



A Little Guide to a Happy Life

Written by You

Workbook



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HOW TO USE THIS LIFE DESIGN WORKBOOK

This workbook walks you through a practical exercise in designing your ideal life via a 6 step process as follows:

1. Create a list of statements about your ideal life
2. Check for balance across your envisioned ideal life
3. Prioritize your ideal life statements by importance and desire
4. Add detail to your top 10 statements for a clearer view of your ideal life
5. Create a small, achievable tasks for your top 5 ideal life statements
6. Choose 3 tasks to start the plan to make your ideal life reality

This workbook is meant to accompany reading the book *A Little Guide to a Happy Life, Written by You* available at **ABrotherAbroad.com/A-Little-Guide-to-a-Happy-Life-Written-by-You** though you can complete this exercise simply by using this workbook.

I highly recommend performing this exercise consistently, once every 6 months. I've been doing so for the last 15 years and I couldn't have paid any fortune for better results – but – the longer you do the exercise, and the more time you do it, the more you will realize, the more actionable plan will become, and the more of your “envisioned ideal life” you'll realize.

Good luck!

Consider reading and following along with the full book,
A Little Guide to a Happy Life, Written by You
ABrotherAbroad.com/A-Little-Guide-to-a-Happy-Life-Written-by-You/

BEFORE WE START...

Write down WHY you're committing to this life design exercise

If done right, this exercise should be done every 6 months for years. To keep up that kind of diligence, persistence, and commitment, you'll need to *clearly* understand why you're committing to this process. What are your reasons for starting? What do you want to achieve?

Now, write those reasons down, to reference back to for years

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ABrotherAbroad.com/A-Little-Guide-to-a-Happy-Life-Written-by-You/

**WRITE DOWN YOUR REASONS FOR
TAKING ON THIS
LIFE DESIGN EXERCISE**

NOW, LET'S GET STARTED

LIFE DESIGN EXERCISE

STEP 1

**Create a list of statements
about your ideal life**

LIFE DESIGN STEP 1

List 20 to 40 statements that describe your ideal life

Write 20 to 40 statements about your ideal life starting with “I,” followed by an action, and describing a situation within your ideal life.

Think about your needs, desires, and urges that inspire and motivate you and capture those ideas by describing a situation in your ideal life that would satisfy you and leave you feeling fulfilled.

These statements will be your “ideal life statements.”

Examples:

1. I live a 5 minute walk from the beach in a small, comfy, modern home.
2. I have a loving, reciprocating partner that shares my passion for traveling the world
3. I exercise and participate in my favorite sport daily, using and moving my body with pleasure. I don't feel rushed and I do so at the time of day I prefer.

Now...

List 20 to 40 statements about your ideal life

YOUR IDEAL LIFE STATEMENTS

1. _____

2. _____

3. _____

4. _____

5. _____

LIFE DESIGN STEP 1

List 20 to 40 statements that describe
your ideal life

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

LIFE DESIGN STEP 1

List 20 to 40 statements that describe
your ideal life

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

30. _____

31. _____

32. _____

33. _____

34. _____

35. _____

36. _____

37. _____

38. _____

39. _____

40. _____

**LIFE
DESIGN
EXERCISE**

STEP 2

**Check for balance across your
envisioned ideal life**

LIFE DESIGN STEP 2

Place each ideal life statement in each of the essential areas of life, then check for balance across life

Take the 20 to 40 about your life, that you created in step 1, and place each statement into its respective category within the table below

After you have categorized your ideal life statements, review the table of categories and ensure each category has at least one statement. If you have a category that didn't have an applicable statement, add a new one to that category now.

When you're finished with this exercise you should have at least one statement that falls into each category.

By doing this exercise, arranging our ideal statements by category and checking that all categories have a clearly stated statement about fulfilled needs and desires, we are envisioning an ideal life while accounting for healthy balance in the integral areas of a healthy life.

Now, go ahead...

1. Place each of your statements about your ideal life, from the previous step, into one of the categories in the following table. You can write the full statement, for clarity when you reference back to this book years down the road, or simply write the statement's number, to save time
2. For any categories missing a statement, add one.

————— **ESSENTIAL AREAS OF A HEALTHY LIFE** —————

LIFE DESIGN STEP 2

Place each ideal life statement in each of the essential areas of life, then check for balance across life

ESSENTIAL AREAS OF A HEALTHY LIFE

- PURPOSE AND MONEY -

- 1. Financial:** Related to money, finances, debt, or income.
- 2. Career, Profession, and Purpose:** Related to what you do to earn a living, give back, or produce to make your compensable contribution to the world.

- PERSONAL -

- 3. Physical (Fitness and Health):** Related to your body, the capabilities of your body, your health, disease, and how capable and resilient your body is.
- 4. Emotional and spiritual:** Related to emotions, religion, spiritual, and the metaphysical
- 5. Interests & Hobbies:** Anything you do for pleasure or fulfillment that does not pay the bills but makes you happy

- PEOPLE -

- 6. Social (Friends):** Anything related to your social life, social circle, and the people you interact with by choice, who aren't family.
- 7. Family (Immediate Family: Children, Siblings, Parents):** Anything related to your parents, spouse, siblings, and children
- 8. Family (Extended Family):** Related to family beyond immediate family
- 9. Love Life and Romance:** Related to love, sex, and romantic relationships and interactions
- 10. Community, community involvement, and giving back:** Related to how you participate in, enjoy, contribute to and receive from your neighborhood and community on a neighborhood, city, state, and national level

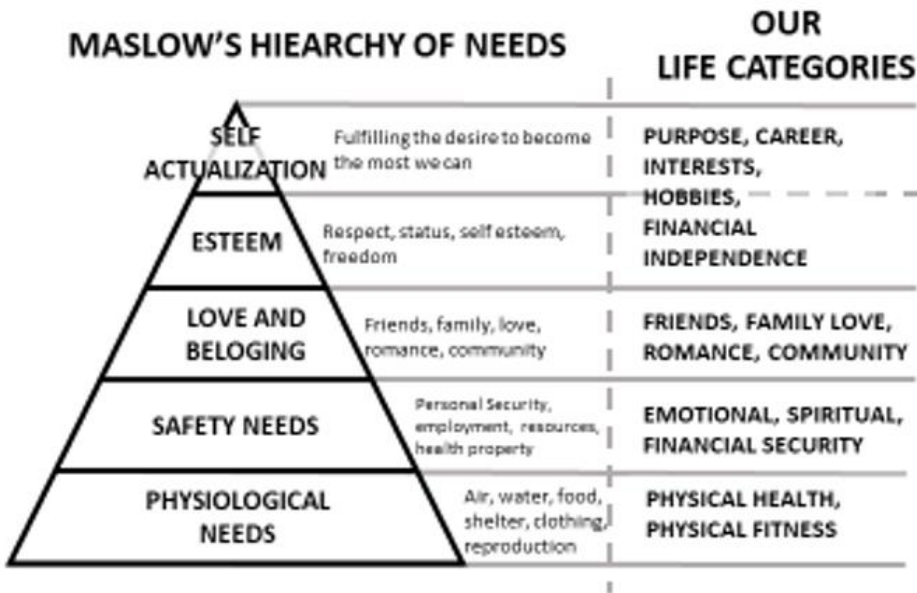
- POSSESSIONS AND MATERIAL -

- 11. Possessions:** Anything in your life that you can "own," such as a house, car, clothes, "toys," etc.
- 12. Geography and Location:** Anything related to location and what that location delivers in return. This could be a location (e.g., California, France, Europe), a type of landscape (e.g., forest, beach), or location or geography related preference.

LIFE DESIGN STEP 2

Place each ideal life statement in each of the essential areas of life, then check for balance across life

MASLOW'S HIEARCHY OF NEEDS vs. OUR LIFE CATEGORIES



LIFE DESIGN STEP 2

Place each ideal life statement in each of the essential areas of life, then check for balance across life

FINANCIAL	
CAREER & PROFESSION	
PHYSICAL (FITNESS & HEALTH)	
EMOTIONAL & SPIRITUAL	

LIFE DESIGN STEP 2

Place each ideal life statement in each of the essential areas of life, then check for balance across life

**INTERESTS &
HOBBIES**

**SOCIAL
(FRIENDS)**

**FAMILY
(IMMEDIATE)**

**FAMILY
(EXTENDED)**

LIFE DESIGN STEP 2

Place each ideal life statement in each of the essential areas of life, then check for balance across life

**LOVE
&
ROMANCE**

COMMUNITY

POSSESSIONS

**GEOGRAPHY
&
LOCATION**

LIFE DESIGN STEP 2

Check off the areas you've covered

Place each a check in the box next to each category to confirm you've covered the category

	AREA COVERED?
FINANCIAL	
CAREER & PROFESSION	
PHYSICAL (FITNESS & HEALTH)	
EMOTIONAL & SPIRITUAL	
INTERESTS & HOBBIES	
SOCIAL (FRIENDS)	
FAMILY (IMMEDIATE)	
FAMILY (EXTENDED)	
LOVE & ROMANCE	
COMMUNITY	
POSSESSIONS	
GEOGRAPHY & LOCATION	

**LIFE
DESIGN
EXERCISE**

STEP 3

**Prioritize your ideal life
statements by importance
and desire**

LIFE DESIGN STEP 3

Rank your ideal statements to understand your most important needs and desires

1. Start with the entire list of ideal life statements on a single list. Then, write each ideal life statement on a separate slip of paper. Last, line up the slips of paper, with ideal life statements, in order like a list.
2. Compare the ideal life statement at the bottom of your list to the statement above it and ask yourself which is more important in your ideal life? If the statement below is more important to you than the statement above, move that statement up. Repeat this process by comparing the “winner statement” to the next one above it to identify the statement that is more important to you. Continue comparing the preferred statement to the one above until you reach the top of the list with one statement. Through this process we’ve discovered that this statement, now at the top, is your highest priority and most desired situation in your envisioned, ideal life. Write that statement in the #1 position in your list below (or on your new sheet) and cross it off on your old sheet. We've successfully identified your #1 priority, and we will continue the process to rank your other priorities.
3. Return to the bottom of the list and compare whichever statement is now on the bottom of the list with the statement above it. Repeat the comparison process from the step above until you have the second most important statement. Write this down on your list as your #2 priority and continue.
4. Once you've taken the bottom statement and compared it all of the statements, from the bottom to the top of the list, repeat the process, transferring the new "top item to the next position down on your new list as your #3 priority.
5. Repeat this process until your list of drivers and passions is ranked from most to least important in your ideal life.
6. When you completed ranking your ideal statements by importance and desire, write your ideal life statements, in the order of importance you just determined, in the list below.

LIFE DESIGN STEP 3

Rank your ideal statements to understand
your most important needs and desires

YOUR RANKED IDEAL LIFE STATEMENTS

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

LIFE DESIGN STEP 3

Rank your ideal statements to understand
your most important needs and desires

———— YOUR RANKED IDEAL LIFE STATEMENTS ————

18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____
34. _____

LIFE DESIGN STEP 3

Rank your ideal statements to understand
your most important needs and desires

————— **YOUR RANKED IDEAL LIFE STATEMENTS** —————

- 35. _____

- 36. _____

- 37. _____

- 38. _____

- 39. _____

- 40. _____

LIFE DESIGN EXERCISE

STEP 4

**Add detail to your top 10
statements for a clearer view
of your ideal life**

LIFE DESIGN STEP 4

Add clarity to your top 10 statements

Take your top 10 ideal statements from the last step and review each of your top 10 ideal life statements to gain a deeper understanding of each and get a clearer view of what each idea could look like in reality.

Review each of the top 10 drivers and passion statements on your prioritized list to ensure they each have enough detail to design your life based on them.

Also, ensure they are each based on your genuine needs, passions, desires, and motivations (and no one else's).

Now add useful detail by asking yourself the following questions about each driver:

1. What: What is happening in the scenario in your statement? What are you doing? What are the people around you doing?

2. Where: Where is the situation taking place? Is anything about this passion location-dependent? If so, is it in a certain geography (e.g., mountain, beach), living environment (e.g., urban, rural), or specific location (Hollywood, French wine country, Tokyo)? Does a particular location provide certain requirements (e.g., museums, markets, hipsters, conservatives, intellectuals, yuppies, etc.) that uniquely satisfy the desire you aim to satisfy?

3. Who: Who else is involved? Specific people? A type of people? How are they connected to you? How do they interact with you?

4. When: When does desire occur in the statement, if the underlying desire is time-dependent. At an event or a specific time of year (e.g., comedy festival, Oktoberfest, holidays with family)? At a time of your life (after college, between jobs, et retirement)? What frequency do you experience this passion or driver (daily, weekly, monthly, annually)? How long does it last?

LIFE DESIGN STEP 4

Add clarity to your top 10 statements

#1 Statement (Old)	Existing #1 Statement:
	What is happening? Where? Who is involved? When does it occur? Why is this fulfilling?
#1 Statement (with Detail)	
#2 Statement (Old)	Existing #1 Statement:
	What is happening? Where? Who is involved? When does it occur? Why is this fulfilling?
#2 Statement (with detail)	

LIFE DESIGN STEP 4

Add clarity to your top 10 statements

#3 Statement (Old)	Existing #1 Statement:
	What is happening? Where? Who is involved? When does it occur? Why is this fulfilling?
#3 Statement (with Detail)	
#4 Statement (Old)	Existing #1 Statement:
	What is happening? Where? Who is involved? When does it occur? Why is this fulfilling?
#4 Statement (with detail)	

LIFE DESIGN STEP 4

Add clarity to your top 10 statements

#5 Statement (Old)	Existing #1 Statement:
	What is happening? Where? Who is involved? When does it occur? Why is this fulfilling?
#5 Statement (with Detail)	
#6 Statement (Old)	Existing #1 Statement:
	What is happening? Where? Who is involved? When does it occur? Why is this fulfilling?
#6 Statement (with detail)	

LIFE DESIGN STEP 4

Add clarity to your top 10 statements

#7 Statement (Old)	Existing #1 Statement:
	What is happening? Where? Who is involved? When does is occur? Why is this fulfilling?
#7 Statement (with Detail)	
#8 Statement (Old)	Existing #1 Statement:
	What is happening? Where? Who is involved? When does is occur? Why is this fulfilling?
#8 Statement (with detail)	

LIFE DESIGN STEP 4

Add clarity to your top 10 statements

#9 Statement (Old)	Existing #1 Statement:
	What is happening? Where? Who is involved? When does it occur? Why is this fulfilling?
#9 Statement (with Detail)	
#10 Statement (Old)	Existing #1 Statement:
	What is happening? Where? Who is involved? When does it occur? Why is this fulfilling?
#10 Statement (with detail)	

LIFE DESIGN EXERCISE

STEP 5

**Create a small, achievable
tasks for your top 5 ideal life
statements**

LIFE DESIGN STEP 5

Create actionable steps for your top 5 ideal life statements

For each statement about your ideal life, at a minimum identify one task in each of the following areas that can contribute to making your statement about your ideal life a reality

- **Short term task**, achievable in a day or a single activity
- **Habit to build**, an activity that can be done routinely or repetitively to push you towards your goal
- **Long term task**, that will take multiple steps and a longer period to complete, but we can start in the coming 6 months

LIFE DESIGN STEP 5

Create actionable tasks (3 minimum) for
your top 5 ideal life statements

1x Short Term | 1 x Habit | 1x Long Term

Statement	Tasks
#1 Statement	
#2 Statement	
#3 Statement	

LIFE DESIGN STEP 5

Create actionable tasks (3 minimum) for
your top 5 ideal life statements

1x Short Term | 1 x Habit | 1x Long Term

Statement	Tasks
#1 Statement	
#2 Statement	

NOTES

Blank area for notes.

LIFE DESIGN EXERCISE

STEP 6

**Choose 3 tasks to start the
plan to make your ideal life
reality**

LIFE DESIGN STEP 6

Choose your first 3 tasks of focus to assemble your plan to realize your ideal life.

As you complete each task over the next 6 months, return to this section to record completion and choose a new task

Now that you have a very clear list of options for things you can do to make your ideal life (based on your statements) a reality, pick three actions you will focus on first.

Pick one short-term task, one long-term task, and one habit to start from any of your top 5 ideal life statements tasks we created above.

COMPLETION CRITERIA FOR EACH TASK”

Consider a task completed in each of our time domains when you’ve done the following:

- **Short-term task:** The task is completed.
- **Long term task:** The task is completed, or the activity of working towards progress has become a habit
- **Habit:** You have been executing the habit daily for at least 21 days, the habit feels comfortable, and you can consistently continue the habit with minimal effort, and while developing additional habits

AS YOU COMPLETE YOUR TASKS OF FOCUS, REPLACE THEM WITH NEW ONES

Once a short-term or long-term task is completed, or a habit is ingrained, mark that task off in your notes (your guide) as completed.

Then, select a new task in the same time domain (short term, long term, habit) to focus on as a replacement task.

LIFE DESIGN STEP 6

Choose your first 3 tasks of focus to assemble your plan to realize your ideal life. Replace the tasks as you complete them.

Task of Focus	Completed?

LIFE DESIGN STEP 6

Choose your first 3 tasks of focus to assemble your plan to realize your ideal life. Replace the tasks as you complete them.

Task of Focus	Completed?

LIFE DESIGN STEP 6

Choose your first 3 tasks of focus to assemble your plan to realize your ideal life. Replace the tasks as you complete them.

Task of Focus	Completed?

LIFE DESIGN STEP 6

Choose your first 3 tasks of focus to assemble your plan to realize your ideal life. Replace the tasks as you complete them.

Task of Focus	Completed?

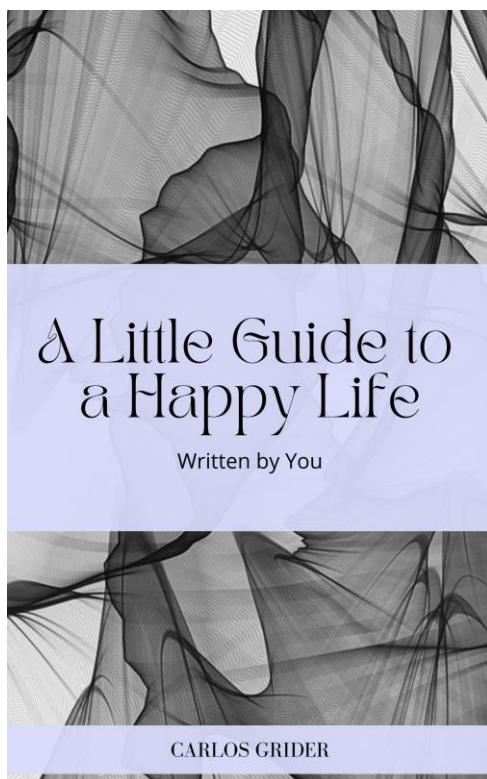
NOTES FROM THIS EXERCISE

Record anything of significance here that you discovered during this iteration of the Life Design Exercise

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Record anything of significance here that you discovered during this iteration of the Life Design Exercise

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