

Live Your Best Life Series® Part 1



It's time to live your best life now!

As women we play many roles in life. With all these "selves" we present to and for others it's easy to lose sight of OUR true authentic selves. Fulfilling all these roles takes a lot of time and energy. We are often so busy and caught up in "doing" for others that we make little or no time for ourselves. At the end of the day you may look back and wonder: What just happened?

Does this sound familiar?

There is no "dress rehearsal" in life, we all only get one chance to live our lives to the fullest and make our mark. So, you owe it to yourself to play BIG. Living an extraordinary life does not mean you have to turn your back on supporting others, but it does require you to be 'full on' every day, stay focused on your goals, and committed to living the life you want. YOU DESERVE IT!

Parts 1 & 2 of this series will help you take the initial steps to get over the "hump" to discover and create a strategy to start living out your personal and professional dreams in a way you most desire.

Step 1 – Determine What Is

To get on the path to living your best life, it's vital to first take stock of your life as it is right now. This section will offer you some thought provoking questions. Pull out your journal and begin to ponder your life.

Reflect upon these questions:

- What are you up to in your life?
- Take a look at your relationships, spirituality, health, work. What do you see? How is it working for you?
- How do you spend your valuable time?
- Do you want more for yourself at this point in your life? If so, what does that look like?
- What else may be important to explore right now?

Step 2: Self-Assessment

Grab your journal and rate yourself on the following statements. These are derived from Martin Seligman – often called the Positive Psychology/Authentic Living founder and author of several books including *Learned Optimism*, *Authentic Happiness*, and *Flourish* – who created a simple acronym called PERMA to describe what it takes to live a FLOURISHING LIFE.

PERMA Self-Assessment

This quick self-assessment will help you explore your life and how you are spending your time on what you say is important.

Rate yourself on a scale from 1-5 (1 lowest; 5 highest)

In the past month, I have often...

1. Felt **p**ositive emotion
2. Been completely **e**ngaged in what I was doing
3. Experienced a positive **r**elationship
4. Engaged in a **m**eaningful activity
5. **A**ccomplished a goal

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Use the results of this assessment to determine the current state of your life.

Step 3: Reflect

Take some time to work with the ratings you gave yourself on the PERMA assessment.

During this step, use your journal to write down the details of WHY you rated the statements the way you did and the reasons behind your answers. Be as specific as possible in your reflection. Take the time you need in a quiet space to think deep, long and hard. The discoveries you make will help you complete the next part in the series.

Now you are ready to begin Part 2 of your journey: Discovering.

Live Your Best Life Series® Inspiration



The following are a few quotes hand-picked to help inspire you as you continue the Live Your Best Life Series journey. Sit a while and ponder these.

“Figuring out who you are is the whole point of the human experience.” ~ Anna Quindlen

“Our deepest wishes are whispers of our authentic selves. We must learn to respect them. We must learn to listen.” ~ Sarah Ban Breathnach

“Without leaps of imagination or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning.” ~ Gloria Steinem

“Follow what you are genuinely passionate about and let that guide you to your destination.” ~ Diane Sawyer

“How we spend our days is, of course, how we spend our lives” ~ Annie Dillard

“When so rich a harvest is before us, why do we not gather it? All is in our hands if we will but use it.” ~ St. Elizabeth Ann Seton

“Say no when you don't want to do something. Say yes if your instincts are strong, even if everyone around you disagrees. Decide if you want to be liked or admired. Decide if fitting in is more important than finding out what you're doing here. Believe in kissing.” ~ Eve Ensler

Live Your Best Life Series® Reading & Grooving

Books

1. *The Woman's Book of Courage: Meditations for Empowerment & Peace of Mind* by Sue Patton Thoele (author of *The Courage to be Yourself*). A mentor gave this to me about 20 years ago and it continues to be a point of inspiration I turn to almost daily.
2. *Strengths Finder 2.0* by Tom Rath. I routinely recommend this book to my coaching clients; it includes a unique code to complete a short strengths identification assessment and access the website filled with development tools.
3. *Your Signature Path: Gaining New Perspectives on Life and Work* by Geoffrey M. Bellman. This book is a constant go to designed to help you examine and discover your path in life. Chock full of reflection questions and activities to help you assess, discover, and design your place in this world.
4. *The How of Happiness: A New Approach to Getting the Life You Want* by Sonja Lyubomirsky. My husband picked this one up for me during the onset of the happiness movement and I appreciate it for its commonsense approach to making small changes to inspire happiness backed by scientific research.
5. *Year of Yes: How to Dance it Out, Stand in the Sun and Be Your Own Person* by Shonda Rhimes. Yes, that Shonda! The mastermind behind *Grey's Anatomy*, *Scandal*, and *How to Get Away with Murder*. I love this book for its raw, real account on the steps she took to giving herself permission to succeed.

Songs of Inspiration

- ✚ Never Give Up by Sia
- ✚ You Say by Lauren Daigle
- ✚ I Am Enough by Daphne Willis
- ✚ I Am Woman by Helen Reddy
- ✚ Hey Look Ma, I Made It by Panic! At the Disco
- ✚ I'm Coming Out by Diana Ross
- ✚ Firework by Katy Perry
- ✚ Roar by Katy Perry
- ✚ Fight Song by Rachel Platten