

Creating My Ideal Life

We all get to a point, or are at a point where things are not ideal and something needs to be done. Unless we have been seriously psychologically damaged – spiritually, emotionally or relationally – we all have a general picture of ‘the ideal’ though this varies considerably between people.

For MIP members, it seems that most of which underpins NON-ideal situations has to do with perceptions of ‘not being loved’ and ‘not belonging.’ At a deeper level, it may have to do with the lower Maslow Needs hierarchy of safety, but rarely does it have to do with the basic needs of enough food, clothing and shelter. For others it has to do with the need to be self-actualised. But related to all of these, creating an ideal life, typically relates to Use of TIME, Use of ENERGY, Use of RESOURCES and appearing to LOOK GREAT.

We probably began this exercise in primary school and took a more serious look in middle high school, but here it is again.

- ✦ Ask yourself questions like "How much **time** do I have ... with my kids? With my friends? With my partner? Travelling to work? Watching TV? For hobbies? For holidays? Jot down the other things you need/want time for. Begin creating using symbols such as ☺ ☹ ☹ or I must increase time for this, using a ‘↑’, or decrease time for this using a ‘↓’

- ✦ "How much of my **energy** does my job/ career/ work-related travel, take?" Jot down the various ‘aspects’ of what your income generation requires of you. Begin creating energy using symbols such as ☺ ☹ ☹ for various aspects of your employment or the manner in which you gain an income, or I must put more energy into this, using a ‘↑’, or I must not put so much energy into this using a ‘↓’

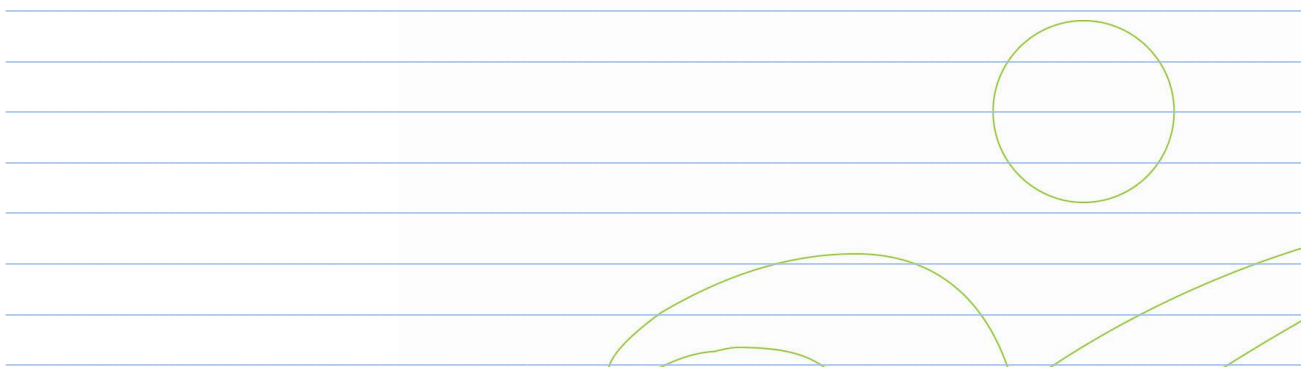
- ✦ "How am I using and/or allocating the resources over which I have control?"

- ✦ "What does the life I would like to be living look like?"

Next Steps:

- 1) **Congratulate yourself** for taking time to consider your potentials. We hope it has benefited you.
- 2) Like all Tools, it is only effective when put into practice! To begin, just **spend 5-10 minutes to reflect** of ways you might implement this into your day to day routines.
- 3) Over the next day or two, realize it by creating **an action point** / goal you want achieved.
- 4) The next step is to **share your** Learning, Insights and Intentions on the MIP Forum. Log in to <http://www.miprofessionals.com.au>. If not a member, join as a Guest to post on the public Forum.
- 5) Our experience shows that YOUR forward movement is greatly increased as you post on YOUR Forum using our I-M-P-A-C-T approach:
 - I** = Issues I am facing
 - M** = My to do list right now
 - P** = Plans to implement in the next one to three months
 - A** = Attitudes right now; what I am feeling
 - C** = Clarity needed on some issues
 - T** = Thankfulness to those who have helped me to becoming a better person

You might like to make a start here by jotting down what you will transfer to your Forum. (Or your fridge magnet☺)



- 6) If you are a Member, you can participate in “Active” forums, where your Coach can communicate and monitor your progress in this journey together.
- 7) Many people get to the point where they realise nothing will change until they engage a coach to bring out their best. Members can book a call to discuss this, or call 1300 90DAYS

...on track with work-life balance in 90 days