



# Getting started

Many people reach a point where they feel that life could be different. They might not be unhappy exactly. From the outside their life probably looks perfectly fine – pretty good even. But somewhere in the background there's a quiet sense that something isn't quite right, or that there must be more to life than the path they're currently on.

Often the difficulty isn't a lack of ideas or dreams. It's simply that they've never really stopped to think properly about what they actually want – or how to get it.

Many of us move through life following a series of expected steps – education, work, promotions, buying a house, raising a family, saving for retirement... None of those things are *wrong*, but it's very easy to end up living a life that was designed by default rather than by choice.

But what if you took control, decided what you wanted, and then took steps to live life *your way*?

This worksheet will help you get started doing just that.

# Step 1: Sketch out your ideal life

**Most people spend more time planning holidays than they do thinking about the life they actually want to live.**

The first step towards living life *your* way is to give yourself permission to imagine something different. Ignore practicalities for now. Forget about the realities of money. Imagine anything is possible.

If you could live anywhere, do anything, be anyone, what would that look like? What does it mean to live life *your* way?

- Where would you live? (Remember, anything is possible. You don't need to pick just one place – continual travel is a valid option.)
- What would your typical week look like?
- What kind of work would you do?
- How would you feel when you were working?
- Who would you spend time with?
- What would you do for fun?
- How much time would you spend doing different activities?
- Would you have any side projects? What would they be?
- What experiences would you want more of?
- Would things be planned or spontaneous?
- How would you balance routine and flexibility?

Take a few minutes to think about your answers and write them down.

Be as specific as you can – this is where everything starts.



Think about how these things would *feel*. You might not know exactly where you'd live but maybe you know you want somewhere that's warm, that's close to the sea, where it's easy to get around, where it's easy to get a certain type of food... It doesn't matter if you don't know where that place is; this exercise is just about starting to put some parameters on things. If you can describe how your ideal place looks, feels or smells, or what kind of facilities or features are there, then you can do some research to find out which real places fit – or are close to – your criteria.

Sometimes it can be easier to think of things you *don't* want. That can be useful too.

- Where *don't* you want to live?
- What do you *not* want to do?
- How do you *not* want to feel?

Write it all down. Don't overthink all this – go with your instinct.

And don't worry about whether any of this seems realistic. This is just about exploring possibilities. We'll come back to reality later.

*“When I met Ali I was trying to decide between two business ideas. She listened to me explain them and then asked a question no one had ever asked me before: ‘What do you want your life to look like?’*

*“That question completely changed my thinking. I went away and thought about the answer and realised neither of those business ideas would give me that life. Instead, I set up a travel company specialising in luxury African safaris. That one question changed everything.”*

*–Sam S.*

## Step 2: Work out your priorities

Once you've imagined a few possibilities, the next step is to decide what actually matters most.

Most people want many different things – freedom, security, a nice home, family time, alone time, interesting work, low stress, financial stability, exercise, relaxation, sunshine...

There's no reason you can't have most of them eventually, but it takes time to create your ideal life. So, the next question becomes: **What matters most to you right now?**

Look back at the notes you made in step 1 and pick out your top five priorities. Which are the five things you really want to try and have in your life right now? Write them down.

1	
2	
3	
4	
5	

Now look at the list you've just made. If you could only have one of those things in your life, which one would it be? That's your top priority. Write it down.

**The top priority thing I want to have in my life right now is...**

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This will help you make clearer decisions later.

## Step 3: Know your numbers

**One of the biggest things that often stops people making changes is fear about money.**

Often that fear comes from uncertainty rather than reality.

Many people don't actually know what the minimum amount of money they need to live is. Not to live the way they're used to, but to keep a roof over their head, clothes on their backs and food in their bellies.

Knowing that number can be very freeing. It can open up new possibilities and make decisions much easier.

For example, you might realise:

- You need less income than you thought
- You could have more time to work on other projects
- You could reduce your expenses if you chose to
- A different type of work might still meet your basic needs
- You have more flexibility than you'd assumed

I've created a separate 'Know your numbers' worksheet that will help you work out what your number is. You can [download it here](#).



## Step 4: Identify your next steps

Once you have more clarity about the life you want, you can start working out how to get there.

Examples might include:

- Reducing expenses
- Changing jobs
- Starting a small side project
- Moving somewhere new
- Taking a course or developing a skill

Focus on breaking big things down into smaller components.

Try things out without committing wherever you can. Ask questions. Get information.

If you think you might want to change careers, ask your friends, family or colleagues if they know anyone who does the work you'd like to do and might be willing to talk to you about what it's really like.

If you're considering setting up as a freelance writer, join Facebook groups for freelance writers and see what sort of issues people are posting about.

If you think you'd like to move to Japan, find out everything you can about living there – not just the good things but the annoyances and problems as well.

Facebook groups, YouTube and your existing network are all great places to start your research.

You don't need a full master plan. You just need the next step.



## Step 5: Take action

**This is where many people stop. Thinking is useful, but change only happens when you take action.**

Your first step should be small enough that you can start right now.

Examples might be:

- Messaging someone to find out more or book a conversation
- Joining a Facebook group to help your research
- Testing a small idea
- Spending a day shadowing someone
- Doing the 'know your numbers' exercise
- Cancelling a subscription to something you don't use or want
- Scheduling time to explore options

Once you start moving, the path usually becomes clearer.

You don't have to change everything at once.

Getting clarity about what you want – and what you need to do to get there – is a powerful place to begin. But even with that clarity, the idea of making a change can still feel overwhelming. The questions can feel too big.

Remember: You don't need to have all the answers; you don't need a perfect plan; and you definitely don't need to change everything overnight.

All you need to do is start exploring what life could look like if you designed it around what matters most to you.



# What's next?

**By working through these exercises you've already done something most people never do: you've taken the time to stop and think about what you actually want your life to look like. That alone can be surprisingly powerful.**

You may already have noticed that some ideas feel exciting, while others suddenly seem much less important than they once did. You might have realised that certain priorities matter more to you than you'd previously acknowledged. This is where things start to become interesting.

Once you have a clearer picture of the life you want, it becomes much easier to start shaping your decisions around it. You don't need to change everything right now. In fact, most meaningful changes happen through a series of small steps taken over time.

The important thing is simply to start moving. Then keep reflecting as you go.

Keep exploring the ideas you wrote down. Follow your curiosity. Talk to people who are already doing things you find interesting. Try things out where you can without committing too heavily at first.

Each small step gives you more information, more confidence and more clarity about what you want to do next. And over time, those small steps can build a very different life.



## Need some help?

If you'd like to talk things through with someone, I offer one-to-one coaching conversations designed to help you:

- Get clarity on what you really want from life
- Challenge assumptions that might be holding you back
- Identify practical next steps you can take

You can find out more or book a session at [lifelifeyourway.world/coaching/](https://lifelifeyourway.world/coaching/)

***You don't need to have everything figured out.  
You just need to take the first step.***

