

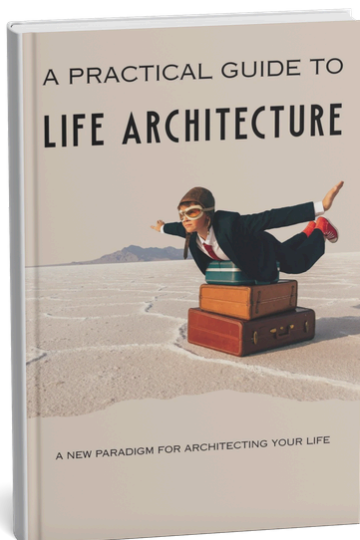
NEWSLETTER



DESIGN YOUR DESIRED LIFE

Design Your Desired Life could be the most intriguing and illuminating self-help book that you've read. I'd like to think of it as a game changer or, more selfishly, a life changer. After all, I'm talking about radically changing our life.

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ABOUT THE AUTHOR

Bob Ivkovic is an Enterprise Architect by trade and a Life Architect by design. He is a management consultant and founder of IT Architects. Bob is also the author of "Design Your Desired Life," a book about Life Architecture.

Are you living in a way that adds years to your life... or just years to your routine?



DESIGNING A LONGER, HEALTHIER LIFE

A Life Architecture Perspective

Most people don't set out to live an unhealthy life. It happens gradually, almost unnoticed, through the quiet accumulation of everyday choices. A missed workout becomes a habit. Late nights turn into a routine. Convenience begins to outweigh intention. Over time, what once felt temporary becomes a way of life. The issue is not a lack of knowledge—we all understand what “healthy” means. The issue is that we rarely stop to consider how our daily patterns are shaping our future. Life Architecture offers a different lens, one that reframes health not as a goal, but as something we are continuously designing.

Health Is Built in the Background

Health does not suddenly appear or disappear. It is built in the background

of our lives, through the patterns we repeat without much thought. The way we eat, move, sleep, and respond to stress forms a system that is always running. These are not isolated decisions; they are interconnected processes that quietly influence our energy, resilience, and longevity. Seen this way, health is not something we pursue later—it is something we are already creating, day by day. There is an uncomfortable truth embedded in this perspective: the life we are living is not simply happening to us. It is being shaped by our routines, our priorities, and the choices we make automatically. Our current state of health reflects those patterns. Yet this realization is also empowering. If our present condition is the result of unintentional design, then it can be reshaped through intentional change. The same processes that led us here can be reworked to take us somewhere better.

Small Changes, Lasting Impact

What often holds people back is the belief that meaningful change requires dramatic effort. A complete reset. A surge of motivation. A perfect plan. But lasting health rarely comes from intensity; it comes from consistency. A daily walk, a slightly better meal, a regular sleep pattern, these small adjustments may seem insignificant, but over time they compound. Energy improves, clarity returns, and the body begins to respond. The transformation is gradual, but it is sustainable, because it is built into the structure of everyday life.

Many of the barriers to better health are not physical, but mental. We carry unspoken rules: there isn't enough time, it's too late to change, or this is simply how things are. These beliefs often go unquestioned, yet they shape our behaviour as much as any habit. Life Architecture encourages a quiet challenge to these assumptions. When we begin to question the rules we live by, we create room for new choices, and those choices begin to shift our direction.

From Reaction to Design

At its core, Life Architecture is about moving from reaction to intention. Instead of responding to circumstances as they arise, we begin to shape the conditions that influence our lives. Health is no longer something we try to fix after the fact. It becomes something we build deliberately, through the systems we create and the patterns we reinforce. Over time, this shift changes everything.

We stop chasing health and start living it.

There is a simple but powerful question that brings clarity to all of this: If my current habits continue unchanged, where will they lead me in five or ten years? The answer is rarely surprising, but it is often revealing. It shows us the trajectory we are on, and, more importantly, reminds us that trajectories can change.

The only question that remains is whether that design is being shaped by default... or by choice. If it's by choice, this is how to do it:

#1 Define Your Health Blueprint

Before changing anything, start with clarity:

What does a healthy life actually look like for you?

- What level of energy do you want each day?
- How do you want to feel physically and mentally?
- What kind of lifestyle should your health support?

This becomes your **Future Health Blueprint**. Without a blueprint, you drift. With one, you design.

#2 Assess Your Current Reality

Now ask yourself:

Where am I today?

Take an honest look at your daily habits:

- Are they building energy, or draining it?
- Are they aligned with your long-term health?

Awareness is the turning point. You can't redesign what you don't recognize.

#3 Redesign Your Daily Processes

You don't need a complete overhaul.

You need **better systems**.

Start small:

- A daily walk
- A consistent sleep routine
- One improved meal per day

Small changes, repeated consistently, create real transformation.

The goal isn't intensity, it's sustainability.

#4 Challenge the Rules Holding You Back

Many people follow invisible "rules":

- "I don't have time"
- "I'll start later"
- "This is just how I am"

Are these facts—or habits in disguise?

When you challenge limiting beliefs, you create space for change.

#5 Build Momentum, Not Perfection

You don't need to be perfect. You need to be intentional.

There will be off days. That's normal.

The key is having systems that bring you back to reality.

Life Architecture replaces motivation with **design**.

The Result

When you design your health:

- You stop reacting and start leading
- You build habits that compound over time
- You create energy, clarity, and longevity

You're no longer chasing health.

You're living a longer, healthier life, by design.

