

Designing Your Life

Write Lists and Design Your Life

People need to know what they enjoy and what makes them happy in order to begin their journey towards happiness. Writing lists of what you like and want are extremely useful tools in this discovery process. I've been writing lists since my childhood. They have been instrumental in helping me navigate and design my life. They have assisted me in discovering what I really appreciate about being alive and have brought clarity and awareness as to what makes me happy. Lists have also shown me when it was time to make what I call a "mid-course correction." Throughout different phases of life, we need time to reflect on what is working and what is not and to decide what course we want our lives to take.

Take Charge of Your Time and Avoid Time Vampires

Taking charge of your life means taking charge of your time. Sometimes you've got to stand in front of the mirror and say "this is MY life and I'M in charge of it." Be effective with your time so you can have more time off. It's about setting priorities and making ourselves come first even if it's only for a few hours a day. Take the phone off the hook, don't answer your emails and avoid the time vampires. Once you know what's important to you it's your job then to try and preserve those things, fight to keep a bit of time to yourself each day and make time for what's really important. Sometimes you really do have to preserve your right to rest and relax.

Making Time for "Mid-Course Corrections"

The time for a mid-course correction can be recognized by feelings of discontent, the need to change unhealthy behaviors or habits, undesirable mind chatter, overwhelming anxiety, emotional attachments to people who do not have your best interest at heart, or depression.

People need to find the necessary time to reflect and redesign their lives. I share my favorite tropical hideaways, which have helped me to design my life. Escaping to a tropical island can honestly bring you closer to your life's happiness. What you like and want seems to float effortlessly to the surface in the beauty and tranquility of a tropical environment. Allow yourself the time and space to discover and reflect on what makes you happy. Enjoy the raw sensual appeal of tropical nature and write your lists in paradise.