



# DESIGN

## Your Ideal Life!

### Five Simple Steps to Live and Work with Purpose and Passion

Success or failure is often determined by our choices. What we choose to think, feel, and say to others *and* ourselves creates our reality. Commit to create your reality by design and not default through this simple five-step **DESIGN** process:

- 1) **Define Your Life Purpose.** Your life purpose is why you are here, what you are most passionate about, and what you would do even if you weren't paid for it. The most positive, engaged and productive professionals are those who express their life purpose through their work. Here's how to determine yours.
  - Consider what motivates you, like community, creativity and independence.
  - Identify your deepest values, like family, service and financial security.
  - Recognize your natural gifts, like humor, compassion, and a musical or technical ability.

With these insights, create your Life Purpose Statement. My Life Purpose Statement is: *Through support and by example, I inspire others to follow their dreams and live joyfully on purpose.* I wrote that statement in the early 1990s when I had my own public relations firm. It has guided me to write my book and become a motivational speaker and mentor.

If your current work doesn't allow you to express your life purpose and you aren't in a position to change or alter your vocation, you can find a way to live your purpose through service to others as a volunteer or mentor. Like the dog-loving accountant who handles the books for the local animal shelter or the attorney committed to the arts who sponsors a community theatre group.

- 2) **Embrace Prosperity.** Once you realize that there is no lack and there is more than enough to go around, you will begin to experience the effortless flow of prosperity in all aspects of your life. Prosperity is much more than money. It's health, joyful relationships, and living each day with grace and ease.

over...

Here are some of the ways to increase your prosperity consciousness:

- Consider each of your goals, like a promotion and taking a dream vacation. Then, make sure you feel worthy of that good fortune. It's much easier to be prosperous when you know you deserve it.
- Spend time with prosperous people who "think big" and have achieved many of the goals you set.
- Look for ways to collaborate, rather than compete, in the workplace.
- Understand your budget and investments so you know what's coming in and what's going out and can make wise buying decisions.
- Finally, give back on a consistent basis to promote the circulation of prosperity, like donating money to your place of worship or tutoring at an after-school center.

3) **Seek**

**Insights.** Are you looking for innovative ways to make more sales or increase your productivity? We don't have to know all the answers; we just need to know where to look and often the place to look is inside. To make better decisions and solve problems easier, try these five wisdom-accessing strategies: trusting your intuition, practicing meditation, paying attention to your dreams, prayer, and noticing coincidences or synchronicities.

4) **Get Real.** In other words, tell the truth. Do you make up excuses for not returning phone calls or missing deadlines, inflate figures or results for the sake of a sale, or come to meetings late or unprepared? When our thoughts and actions conflict with the truth, we waste precious energy and tarnish our reputation. By increasing your level of integrity in thought, word and deed, you will transform all your relationships, including the one with yourself.

5) **Nurture the Moment.** We live and work in a world of distractions, from information overload and cell phones to uncertainty and fear. Unlike computers, our brains are sequential processors and we lose time when we jump from one task to another. Resist the temptation to multitask all the time and instead focus your full attention on the task at that moment. Stay present while consulting with a client, analyzing an operational challenge, interviewing a new vendor, or speaking with your child or spouse. You can solve problems faster, show a deeper level of respect for those around you—thereby earning more respect—and reduce the stress you feel from juggling too many things.

May these five simple DESIGN strategies inspire you to live and work with purpose and passion.

*Tricia Molloy is a leadership speaker on work-life balance and professional development through wise business practices. She's a mentor and the author of "Working with Wisdom: 10 Universal Principles for Enlightened Entrepreneurs." As a follow-up to the "CRAVE Your Goals!" program, "DESIGN Your Ideal Life!" is presented as conference keynotes and employee development talks, workshops and webinars. For more information and to sign up for her enewsletter, visit [www.triciamolloy.com](http://www.triciamolloy.com).*