

Life Design for Creative Souls with Many Passions MINI-COURSE



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Introduction 1/5

There's always lots of pressure to live your life according to the wants and needs of others. This is a sure recipe for personal disaster, even if on the surface you may look successful. Inside you may feel permanently frustrated, and find it hard to keep going.

If you have many passions, you will always be hearing that "you got to settle down into one interest," and that "you can't possibly do them all."

Well that's just a cultural myth, which doesn't work for your life! And deep inside you know that. But to creatively shape your life so that it suits your set of talents, abilities, and needs, takes thought, planning, and action.

There are four simple steps to creating a life that works for you:

1. Envision Your Ideal Life
2. Evaluate Where You Are Now
3. Create the Map
4. Get Started on The Journey

Tomorrow we will begin with taking you through a process to envision a life uniquely tailored to your talents and needs.

For today, begin taking action by creating a folder on your desktop to prepare for the fun journey ahead!



Life Design for Creative Souls with Many Passions Mini-Course: Envision Your Ideal Life 2/5

To create a lifestyle that works for you, it's great to step back from your present life. Envision what might be possible if you got rid of any limiting stereotypes and beliefs about what you can and should do.

Forget about being realistic right now. Go to the outreaches of your imagination, and create in your mind's eye a totally delicious, passionate life for yourself, where you have the time and space to explore all your wonderful interests and passions.

Okay so it might take nine lives, you are telling me! Well imagine all those lives, in their richness and glory. Go over overboard. Dive in!

What are you seeing? What are you hearing? What are you feeling? Who are you with? Savour it all.

Now write down as fast as you can without stopping to edit yourself all the things you can think of.

Here are some additional questions, to spur your imagination

1. Where you are living? Is it one place or two? Or do you live a more nomadic existence?
2. What kinds of passions are you pursuing?
3. How is your income flowing to you?
4. How is the expression of your gifts and talents, making a difference in the lives of others, and for the planet?
5. What does your daily schedule look like? Weekly? Do you have months devoted to one or two interests and then switch, or are you doing many different things concurrently?

Just take five to ten minutes to jot it all down. In the next 24 hours keep rolling over your ideal lifestyle in your mind. Add to your list as the ideas come.

Tomorrow you will be taking these ideas, and looking at your life right now. You will be learning ways to turn these dreams into a real life plan that you can begin implementing right away

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Life Design for Creative Souls with Many Passions Mini-Course: Know Where You Are Now 3/5

In order to arrive somewhere, you both have to know your destination, where you are coming from, and have at least a rough map of how you are getting there.

Yesterday you took an important first step towards designing a life that suits your own unique talents, desires and personality. You got an idea of your destination.

Now let's look at where you are. There are three questions that work well to get a snapshot of your life and what's working and what isn't

1. What do you love and adore about your life as it is right now?
2. What do you absolutely detest about your life right now?
3. What about your life is okay but could be better?

Make sure you answer these questions for all aspects of your life. Include such areas as your physical environment, work, money, health, creative and spiritual pursuits, relationships with friends and family, and community involvement.

After you have done this you will have a good idea of what is working just fine in your life, and what needs to be changed. Tomorrow you will create a map or plan to get you from where you are now to creating a life which becomes more and more aligned with the visioning you did on the first day.

Now I have to say this will not happen overnight. You and I both know in our hearts that plans for instant success in anything, are plans for instant failure. But it will get you in the car, with a map and enough motivation to start the first leg of the journey.

You will be able to constantly refer back to this map, when deciding on your areas of focus and priority. And you will be able to make adjustments to the route you take, as you encounter new situations and opportunities.

Life Design for Creative Souls with Many Passions Mini-Course: Create the Map 4/5

Yesterday might have been a bit tough, looking at the distance between where you are now, and where you want to be. Or maybe you are pretty close to getting there, and just need some adjustments to make your life juicy and fulfilling.

Today, you get a chance to start using this knowledge to create a master plan, or map for getting you to your end destination.

First get out your notes from earlier. Take another sheet of paper, and write a list of all the juicy and enticing things you envisioned earlier.

Now the fun begins! Get a big sheet of paper or tape together some smaller sheets. Use colored markers and pencils, if you have them on hand.

Now, draw six columns, and mark on the top of the columns, this year, and the coming 5 years. You will be taking the list of things you envisioned earlier, and scheduling them over a six-year period.

This is a technique I am borrowing from Barbara Sher, who has a fabulous book called "[Refuse to Choose: A Revolutionary Program for Doing Everything That You Love](#)," which I recommend to all my clients. She developed this technique because she found that people like you, with many interests, often fall into the trap of thinking they have to do everything at once, or they will never do it.

Creating a 6 year plan, helps reassure you that yes you will do it, but also helps you not to get overwhelmed by trying to do too much at one time, a common problem for people with lots of interests.

Now look at what things complement each other and could be done together.

Group these together. Then look at the timeline and roughly start planning things within a six-year framework.

Say you want to go to Asia, study batik, quit your job, set up an internet business you can do anywhere in the world, teach English abroad, write a book, and learn how to sing.

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You might plan to quit your job just before you go to Asia, study batik in a place like Indonesia, spend a stint in Japan teaching English, and then plan a month or two to work on your book.

After that you might plan another stint working teaching English, at the same time researching, planning, and saving money to set up your internet business.

To get the money for the first part of your Asia trip, so you might decide to stay at your present job for another six months. In the meantime, you might bring join a local choir, or get private voice lessons, or organize a karaoke night with friends once a week, fulfilling your dream to learn to sing.

So begin filling in the years on your big sheet. Whatever you put is not written in stone, so avoid getting too serious about this, and have fun slotting in everything you want to do and accomplish.

Tomorrow, I'll provide you with ways to further flesh out your plans and most importantly, some immediate ways to get into action. As well, I have a lovely surprise to assist you in taking the steps to get the life you want.



Life Design for Creative Souls with Many Passions Mini-Course: Get Started on the Journey 5/5

Today we will be getting down to the nitty-gritty of getting into action around the map of goals you have created.

A very useful way of approaching this is through backward planning. You look at your end goal and what you want to accomplish. Then you plan backwards.

First take out the big sheet with all the things you plotted out. Get another sheet of paper and a pen or pencil. On the far right side, in the middle of the paper, write one of the goals you planned for the next year. Make it a goal that you feel really passionate about doing in the next six months or year.

Then say to yourself; what's the last thing I have to do before this goal gets accomplished. And then ask yourself what needs to take place before that, and before that. You mark the main actions you will have to take at each stage on your sheet of paper. You do this until you finally get an action that you can take today.

Let's take a simple example. You want go to Asia. Imagine you are just boarding the plane to go to your first destination. Before that you had to go through security and baggage; you had to have a passport, a plane ticket and your luggage packed for the journey. Before that you had to have arranged for transport to the airport etc. etc. Going back in this manner, you find the action you can do today is to call a friend who has visited Asia, and check out how they organized their trip.

Over time you can take all the elements on your plan, and use the same method.

Now it may be that some of the things you put on your 6-year plan, don't take much planning. It's easy to see what you might do first.

For example if you want to join a choir, you could start by phoning some friends of yours and seeing if they have heard of good local choir or voice teacher, or know somebody who does.

Once you've finished doing this backward planning for one of your goals, make sure you take that first action towards realizing it. And remember, even the tiniest step towards your goals, can begin to create momentum that can propel you forward.

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Now here is the surprise bonus, I promised you!

I am offering a special 20-minute strategy session to help answer any questions you might have around this course, and at the same time to help you plan how to get your life designed so that it fits you to a tee!

Just click here and it will take you to my appointment calendar where you can reserve a date right away. Look forward to talking with you!

<https://my.timedriver.com/1VJNR>

