

# 4 SIMPLE STEPS TO CREATING YOUR IDEAL LIFE



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## MAKE A CHOICE

You may not have been able to choose your socio-economic background, your upbringing, or your circumstances, but what you can choose is how to look at it and what to do with it. You are the creator of your own path. If you want a different business or lifestyle, then it all starts with a choice.

2



## BE SELFISH

The word "selfish" may get a bad rap, but by taking care of yourself, you are creating a healthy space for you to take care of other people as well. As you embark on creating your ideal life, give yourself permission to finally put yourself first.

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## VISUALIZE YOUR IDEAL LIFE AND COMMIT IT TO PAPER

It's difficult to work towards a dream life if you're unclear on exactly what that life looks and feels like. By visualizing and writing your ideal life down, you get that clarity, while also making a commitment to yourself to create the life you deserve.

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## EMBRACE CHANGE

To create your ideal life, your finances, relationships, habits, and routines may all need to change. What supported you to get to where you are now, may not support you in getting you where you want to go. Based on the life you've just mapped out, what are the very first things that you could change? Pick the smallest, easiest one to do first, because once you see a tiny win, you're more likely to work towards the bigger wins.