



10 Steps to living life on your terms

EASY GUIDE TO HELP YOU
MAKE A START TODAY



*Find meaning
in life*

What is important to you and why?

**What makes you achieve, dream and
happy?**

When you have meaning, it gives you purpose in life and sets the direction of how you want to live your life. Without meaning you will spend the rest of your life wandering through life aimlessly with no direction, focus or purpose



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Create a dream
vision board

How do you want your life to look?

When you were a child you would spend so much time daydreaming. We believed anything was possible. We were skilled at dreaming and visualising what we would be when we grew up.

As we grew into adults, we lost our ability to dream. Our dreams became hidden and things felt impossible.

Creating a dream board/vision board will help you to start the journey of believing in your own dreams again. Seeing our dreams every day brings our dreams to life. Our dreams become real and we start to have belief in them



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Set goals to
achieve
your dreams

**What one goal could you create today,
that will take you one step closer to
your dream?**

By setting short, medium and long term goals it helps to keep you focused on taking action to enable you to achieve your dream

Over time these goals may change, so be flexible. No goal is ever set in stone, as life changes all the time

It is the small daily steps/actions that you take that create momentum for change to happen in your life



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Let go of
your regrets

What regret are you holding onto that is holding you back?

If you hold onto regrets of the past they will hold you back. Events of the past will make you miss the present and the future.

You cannot change the past, so let go.

The only thing you have control over now is how you choose to live your present and future life

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Try to do
the really
scary things

**If you knew you couldn't fail what one
thing could you do?**

Step outside of your comfort zone

Make a list of those scary things that you
would kind of like to do but are afraid of
Put a plan in place and then go and do them
Life will be one of complacency and comfort
otherwise

Everything you want in life, is just the other
side of your comfort zone, confidence grows
by taking action



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Start living
a well
balanced life

What exercise are you doing that strengthens your body?

When you live a well balanced life it builds our resilience to the physical changes of our body

Exercise is one of the best ways in which we can attain a positive and optimistic attitude to life

Exercise can come in many forms, if you find some exercise too challenging, try gentle yoga, stretching, tai chi or pilates



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Face your fears

What fear do you have, that if removed would help you achieve your dreams?

It's easy to ignore our fears and hope they will go away. Take control and master your fears

Our fears are only thoughts in our minds that are not real but over time we have become to believe that they are true

When we face the fears we take back our power to choose how we want to live our lives and when we do this we change our lives forever



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Accept yourself

When you look at yourself in the mirror, into your eyes, what do you really see?

The only person who is going to create change in your life is you. To create the change you have to like yourself. Accepting who you are and loving yourself helps you move forward

Putting yourself down all the time and wishing you could be better will only lead to life of unhappiness and discontent

Find your courage, love yourself and step out and do something crazy

Don't worry about others when creating your life

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*Live in
the moment*

How often do you make sure you are living a mindful life, rather than letting it fly past and wonder what happened?

Living in the present moment helps us to remain calm and composed, especially in times of uncertainty and stress

Don't miss these precious moments what are yours, when we embrace every moment, we appreciate it more and don't take it for granted

Appreciate and show gratitude to yourself and others

Don't be too busy focusing on another pursuit

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*Experience joy
of learning*

What one new thing can you learn today and put straight into action?

Each time you learn something new you gain more knowledge. More knowledge equals more confidence

It makes us more adaptable and flexible, we also become more creative and innovative in our thinking

There are so many ways that you can learn, you can read books, watch inspirational videos, listen to interesting podcasts, attend courses and seminars. The real learning though is through taking action



*Need some
more help*

As the Founder of You'll Know When You Get There, all things personal development Lorraine Stamp stands passionately for YOU, and your business. Enabling you to achieve your life and business aspirations.

She creates an open and safe space for you to clarify intentions, explore possibilities and clear obstacles to make things happen. Her sessions are described as inspiring, energetic, impactful and transformative. Most saying "life changing"

As an award winning TEDx speaker, qualified Coach, life coach, NLP Practitioner, MBTi Practitioner, Strengths Practitioner, EQ2 practitioner, Advanced Hypnotist, Mindfulness and Meditation Practitioner Lorraine is ready to help you start the journey of transformation to take you on a new path to success.

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