

Creating a life you love

By Kathryn Hodgson

Part 1

Create the life you love, then make work fit

This program isn't so much about finding a dream job as
creating a dream life that you get paid for living.

I did that, and so have many others.

It was absolutely nothing to do with luck, or being any different to the rest of you, I just worked at learning how to do it, and this program will pass on how you can too. And it really is as simple as deciding what you want and learning how to get it. You need to get smart about your life – identify what needs healing, what you need to learn, what you need to start doing, and where. And the best bit is it will be fun. Right now it might seem scary, but once you start following my program you will see it is much easier than you imagined.

Nothing is impossible – it's the deciding that is difficult.

Make a decision to do each step at a time, and then decide whether to do the next. There is no time limit, and you can stop at anytime. And if you do get stuck – I am here to help you. You can either e-mail me (katalyst4ch@aol.com) or book a session.

Firstly let me talk about if you are in pain – whether physically, emotionally, spiritually or financially. Healing needs to be your priority. You need to start taking steps to do that whilst also looking to the future. You can still achieve a life you love wherever you start from, it just will take some time. Please do not feel overwhelmed, every step forward will move you closer and improve your life. Even if it takes a few years you will then have the rest of your life to enjoy it. And it has to be better than staying where you are. Please contact me if you need help with healing.

Now let me tell you why it is important you create a life you love:

- ***You only have one life, why choose not to live your best life?***

Everyone is doing the best they can until they know how to do better. Why not choose to keep learning how to do better? How to heal the past and be confident in who you are, and what you want? There are many stories about people who faced disaster then said it changed them as they realized what was important in their life – why wait until then? Start now.

- ***You deserve, and are designed to live a life you love.***

To believe otherwise is only because you were told so when you were growing up, usually because of someone else lashing out when frustrated and angry. That doesn't mean it is true. You were given a combination of skills that are unique to you, so that you can fulfill a role that no-one else can. Everyone deserves to be happy, and are of equal value – no matter what anyone else tells you. (it's people's behaviour that is bad, not them) The reason some people get what they want when others don't is because they are doing something right. That's all. Learn what it is they do.

- ***To live a life you don't love is causing you stress and unhappiness, even if you deny it.***

If you are not living your dream life there is part of you that is neglected, and you are not being who you really are. That causes stress, you may not be conscious of it but your body is. Many people say to me their life is OK, is that good enough for you? You are given the choice of amazing and OK and you choose OK? The only difference in getting those choices is in what you decide you want. There are plenty of studies that show your body is stronger and healthier when you do what you love, and you are obviously happier too.

- ***The world will be a better place for you, and others, if you do.***

If you are happy then the world looks a better place. A study was done on how when you are in a happy mood you are more likely to help others than

when in a bad mood. You will also have more energy and time to give to others, so your relationships will improve. We all know it's nicer being around happy people too. Also every painting, song, movie, design, invention, book (and more) has come from someone's dreams – what if they had never bothered? We would still be in caves!

- ***You will be happier, healthier and most likely wealthier if you do.*** Every how to book that has been written by a self-made millionaire says that you have to be doing what you love, and the biggest stars in any industry are the ones who say they love what they do. It is very rare to get a successful person saying they hate what they do, and the more successful they are, then the more they can earn.

- ***If you have kids – you are giving them the greatest role model to follow that you can.*** Imagine if you were encouraged to go for your dreams from childhood, and told that anything is possible – what a great head start. You would have avoided getting into a job that is secure but dull or stressful, or doubting yourself.

By now there are probably a lot of reasons NOT to do it bouncing round your head, and we are going to look at them too. Most of them will be fears – what if I fail, what if I look a fool, what if I end up broke, what if I'm not good enough etc? We need to identify these so we can alleviate them. To go ahead with your dream without doing so is like stepping on the accelerator with the hand brake on, then saying the car is obviously not meant to go forward!

Firstly let me reassure you – I am a complete coward so I did everything I could to make creating my dream life as risk free as possible. No where will you hear me say 'feel the fear and do it anyway', or encourage you to take a leap without a parachute. And at no time did I want to 'suffer for my art' and live off cheese toasties in a bed sit. If you do do that it will sure speed the process up, but I'm far too attached to my comforts.

Talking of comforts – I'm sure you have all heard of the comfort zone, where we feel safe doing what we have always done. This program will ask you to tip-toe out of your comfort zone by challenging you to reach just a little bit further each time. Think of it like boiling a lobster – it will be so gradual you won't notice until it's too late!! (if anyone can think of a better analogy please let me know – I'm a vegetarian and hate the thought of those poor lobsters).

Right – the way we are going to do this is:

- Get you researching what your dream life will be
- Remove what is stopping you from getting it
- Get an action plan in place
- Keep you motivated

Researching what your dream life will be

To begin with we are purely information gathering, think of it as an adventure with you seeking out what you really want. You need to get specific about what you want in life, otherwise how are you going to make it happen? Or realize you have it when it is there? It is a great feeling to tick off all the things you want that you have, and then refocus on what you don't have. Some people think it's better to not know because then you can't get upset about not having what you want; what if the only reason you don't have it is because you didn't know you wanted it?

Really let yourself dream big, what you choose will give you another piece of the puzzle, eg. I wanted to be Oprah, and when I looked at why it was partly because she got paid to talk to fascinating people about their lives, something I then realized was important for me to have in my life. Whatever you initially dream of having, or being, is a clue to the essence of what you really want. My dream

life involves getting paid to talk to fascinating people rather than being Oprah, but I would not have realized had I not initially dreamt of being Oprah. Who would you like to swap places with for a day?

Task 1

Get 2 pieces of paper, on one write down everything that you think of when answering the following questions – this is pure fantasy remember so anything goes!! On the other keep note of any negative messages you tell yourself as you do this, including ‘what’s the point/ this will never happen’ etc. They usually start ‘yeah but...’

If you had a big win on the lottery and never had to worry about money again, what would you choose for your life?

How would you spend your time? Both day to day (eg I would like more time to read) and less frequently (2 holidays in Canada p.a). It might help to plan this by thinking of all the things you love doing, and would love to try.

With whom? Include the type of people you would like to meet and spend time with, eg. more people who are passionate about music etc.

Where? What sort of house, in a town or near fields? UK?

What treats would you have? Cars? Clothes? Cleaner?

Is there an area in life you would like to help improve? Eg. get involved with a charity, campaign to change a law etc

What type of person would you be? More confident? Relaxed? Patient? Forgiving? Healthier?

If you had more time and energy – what would you be doing?

You will keep adding to this as you learn more about what your dream life will be, you make even want to transfer your answers into a special 'dream' exercise book. Add to it anything you are jealous of too, as this is a clue to what you want.

When embarking on a journey, don't ask for feedback from someone who has never left the house.

Just a little aside about who you tell. Be careful. Some people will become scared if you talk about changing – their comfort zone is you staying the same. Others will not want you to succeed as then they will not have an excuse for giving up on their own dreams. If you tell them their fears will be directed at you, and this could add to your own fears. Plus it can be heartbreaking sharing your dreams with someone who tramples on them. Immediate family may become fearful about money too. In these initial stages you need to only tell people who will encourage you, although that may be difficult if your partner is anxious, just reassure them rather than keep it a secret! Tell them it is still only castles in the air and you are seeing if it is worth building the foundations for.

Task 2

You are meant to be doing what makes you feel good about yourself. What makes you feel energized, and what you find engrossing. Over the next few weeks write down what makes you feel like this. Include everything – what you love watching on TV, which books, music, what magazines you read, conversation topics, sports, art, relaxing, taking hot baths, walking by a river, repairing things, making things beautiful, learning about... – anything. The key to a life you love is filling it with as many things you love doing as you can, and reducing as many negative things as you can. But unless you know what these things are how can you plan them to happen?

Task 3

You are the average of the 5 people you spend the most time with.

(Jim Rohn)

There are millions of people out there who are living the life of their dreams, you just don't mix with many. In order to stay motivated you need to keep being reminded it is possible. Or think of it as being in training – you need to keep strengthening that muscle regularly.

One way is to read about people who have achieved their dream – there are plenty of biographies to choose from. Pick someone you admire.

Another is to read one of the many motivational books on this topic (I will include my recommended list at the end). Read the reviews on amazon.co.uk

and pick one that appeals to you. Just reading 10 minutes a day will keep you motivated. You can get the books on CD if you find that easier.

I guarantee that there is a book about what you want to do, or about someone who has done it. Learn from them. You are not the first person to live – would you assume you knew how to drive a car without lessons, or then go get lessons from someone who has never driven? If someone wants to tell you how – learn. This is your only life, live it the best you can.

And most of all – have fun with this!!

Part 1 Summary

- The benefits of creating a life you love
- Letting yourself create a vision of a life you love
- Noticing what you love doing
- Researching about someone who has already created a life you admire

Next session:

What you can be doing right now to add more of what you love into your life

The skills you need to make it happen

Some common fears and how to overcome them

Looking for ways to make money living your dream life

Recommended reading:

www.wishcraft.com – great book by Barbara Sher, available free online

Finding your own north star by Martha Beck

Making a living without a job by Barbara Winters

The Success Principles by Jack Canfield

The Purpose of your Life by Carol Adrienne