

NEWSLETTER



DESIGN YOUR DESIRED LIFE

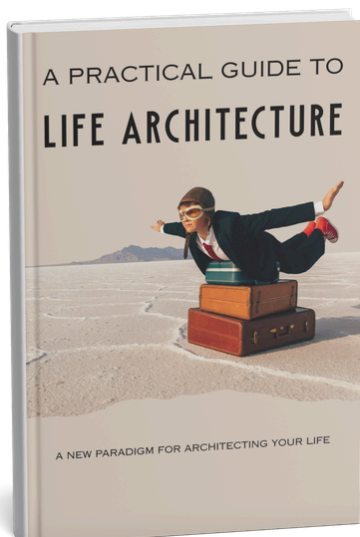
Design Your Desired Life could be the most intriguing and illuminating self-help book that you've read. I'd like to think of it as a game changer or, more selfishly, a life changer. After all, I'm talking about radically changing our life.

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ABOUT THE AUTHOR

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Are You Living the Life You Chose?



Living the Life You Chose, Not the Life You Inherited

Have you ever stopped to wonder how much of your life you actually chose?

Think about where you live, what you do for a living, how you spend your time, the people you surround yourself with, and even your definition of success. Some of those things were deliberate choices. Others may simply have evolved from decisions made years ago, expectations placed upon you, circumstances you encountered, or habits you never thought to question.

From an early age, we begin constructing a life before we really understand what we are building. Our families, teachers, communities, cultures, friends, and eventually our employers influence our ideas about education, careers, money, relationships, success, and happiness.

We learn what a “good life” is supposed to look like long before we have enough life experience to decide whether that definition is right for us.

There is nothing wrong with inheriting some of our blueprint. Much of what we inherit can provide a strong foundation. The problem arises when we never stop to examine it.

Life Architecture gives us an opportunity to examine our lives and where we want to go.

How to Begin

Every architect begins with existing conditions. When renovating an old building, you don't immediately tear everything down. You first examine the structure. What is solid? What has historical or personal value? What still serves its purpose? What needs repair? And what has outlived its usefulness?

Over time, these ideas can become part of our internal blueprint. We stop recognizing them as assumptions and begin treating them as facts. We may even organize our lives around them without ever asking whether they still make sense.

Our lives seem to develop on their own. One decision leads to another. Education leads to a job. A job becomes a career. A relationship creates commitments. Commitments create routines. Routines become habits, and before long, years have passed.

None of this necessarily means we've made bad decisions. The tragedy is simply that we stop making conscious ones.

We become very good at maintaining the life we've created without asking whether it is still the life we want. Our days become filled with responsibilities and activities that keep us moving, but movement isn't necessarily progress. You can travel very efficiently in the wrong direction.

That's where reflection becomes so important. Life Architecture asks us to periodically stop maintaining the structure long enough to inspect it. If you were designing your life today, knowing everything you now know, would you design it the same way? Although this is an uncomfortable question, it is also a liberating one.

Don't Forget the Past

Redesigning your life doesn't mean rejecting your past or starting over. A good architect preserves what works. It preserves all the things that are important to you.

There are parts of your current life that you wouldn't trade for anything: relationships, friendships, family traditions, skills, experiences, values, interests, or a career that continues to provide meaning and satisfaction. These are structural assets worth preserving.

Life Architecture isn't about change for the sake of change. It's about understanding what creates value in your life and intentionally carrying those things forward.

Imagine placing every major part of your life on a large architectural drawing. Some areas deserve to stay put. Others might require renovation. And a few may need to disappear altogether.

The objective isn't perfection. It's alignment. The question becomes: Does this still belong in the life I'm trying to create?

Changing the Rules

We have been conditioned to follow certain rules, beliefs, and expectations:

- *I need to stay in this career because I've invested too much time in it.*
- *I can't start over at my age.*
- *Successful people are supposed to work long hours.*
- *I need more money before I can enjoy my life.*
- *It's too risky.*
- *People will think I'm crazy.*

Some rules are necessary. Others are assumptions we've repeated so many times that they have acquired the authority of truth.

One of the most powerful exercises in Life Architecture is identifying those

rules and asking where they came from. Did you consciously create them? Did someone else hand them to you? Are they still relevant? And most importantly, are they helping you build your desired life—or preventing you from doing so?

Sometimes redesign begins not by adding something new, but by permitting ourselves to stop following unnecessary rules and changing them to meet our desired life. Once we've examined the life we have, we can begin thinking seriously about the life we want. This is where Life Architecture becomes less about reflection and more about design.

Perhaps you'd work differently rather than stop working. Maybe you'd spend more time travelling, writing, learning, volunteering, exercising, building a business, or being with family. You might live somewhere else. You might simplify your lifestyle. You might pursue greater financial freedom not because you want more possessions, but because you want greater control over your time. It's all about having a life that is meaningful to you

Designing a Future Life Blueprint

Knowing what you want is only the beginning. An architect doesn't stop after imagining a beautiful building. The vision must eventually become a blueprint, and the blueprint must become a plan.

Life Architecture works in much the same way. Your current Life Blueprint represents the life you are living today.

Your future Life Blueprint represents the life you want to create. The space between those two states is where change happens.

Some changes may be significant—a new career, a move, a business, retirement, or a major lifestyle shift. Others may be remarkably small. An hour redirected toward something meaningful. A habit changed. A relationship strengthened. A skill developed. An unnecessary commitment removed.

Rather than changing randomly, you begin making choices because they move you from your current state toward your desired future state. That is when life begins to feel less accidental and more architectural.

One of the misconceptions about changing our lives is that transformation requires some dramatic reinvention: quitting our job, selling the house, moving across the country, starting over. Sometimes dramatic change is appropriate, but most successful redesigns are renovations rather than demolitions.

Life Architecture encourages us to preserve the valuable parts of our existing lives while improving what isn't working. A career may need adjusting rather than abandoning. A relationship may need attention rather than replacement. A financial strategy may need discipline rather than a lottery win. A healthier life may begin with a daily walk rather than an extreme transformation. Small changes, deliberately chosen and consistently implemented, can eventually produce a remarkably different life.

The Value of Life Architecture

Your desired life today may not be your desired life ten years from now. Good architecture adapts to changing needs. Our lives must do the same.

Our priorities change as we move through different stages of life. Careers evolve. Families change. New opportunities emerge. Health becomes more important. Money may become less important than time. Experiences may become more valuable than possessions.

A Life Blueprint should therefore be a living blueprint. Life Architecture isn't about designing your future once and then rigidly following the plan for the rest of your life. It's about having enough clarity to know where you're heading while remaining flexible enough to redesign when life, or you, changes.

Perhaps the greatest benefit of Life Architecture isn't that it guarantees you'll create the perfect life. There's no such thing. The value of Life Architecture is that it encourages you to become conscious of the one you're creating.

You may examine your current Life Blueprint and discover that you wouldn't change very much. That's a wonderful realization. Or you may discover that some important parts of your life no longer reflect who you are or who you want to become. Either discovery is valuable because awareness gives us the opportunity to choose.

We can't choose everything that happens to us. We can't redesign our past, eliminate uncertainty, or control every circumstance that will emerge tomorrow. But we can become much more deliberate about what we build from this point forward.

So perhaps the most important question isn't "How did I end up with this life?" It's "Knowing what I know today, what life would I choose to build next?" That is where Life Architecture begins.

