9:30
10:00
10:30
11:00
11:30
NOON
12:30
1:00
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10:00
10:30
11:00
11:30
12:00

What time do you want to go to sleep on your LIFESTYLE DESIGN 101?
(You get to choose)

Thank you for participating in the
LIFESTYLE DESIGN 101,
process.

Is Your Success Inevitable?

IT IS WHEN YOUR
INTEGRITY,
LIFESTYLE DESIGN 101,
AND
IDENTITY
ARE IN ALIGNMENT.

If you would like supportive coaching
on living the life you just imagined,

I'd love to hear from you!

Here for your dreams.

Joseph