



Section Two

Dreaming a New Life

Your life is an amazing and holy gift that is completely worthy of your most focused attention. Because of their inestimable value, the days and years ahead should not be left to chance. In fact, you may want to make this statement your Life Design motto:

***I leave nothing to chance that can be joyfully directed
by my thoughts and intentions.***

Life Design is one of the most positive and self-nurturing activities you can engage in. It is always deeply satisfying to see one's own life goals and dreams fulfilled. And while you are consciously creating your future, your mind is much less likely to slip into boredom, depression or anxiety.

The exercises in the following *Life Design Workbook* pages can be used for years to come as you continue to design the life you *really* want to live. The key is to give top priority to your own life and to never take it for granted. When you prioritize yourself and your own goals, dreams, wishes, hopes, and desires, you are on a superhighway to greater happiness, success and achievement.

It's time to expand your thinking outside the box of the familiar, to reclaim your unfulfilled dreams, and to develop an exciting new vision for your future.