

## DESIGN YOUR LIFE



*"We dare not, because many things are difficult, but are difficult because we dare not do them."  
Séneca, Lucio Anneo.*

Instead of constantly declare that what happens to you is because of your destiny Declare responsible for your life and take charge of your mistakes learn from them.

Whenever you can control your ability to respond to the world, you are master of your destiny because whatever happens in your life, you can choose how to respond.

Instead of getting mired in feelings of sadness and resentment over what we have, I suggest you stop and start planning.

You can not think how he would.

Do not focus on all the obstacles that your mind sees as limiting.

Focus just on the design, what they want, what you would like, expressing it in detail.

### **Steps for your design:**

1. Prepare sheets, pencils, pens, crayons and / or colored pencils. This creative work and its outcome will depend on how you write, graph and Outline what you are imagining. Remember to be a work of imagination.

2. Choose a comfortable, quiet place to do it. Book between 30 minutes and 1 hour to be with yourself to work on this design. I recommend you take a few minutes before starting to write to breathe and relax your mind while listening to some soft background music.

3. Part of the idea that you can have and achieve anything you want in the ideal design. Have a thought that everything is easy and nothing is a problem. Imagine what would be the way you think and where you direct. What would you be feeling? What excite you? Pretend THIS IS YOUR LIFE and that you are living.

4. Answer questions 1-1. Please note the following areas of your life when you respond: family, family, friendship, leisure and hobbies, money and finance, work and profession ... and so on.

- Where and what time you awaken?
- Who do you imagine you'd find?
- Where do you live? I want you to visualize exactly in detail.
- How would your house or apartment? Do the surroundings? Imagine in your mind exactly what it would be. Feels, smells, touches, sees, hears, testing, walk, run.
- Who would live in your house?
- In what city and country would you live?
- What would you do after waking moment?
- What precisely and in detail the activities that you would during the day?
- What are the hobbies or pastimes that you could do?
- What are the challenges and projects that take place?
- What skills and strengths would you have?
- How would your body? How would you feel physically and how it would feel the energy?
- How exactly would you maintain relationships? What people visualize that scene?
- Which people could see that today you can not attend due to financial and / or time?
- How would your life be if I had a sense? What exactly would you do things you feel you have a real sense?
- What would you special that you'd be giving to the world? How do you imagine doing that? What would you do?
- What time you sleep you sleep at night? What things would you do right before falling asleep?

5. Save your design in your purse, bag or place visible and read it every day. The idea is that you can see it every day and before you concentrate your activities in this design. Concentrate every day in this list, getting your body and mental resources are focused to achieve a creative tension between where you are today and that ideal state to be displayed in the design of your ideal day in the hood getting in action towards the results you want to live.

6. Every now and then reinforces your design, add more views, check it. Live every day of your life honoring every minute, every dream you have worked tirelessly to achieve those goals that give meaning to your life.

### **Strategies to follow:**

I. Began to write what you want to achieve.

Write your wishes to draft mode. Divide your life into groups or areas and write what you like to happen for each of these areas.

Just answer this question:

What I would like to achieve in the area such?

Write your answers to maintain this structure:

"I want to achieve / reach / get / have / meet ...."

No use to write "I want to avoid ..." or "I do not want ..." or "Stop ...".

You have to focus on the positives of your desire for you to concentrate on what you can do and put the energy to do so.

## II. Desire breaks down each step.

Now write the steps you would have to meet to achieve that desire.

This allows you to further open up the range of possibilities.

For example if my desire in the area of health is "feeling healthy, strong and in harmony with my mind, body and emotions," then helped me with this question.

For example, the steps for this example would be:

- Learn to meditate.
- Eat healthily.
- Practice exercise ...

## III. Identify what the desire is more important to you and all your efforts directed towards it.

The wishes you've written, surely there is one corresponding to one area of your life that if you do, exert a strong and positive impact on other aspects of your life.

With that desire fulfilled could propel a different and better way towards others of your wishes.

Once identified this "super wish", recognizing working hard on it.

Desglósalo in steps, plan what to do, what resources you can use to put into action in pursuit of compliance, what assistance request, with the speaker, who need to learn new knowledge, how you can transform yourself in every way possible to achieve this.

Many people who want to become leaders themselves are wondering what the secret is to give a radical change in their lives to achieve anything that is proposed and in any area in which they operate.

### **1º declare a break.**

The seed of your change starts here. Try to do a thousand things to have a better life, but declare a break, a "STOP, DO NOT WANT THIS FOR MY MORE" and hold it up and then implement concrete and no excuses, your efforts will fall on deaf broken.

Why might think that things would change in your life if you do not move from where you are to start doing, really, things are different?

Consider how these factors affect the environment and the "soup" culture in which you are immersed ...

What I can do then with these difficult situations that hurt me, I'm not able to handle and keep me in place of dissatisfaction?

### **2º Detect "what they are made" the emotions you feel.**

The fear, discouragement and inaction are feelings that are "set" in your mind as thoughts.

If you learn to detect and deal with, you will forever a tool that lets you break down these barriers wherever they appear in front of you.

Learn to influence your emotions and moods for your response is adequate and you expect to solve any problem that comes your way, is a competition or yes you incorporate into your being if you really want to change a life better.

### **3° Create a plan to overcome / break down these barriers in various areas of life.**

By applying a defect detection cycle will go shooting down any obstacles, one by one to clear your path.

You may be thinking "I already knew this." If you're thinking that, but you are still not implementing concrete changes, structured and thoroughly, just spend your time. You have to get out of the percentage of people living "failing" to stand in the position of a victim of circumstances where there is no room for any changes.

### **4° turn a dream into reality.**

Being happy means to live what we want, but if we take the space to dream, and we set goals, they have no way of demonstrating without our intervention and action. In doing so and start to see them manifest in your reality, make up the pillars that will show that the change is possible and that you need you're doing it!

- Imagination (put the images of your dreams in action).
- The passion ... to dream you have to leave it to your passion, that's what turns you on, that makes you shine.
- You must generate positive thoughts, and feel the emotion that you want already.

The key in this process is to describe in detail those dreams deep, disaggregated to a level that enables you to bring to reality without apology and in concrete form. Writing plays a fundamental role in this work.

Seeking to create in you the feelings of respect, passion and enthusiasm. For the Greeks the word enthusiasm (Teso = God and In-Tae = God within you) meant having a "God within" that led to his strength and wisdom. This is the inner fire you need to call. This fire of yours has the power to change and shape your reality, your way.

### **5° Discover what your mission in life**

This is "what you're here."

It is your ultimate reality.

Your goal is vital.

Is your greater purpose.

Discover your mission will give away the ability to connect to a source that covers everything, it is an inner fire that is more important than anything else and only needs to be raised to put into action all his power.

If you clear what your mission, your purpose in life, build the deal you can be for the world easy. All this wonderful work connects you with the "who you are as a supply."

The person who knows what it is happy to benefit the world how wonderful you can give to others.

And in that wonderful giving, receiving in exchange a divine energy that can be expressed in more joy, more love, more money and greater prosperity.

Some powerful questions that can help you build the deal you can be for the world are:

- What you can give and return to life?
- What is something that can give you better the world?

- Who can help?

Instead of focusing on what you need, instead of asking what others can do for you, ask what I can do for them?

This is where emerges the "who you are as an offer to the others."

The proper mindset is about proactivity, responsibility and tolerance for frustration you can feel that given the difficulties that may arise in the way of executing your vision.

No matter what circumstances arise outside, do not forget that you can think what the alternative solutions to choose which ones you agree with these situations.

### **6° turn a problem into an opportunity.**

If you engage in a problem, if you convert every challenge into a positive break in a learning opportunity is no longer a problem, it becomes a break, a wonderful break that brings learning to your life.

Work on learning how to enhance your state of enthusiasm, optimism and joy, because it is these emotions will help you confront and overcome any challenge in life.

We want you to become enthusiastic, that solve everyday living and fluently, in harmony and peace, always creating and evolving.

Feel the thrill of excitement, see your life through the "spectacles" of this wonderful emotion, increasingly enhance your ability to transmute what you do not like at all what you want.

The more food in you the feelings of excitement, passion, gratitude and love for your life, you give them more.

You'll always be rewarded with a healthy lifestyle in all areas where you go.

*"There are two extra days in the life of a man: when born and when we find out why and what is our passion." William Barclay.*

Victoria Andrea Muñoz Serra  
Multidisciplinary Teaching and Research

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### **REFERENCE OF THIS TEXT**

 *Dising Your Life*, Muñoz Serra, Victoria Andrea, website: Victoria Andrea Muñoz Serra ([http://www.victoria-andrea-munoz-serra.com/coaching\\_integral\\_ingles.html](http://www.victoria-andrea-munoz-serra.com/coaching_integral_ingles.html)), Concepción, Chile, March 2012.

### **SOURCE**

Ana Cecilia Vera.