

Let's talk about creating a life that you want to live. We all go through seasons where our purpose and even our focus may temporarily be on something else. One of our biggest underlying truths is understanding who we are, and believing that we were created on purpose, for a purpose. I believe that our purpose is to help people, but this may manifest in different ways for different people, and you may have to spend some time figuring out what that looks like in your life. Right now, your purpose may be to raise children, or to take care of an elderly parent. The fact is -- sometimes vibrancy comes in spurts, and that is okay.

I want you to remember three things:

-When you start to look for your purpose, you will find it.

-When you say you don't have enough time for something, I'm going to bet that you do. You can make time for the things that are important to you, so you may either need to adjust your priorities or find out where your time is going. Use a [Time Blocking Sheet](#) to prioritize your tasks and schedule time for the things that are important to you.

-The "Yeah but....'s" aren't serving anyone, least of all your vibrant self. Stop making excuses.

These three things are foundational principles that you need to have down pat. Once you get this down, here are 10 ways to help you create the life you want:

1. Have a declarative, unmovable statement about your life. I AM...(an athlete, for example)
2. Don't wimp out, and BE BOLD! Don't shrink back from the things you want in your life.
3. Don't crowdsource opinions about your life. This is YOUR life, and you get to create it your way. In the words of Hamilton, "I am not throwing away my shot!"
4. Work your goals into your daily life.
5. Your environment either supports the life you want to live, or it doesn't.
6. Your mind is your GPS-reprogram it to serve you. Recalculating... Create the vision of where you want to be, set your starting place, and get going!
7. What others think about you is none of your business. It is easy to get stuck in a negative thought loop, but you have other things to take up headroom. Don't let their opinions go rent-free in your mind.

8. Fear is a function of your brain, but your brain can be controlled when you make the decision to control it.

9. Remember you have a voice. Use it. Nobody has the right to tell you what to do and how to live your life.

10. Remember the secret formula: Motivation + Momentum = Magic