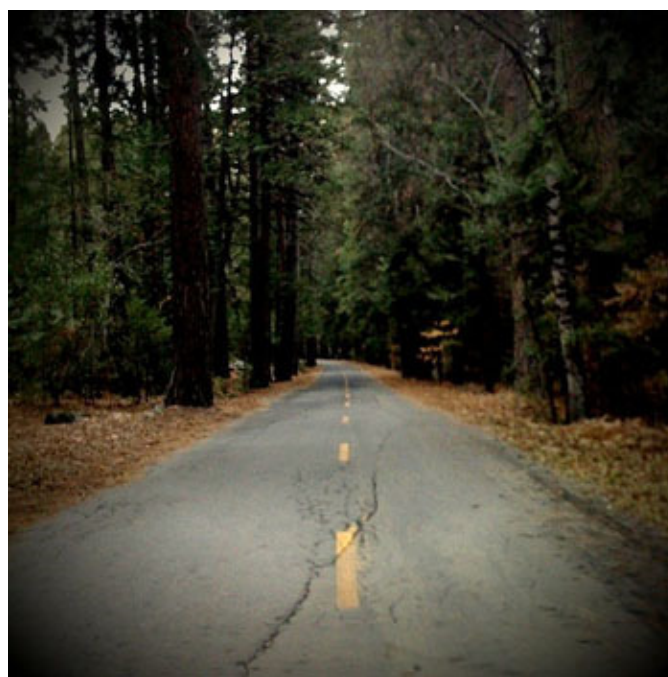


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## Design Your Perfect Lifestyle



### Design your perfect Lifestyle:

Lifestyle design is about finding the things in life that make you happy and eliminating those that are negative, time-sucking or irrelevant. It's about living deliberately. It's about using what you've got to get where you want to be. It's about forging your own path instead of walking on the one society has forced

on you. It's about acting instead of reacting.

Most importantly, it's about living true to your values and designing your life around those values.

It's quite amazing how quickly things change when you start to design your perfect lifestyle. When you stop being a victim in life and go after what is really important.

Lifestyle design is hard to show someone. It's more a philosophy than a title you can attach to yourself. It's all about living deliberately.

### How to Design your Perfect Lifestyle

- **Dreaming**

Picture your dream life. What does it look like? Who is there? What are you doing? And why are you doing it? How does it make you feel? Write down whatever comes to mind. Then think of how you will get there. Don't let anxieties, pressure to conform or preconceived notions into your thought process. Just let the ideas flow.

- **Designing**

I like to use reverse planning. Think of your destination/goal, and then take a step back to the last action that would be required for you to have achieved that goal. For instance, if you're planning on going to live in New York for three months, the last step before you were there would be getting on the plane at home. Before that,

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you'd be packing your bags, and before that, you'd be making a list of things to pack and buying your plane ticket. People often assume achieving goals has an element of "magic" or "luck". But for the most part, its a logical progression of steps.

- **Living**

Life isn't about the destination. It's about the journey. Think about ways you can design your life right now to accommodate your dreams and personal values. You don't have to make a million bucks before you take that holiday. Your lifestyle design might include a mansion, a location independent business or a fit, toned body. Living your lifestyle design might mean opening a savings account and depositing your first chunk of mansion money. Or registering your business name. Or taking that first trip to the gym.

- **Focus**

It's easy to let others suck you into their way of thinking. Before reacting to events that happen, ask yourself - what do you really think? Does this even matter? How does this align with your goals and values?

## design your perfect lifestyle

### *more articles*



#### [The Importance of Massive Action](#)

One of my biggest life-changing moments was the day I visited Hollywood. For a small-town girl with dreams of being a big-shot screenwriter, it was the re-awakening of my muse.

## For more goodness, check out these awesome Lifestyle Design experts!

[Design your perfect lifestyle with tools from Tim Ferriss' 4HWW](#) Your ideal lifestyle might not cost as much as you think. Tim has some pretty cool tools for analysing the costs of your ideal lifestyle, as well as planning it using his "dreamline" method. Tim first came to my attention when he released his best-seller, **The Four Hour Workweek**, a mammoth guide to escaping the rat-race and generating passive sources of income, in just four hours a week, while devoting the rest of your time to *stuff you actually care about*.

[Start a Location Independent Business with coaching and resources from Cody McKibben](#) Cody runs a blog, *Thrilling Heroics* as well as being a coach/consultant for people looking to break out of their 9 to 5 normality and chase their dreams. I highly recommend you check out Cody's blog for yourself. His regular blog updates from Thailand and other far-flung

places often make me want to jump on a plane and join him :)

[Work up the courage to design your ideal life - read The Art of NonConformity](#) Chris Guillebeau is a location independent writer, serial traveller and has written two *fantastic* ebooks, both available for free from his website (click link above). **279 days to overnight success** is Chris' manifesto on how he quit the rat-race and became an "overnight" success in under a year, while **A Brief Guide to World Domination** is more of a starting guide on pursuing YOUR world domination.

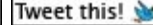
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