

IGNITED

5 Steps to Realizing the Life You
Were Created to Live



JILL HART

Ignited: 5 Steps to Realizing the Life You Were Created to Live

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Ignited: 5 Steps to Realizing the Life You Were Created to Live

WHO IS THIS BOOK WRITTEN FOR?

Stop waiting for the perfect day or the perfect moment... Take THIS day, THIS moment and lead it to perfection ~ Steve Maraboli

Ultimately anyone who wants to make positive changes their life will benefit from reading this book, but specifically I'm writing to you, my dear woman, who has reached the point in your life that you know you want to make a change. Must make a change. To come alive. To live your life on purpose. To make a difference. To be significant in your own right! To truly know you are enough.

You may be traveling down the path of least resistance, raising kids, pursuing a career or job, married or not, but are feeling the pull that lets you know you need to be doing something meaningful with your life. Even if the meaning is only of value to you.

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Something speaks to you, deep in your soul, that says you can't go on mindlessly living. You want and deserve more! Perhaps you already know what you are passionate about and want to know the steps to crafting a life around that passion. Or maybe you aren't sure. The one thing you are sure of, however, is that things must change!

Maybe you are struggling to figure it out on your own or with your friends. Maybe you have tried a few things, but nothing has stuck long enough to affect the changes in your life you want to manifest.

My dear, YOU are exactly who I am meant to help.

We are going to dive in deep, together to discover who you are at your core, what you are passionate about. We are going to create your vision statement, develop a plan and a system for taking consistent action to get results. Finally, we will look at what it takes to course correct for sustainability.

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HOW TO GET THE MOST OUT OF THIS BOOK

Take your time as you go through the exercises. Be sure to write down your thoughts and answers to all the questions. The simple act of putting your thoughts on paper will transform you at an unconscious level. In order to transform your life, you must change.

There is a saying that's been around for a while:

Doing the same things will get you the same results. To expect different results without changing any of the parameters is rather crazy.

That might be a scary thought. We humans like to get tangled up and boxed in by our emotions and feelings. The thought of change can be terrifying. We ask ourselves things like...

What if I fail?

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What if I take a hard look at myself and don't like what I discover?

That last question, my dear is always the catalyst for change. And one can never fail. What looks like failure simply means you haven't reached the destination yet.

Keep going.

There will be peaks and valley in this journey. You need get comfortable with that idea. Without the tools to break free of these chains we will remain locked into our current paradigm.

The goal of this book is to give you the tools to; uncover your true identity, discover your passion and create a life around it that satisfies your soul's purpose for being. To do that I'm going to share with you some coaching techniques designed to help you reveal you, discover your passion, create a vision of your future, and create a plan to reach that vision of your future by setting goals.

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Along the way you will learn about yourself and understand what makes you unique, your style of learning and how you like to interact with the world and others. Stripping off the mask we all wear, so that we can understand ourselves is the first step in recreation. One needs to know where we are starting in order to reach a new destination.

Let me show you the power of igniting your passion and releasing your inner confidence to craft the life of your dreams ...

It feels like just yesterday, when I was standing in the garden of the "McMansion" I was living in in South Jordan, Utah. Even though we had only purchased the place a few months back, I made the declaration, "I do not want to live in a city." My real dream and passion were to have a homestead. To know how to make artisan bread, raise animals, garden, make soap, homeschool my kids and live the country life. It felt to me that that was the life I was meant to live.

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While this dream might seem odd to you if you are the kind of person who is more focused on “making money”, let me assure you, living in alignment with your purpose and passion will allow money to flow to you in ways that chasing after it, never will.

When I was growing up, we always lived in cities. In fact, as the daughter of a Naval officer we lived in several foreign cities. We used to hike and camp as a family. On those hikes I would daydream of having chickens and goats. But as a family we never raised livestock or gardened. We always travelled to the country to enjoy nature.

The way I ended up in the McMansion to start with was through manifesting and chasing ways to make money that were not aligned with who I fundamentally was or what I was passionate about. Don't get me wrong, that house was beautiful and huge, but it wasn't me.

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After making the decision to “move to the country” I purchased Carla Emery’s book *The Encyclopedia of Country Living*. At the back of the book is a quiz about things most country folk know how to do. I took that as my guide for what I needed to learn. And learn I did over the next 20 years. At this point, I know all the skills from that book and more. Pursuing a life related to my passions has led me down many interesting paths. Little did I know when I started that making that declaration would totally change the trajectory of my life.

Twenty years later, I can look back with clarity and say, I accomplished all that I set out to achieve. The life of my dreams following my passion was realized.

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You might be thinking to yourself – Twenty years!! That's a long time. Well, it has been twenty years ago now, that I made that declaration - it only took a year for me to get started. Once we sold the McMansion, we bought another huge house up in Cache Valley, Utah. At least there I was able to get chickens, rabbits, grow a garden and we acquired three goats. We also started learning how to raise bees. And it was there that I made goat's milk soap for the first time. It would be several more years before the actual homestead with a good chunk of land would become a reality for me. Each of those endeavors was a whole realm of knowledge I had to figure out. Each part of the journey was interesting. I'd like to say it was all fun however, there were points along the way that were painful learning experiences too, that led to the next step in the journey.

As you work on designing your dream life, living your most passionate life, I believe it is important to enjoy the process. Journal about your progress.

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Journaling allows you to see the changes over time. It is fun to look back and see how far we've come. It also makes it easier to adjust course along the way.

The reality is that you are designing your life all the time! There will come a point when you look back and you can either say, "Wow I lived the life of my dreams" or "Gee I wish I had taken a more proactive approach to creating my life". It is never too late to start designing how the next season of one's life is going to progress.

Whether you are a millennial or a boomer or somewhere in between, now is always the best time to start taking an active part in how the rest of your life will go. Most changes don't happen overnight, however, incremental change over, a period of time, will completely alter the picture after a surprisingly short period.

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In the Bible there is a parable about sowing and reaping. The verse does refer to adherents to "the faith" in terms of hearing and taking action on what they have heard, however I like to look at it in terms of decision making. Over the decades of gardening, I've learned a few things about reaping and sowing.

- You never reap in the same season you sow.
- You are always reaping the harvest of the prior sowing season.
- Weeds happen. You need to figure out how to deal with them in your life. For me, I have decided that it is easier to work with the weeds than to keep trying to eradicate them. * (On a side note, many weeds are edible and medicinal.)
- And if you plan what you sow you are more likely to enjoy what you reap.

Speaking of reaping and sowing I'll share a little story with you...

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I'll never forget one of my neighbors, an old country boy, who talked to me about a field I had decided to plant some cover crops in to "choke out the weeds". His response when I told him that was, "Good luck with that". What he was really saying was that I wasn't likely to get the desired results but who was he to tell me not to go for my dream outcome.

Now let's relate this sowing and reaping to life. We are always sowing something because sowing is the process of making decisions. Even when we choose to not make a decision that is a decision. Reaping is how our life is going. The goal of this book is to help you decide what and how to sow in order to reap the harvest you would like to enjoy



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Having a homestead was a HUGE dream around something I was passionate about. There were lots of little aspects to that. Things like homeschooling my three younger (at the time) children. As with homesteading I didn't have any clue about whether I could be successful at homeschooling. By homeschooling I mean, I generally taught them math and how to read, we explored things and learned how to research things that were interesting to them, not the sit at home and do school. They all learned a musical instrument and played a sport or two. It turned out I was wildly successful. All five of the human beings I brought into the world are hugely successful in their own rights.

Failing them, at one point though, was keeping me up at night. Then I came across an article about Abraham Lincoln. Basically, it said a person can learn everything they need to know in about two years. As the younger three turned thirteen I plugged them into the local alternative school. They thrived, made mostly A's and all graduated at 16 years old. I think that piece of paper means more to me than to them, though they all enjoyed the experience.

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What is a 16-year-old who has already graduated from high school going to do you might ask? Well get a jump start on life would be my reply. They are now in their 20s and doing fantastic at life. That extra couple years to start in a direction has helped them to be productive much earlier than most young people.

Two of them were doing well enough that at 22 and 19 they were able to purchase a house together. My youngest is now 18 years old and is a 3rd degree black belt (the adult black belt, not the kid's version). My older son and daughter, now in their 40s are successful too. One owns a construction company in San Diego and the other is a master elevator electrician.

I'm exceptionally proud of the contributions to society my prodigies are making. There is really nothing that feels so good as knowing that your children are wonderful human beings.

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There have been other accomplishments along the way. Most of these were not in alignment with my passion and therefore have fallen to the wayside of my life. Little achievements such as getting my real estate license and being a realtor, building my own cleaning company, becoming a licensed insurance agent, getting a CDL and driving an 18-wheeler. All these mini excursions have served a purpose in my life and have come to shape my perspectives and reinforce my passion. They have also taught me a lot in terms of trusting the process.

The process is simple: Find your passion, dream, plan, act, course correct.

That part about finding your passion is super important as you will see as we go about designing the life of your dreams.

Circling back around to making that decision to change the trajectory of my life...

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That memory of being in the garden and making that exclamation to the universe is as clear as if it happened yesterday. At the time, I was a poor gardener, had 3 little kids, a husband who travelled for work so was gone all the time, and had no clue about anything even remotely necessary to know when it comes to homesteading. But I knew what I wanted, I knew who I was at the heart of my being, I knew what I was passionate about, I knew what my dream was, and I made plans, took action and course corrected to reach a life that I'm living totally in alignment with what I am passionate about.

It is my desire, in writing this book, to share exactly how to ignite your fiery passion and unleash your inner confidence so that you can live a life filled with passion that satisfies your soul.

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In order to get the most out of this book you are going to need a journal. The fastest and easiest way to get a journal is to use a spiral notebook – but you do you. If a nice leather-bound tomb is more your style get that. You will also need a good pen. I like to use a fountain pen when I journal. As a boomer I'm one of the dying breeds that still writes and reads cursive. You can get colored pencils or markers too if you'd like, all you need are paper and pen. Now that you have that together, let's get started.

Key Takeaways:

You need a journal and a good pen

Life is more meaningful when lived on purpose

Now is the perfect time to get started

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DISCOVERING YOU

At the center of your being you have the answer; you know who you are and you know what you want. – Lao Tzu

To design a life in alignment with your core values, morals and dreams that you wish to manifest, the first step is discovering who you are at the core of your being. This might sound a little odd but hear me out. Until you know who you are and what you want out of life, what your soul was created to accomplish, no amount of saying mantras or prayers will get you where you want to go.

In my experience, most people just want to “be rich” or “make money” or “be happy”. Those are actions or states of being they aren't goals. Everyone is rich and poor relative to others. And money is the way we transfer value. Happiness is a choice we make daily. So, let's roll up our proverbial sleeves and get to work discovering you...

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What makes you unique. Because you are unique. Your soul was created to live a specific life. You were gifted in certain ways to make the pursuit of this life easy for you. However, usually we don't slow down enough to understand what those gifts are and why we have them.

We are going to start with several assessments that are designed to help you understand who you are and where you feel the parts of your life need adjustment. This will enable you to establish a firm footing to build your dream life on.

The first thing I want you to write in your journal are the words:

I AM ENOUGH

A large part of making any lasting change in your life comes from training your brain to work for you instead of against you. The way we do this is to lie, cheat and steal as Marisa Peer says. "Lie to your brain, cheat fear and steal yourself a better life. "

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Her main point is that after three decades of working with people she has found that most people suffer from believing they aren't good enough. Their brains have created for them lives that help validate or medicate their feelings.

Our brains are powerful organs. Their main purpose is to keep us going. We need to be oh so careful about what we tell ourselves and what we say out loud. WORDS ARE POWERFUL

An example of how powerful your brain is: say you spend time saying things like, "I'm so tired I just want a few days to myself" Your brain hears you and you find yourself coming down with the flu. A flu is your brain's way of delivering you rest and time alone.

Speaking of your brain listening to you, another great exercise is to ask it questions that it can work on to make your statements true. Questions like why is it easy for me to do "enter your doing thing here" You can lie to your brain by telling it things like affirmations, but if you phrase the affirmations as questions it makes your brain work on finding ways to make it true for you.

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As you go through the exercises in this book and use the tools to craft a life on purpose, pay attention to what you are asking your brain to create for you. This will be important when we craft our vision statements.

The first assessment that I'd like you to go through is called the enneagram personality survey. You can go here to take it; it is free and doesn't require an email address:

<https://www.onlinepersonalitytests.org/enneagram>

Even if you already know what your enneagram type is, now is a good time to review the characteristics of that type.

Understanding your personality type will help you understand why you gravitate towards certain thought processes/career ideals/life goals. This is important to know. Firstly so that you get over questioning why you want certain things to go a certain way and two to give you confidence in being who you were created to be. There is a place for you in this world. You are the only one who can fill that special spot. As they say..

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if you won't be you, who will?

In a world filled with people telling us how we should be, think and act, I'm giving you permission to be you! We all want to fit in in the world, but it really doesn't serve us or our community if we are trying to be something or someone we are not. And it is just possible that there is someone out there who needs you to be you doing the "you thing" you were created to do so they can be the best "them" possible too. There is a ripple affect when people are standing in their power and helping each other from their unique zone of genius.

You are enough!

Not everyone will like you. That's okay. You don't have to like everyone either. Be you, shine your light and those that are meant to be attracted to you will find you. You don't want to be shining a light with a filter – you might be attracting the wrong sorts to you. That creates chaos and stress in your life.

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Okay, go do that test right now. I'll wait for you to get back...

Now that you are armed with that information let's take a closer look at what we can learn from the answers. Grab your journal and write down your answers to these questions.

- What did you discover about yourself?
- How does that make you feel?
- How does your personality affect your family relationships?
- Your career choices?
- What is your biggest takeaway from your personality type?

As an ENJT – 2 this is my journal entry:



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What did you discover about yourself?

I'm extroverted, intuitive, judging and thinking. As a 2 I'm motivated by needing to be needed. ENJT-2s can be manipulative in that they are always trying to help people and give pragmatic advice which can sometimes be taken for bossiness.

Before I understood this aspect of my personality, I let people tell me I was bossy. Lacking information on boundaries both for myself and others, it was often that people felt steamrolled by my efforts at helping.



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Understanding how “I am” has allowed me to set boundaries in my own life and to respect boundaries of others. I reframe the bossy title (which is hurtful to me) to “overly helpful”. I now ask permission before charging forward to “help” people.

How does that make you feel?

It makes me feel empowered because my skills and talents can be shared in a healthy way rather than hidden in shame. It also makes me feel “okay” to say no to helping people. That alone has made a huge difference in my life, in that I don't have to help everyone.



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How does your personality affect your family relationships?

I must be careful to listen to others and not assume I have all the answers. Respect their boundaries. And let them fail if that is their choice, recognizing that they also might succeed- who am I to interrupt their process?

Your Career Choices?

Even though I'm an extrovert I need a lot of alone time. I can handle being in large groups but prefer to be alone or with just a couple people. Most of the careers I've had over the years were positions where I was self-employed or barely managed. And most of them have revolved around sales. Which in my mind is a synonym for "helping people".

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Your Takeaway from this Personality Type?

ENJTs want to get stuff done. They want to help people. They want to accomplish things. In their quest for love and morality and significance they need to be careful to allow others to follow their own path.

Take a few minutes to sit with what you have written. Notice how it feels. You might want to add a few notes to your journal entry about that. Maybe come back to that entry in a couple days and make a note of how this information has impacted you.



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Short story related to you being you...

There was a woman who saw a snake in the fire, while trying to rescue the snake the snake turned around and bit her and she dropped it. She then went to pick it up again to rescue it from the fire. Her friend said, "I can understand why you tried to rescue the snake the first time, but after it bit you, why would you do it again?"

Her answer was, "It is the snake's nature to bite, it is my nature to help".

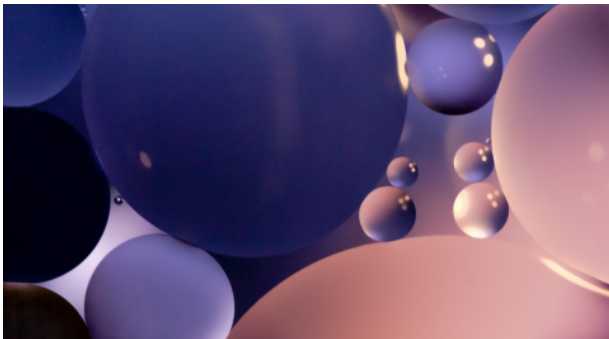


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Onto the next exercise. This is called The Circle of Perspective.

CIRCLE OF PERSPECTIVE

The Circle of Individual Perspective coaching exercise will help you to identify some of the areas in your life where you can use the tools in this book to help you gain clarity. You see, life coaching is a collaborative process focused on the future and will help you make positive choices which result in positive changes. So, you have a framework for making changes - isn't that good to know! The best thing about doing these exercises is that - it really works - and it can work for everyone!



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Using tools like this empowers you to create a crystal-clear picture of where you want to go and how you are going to get there. These exercises are liberating and give you a renewed sense of purpose. In your journal go to the next blank page, draw a circle and divide it into eight sections. You will also need a colored pencil or marker for this exercise. Now, looking at the circle, I want you to imagine it is a clock. Or a pizza if you are too young to appreciate an analog clock. On this clock/pizza divide it into 8 sections/pieces. Going clockwise around the clock label the first section Personal Growth, Career, Finance, Health & Fitness, Relationships, Spirituality, Fun & Relaxation and Family & Friends

Together we are going to make our way around the clock/pizza, and you are going to rate your level of satisfaction in each of the eight categories by using a scale of one to ten with ten being the highest or equal to the most satisfied you can possibly be.

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So, if you rate a category a 10, you are saying everything is as it should be, it couldn't get any better, and you are perfectly satisfied with everything that falls within that category. On the other hand, if you rate a category a 1 - you view this area of your life as a disaster and you are experiencing some major challenges with things that fall into that category.

Starting with Personal Growth. How do you think you are doing when it comes to growing personally? A 1 would reflect you are on the starting block, just beginning to investigate personal growth and on the other end of the spectrum a 10 would mean you are totally satisfied with your personal growth. Pick your number and write it down.

Now onto "Career". How do you feel about your career or professional life? Do you wake up excited every morning - you leap out of bed and just can't wait to get going? Everything is perfect. That would be a 10.

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On the other hand, if it's all you can do to get out of bed every morning and you dread going to work and there is nothing about it that makes you feel good - that would be a 1. Does that make sense? Great! Write down your number in the "Career" section of your circle.

Now, what about your financial situation? Are you currently facing any financial challenges? Are you finding you have too much month left at the end of your money? Or are you in that enviable position that you have all the money that you'll ever need, and you don't have a financial care in the world? Where is your level of satisfaction with your financial situation? Enter that rating in the "Financial" section.

Next is "Health & Fitness". Are you living a healthy lifestyle? Are you doing what you want to do to stay fit, eat right, reduce stress and stay energized? Or are you like so many of us who made a New Year's resolution to do those things differently, but we just haven't quite gotten around to it yet.

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What rating best describes the way you feel about your "Health"?
Go ahead and write down your Health rating.

Next, let's look at your "Relationships"? Are you feeling satisfied with your current relationships? Are you surrounded by great friends who fill your life with joy? Or maybe you are still looking for that special someone and there's a bit of emptiness in your life? What rating would you assign to your "Relationships"? All right, put your number in that section.

Now, rate how you feel about your "Spiritual" life? Are you taking time to renew your spirit? Are you feeling centered? This category is defined by whatever spirituality means to you. Okay, now write that number down.

Fun & Relaxation is up next. How do you feel about your "free time" do you make time to do fun things? Do you have space in your life to relax? Are fun and relaxation a part of the life you plan, or do you wait for them to happen?

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Write down the number that best categorizes how you feel about Fun & Relaxation in your life.

Finally, let's look at the Family & Friends category - this is about your overall relationship with family and friends. Are these relationships truly making you happy and enriching your life? Or are you like so many people these days, who feel caught in a trap of "they are family" I've just got to put up with them. Write the number that best describes how you feel about your overall feelings about your Family & Friends.

Okay, we are almost finished. We just have two more things to do. Are you getting excited to see what this all means?

Now, I need you to change your perspective as you look at your circle. The circle is no longer a clock or a pizza.

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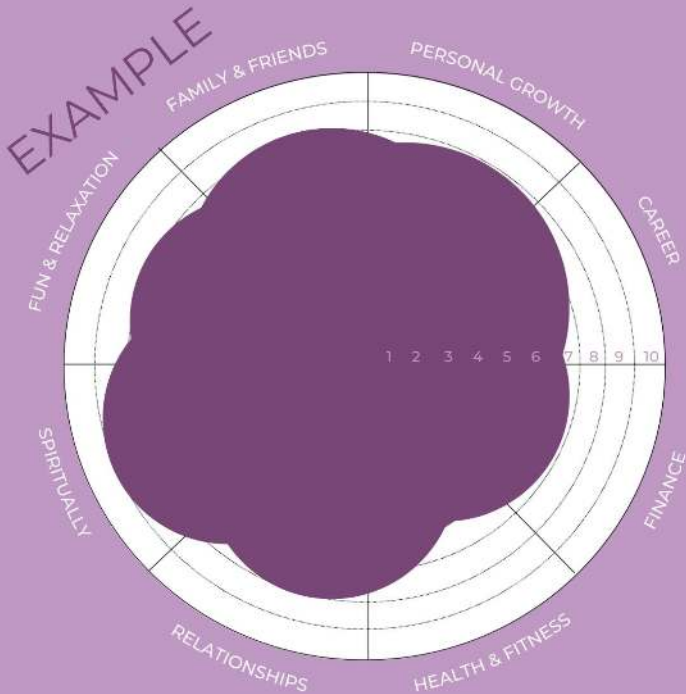
I now want you to imagine the circle as a bicycle wheel and the eight lines coming from the center of your circle are the spokes. So, here's what you will do next - I want you to draw a straight line from spoke-to-spoke representing your rating that divides the "Career" section. Before you start let me show you an example.



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wheel of LIFE

REVIEW THE 8 CATEGORIES, AND IF NECESSARY RENAME CATEGORY SEGMENTS TO ADD IN SOMETHING THAT IS MISSING, OR MAKE IT MORE MEANINGFUL TO YOU. DRAW A LINE ACROSS EACH SEGMENT. SCORING IS BETWEEN 1 (VERY DISSATISFIED) AND 10 (FULLY SATISFIED)



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If you rated your "Career" a 5, the straight line would divide that section, from spoke to spoke, at the halfway point between the center of the wheel and the outer edge. If you rated the "Career" section a 9, the straight line would divide the section, from spoke to spoke much closer to the outer edge of the circle. Does that make sense? Great, go ahead and draw lines from spoke to spoke for each section based on the rating you gave it.

Here is the last step. Use your marker(s) to color-in each section of your circle from the center/middle of your wheel out to the line you just drew representing your rating in each category.

It doesn't have to be beautiful – just put some color in each section. Excellent!

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Now, imagine that what you have drawn represents the wheel on your bicycle of life. The shape of your bicycle wheel is no longer defined by the outer edge of the circle but now by the shape of the colored area. If you had rated all six categories as a 10, the shape of your wheel would be perfectly round, and you would experience a smooth ride. If you rated all eight categories as a 5, you might have a fairly smooth ride, but you would have to peddle like crazy because you would be half out of air! So, as you look at your wheel on your bicycle of life, I ask you my friend, what kind of ride are you having?

Is it smooth and easy? Or might it be a little bumpy... a little challenging? What do you think about your wheel? Did you have an "ahaa" moment?

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So, now that we have identified some of the areas in your life that could use improvement, what is the next step in creating the life of your dreams? Having a life coach really helps at this point because though they won't be giving you advice they will ask you questions that can help you discover the roadblocks, self-imposed limiting beliefs and help you see any other obstacles between where you are now and the life you want to be living. They can help you answer questions like: What can I do to overcome these roadblocks?

What resources do I have around me (friends, family members, colleagues and others) to help me achieve my goals? What will my life be like when I have achieved my goals and objectives? How will I feel? How will these positive changes affect the people I love and those most important to me? You can work through these questions with your own Circle of Individual Perspective over the next few days.

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Doing so will enable you to create clear action steps that will help you to start moving forward and achieve a higher level of satisfaction with your life. You can reach out to us for a free consultation to explore whether life coaching is right for you by booking your appointment at hartlifecoach.com



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IGNITING YOUR FIERY PASSION

One person with passion is worth 99 with merely an interest ~

Unknown

The next step in this process is to ignite your fiery passion. In order to do that we need to get crystal clear about what you are passionate about. Because who wants to go to all the work to design a life that they aren't all that passionate about living! While you might think this is a no brainer, I can't tell you how many people in life I have come across who have invested their time and money (and some have invested a lot of both) only to discover later that they put their ladder against the wrong mountain they just climbed once they got to the top!

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It's one thing to explore different careers in life, it is quite another to invest huge sums of money and time to prepare for it only to discover it isn't what you wanted and must start over. Over my lifetime I've started over many times.

If you have already been there, done that, and got the tee shirt, don't worry, now is your opportunity to move your ladder. And move it in a way that you can step from mountain top to mountain top rather than having to climb down one ladder and up the next.

First let's define what passion means:

The term passion, and its adverb passionately, often express a very strong predilection for any pursuit, or object of taste – a kind of enthusiastic fondness for anything. (From Meriam Webster Dictionary definition online)

We are going to look at a few ways to discover what you are most passionate about versus what you like to do as say a hobby. Or what you find merely interesting.

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Grab your journal.

Now, looking at your day-to-day life, ask yourself the following questions.

- When you look back over your day – what was the highlight?
- What did you do that really made you feel like the time just flew by?
- What are some parts of the day or of the week that you really look forward to? Is it at work?
- Or at home?
- Who are you with?

Even the insignificant things and encounters can leave you clues to what your fiery passion is.

Often, we focus our resources on the stuff that is most meaningful to us. This includes both time and money. Go through your credit card, bank statements and Amazon order history to see if there are recurring themes. Observe what you are spending your free time doing and what activities make you happy.

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And then, see if you can recognize any genre, area, subject or theme to what your hobbies and other interests have in common. You may have interests that have stayed with you your whole life and others might be newly emerged. The lifelong interests may be more related to your passion versus the more recent ones.

Think about your interaction with other people. What kinds of conversations light you up? Do you become animated when talking about a specific topic? Are there any tasks or specific topics you tend to teach others about. This could be a clue to what you are passionate about.

Another clue is to look at your skill sets. Spend a few minutes journaling about your skills. List them out freely, don't worry about matching them up to any specific passion. What are you good at naturally?

Do you know what your superpower is? That skill you are innately able to do without much thought. It just happens.

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You may already know what you are passionate about, if that is the case then you can skip ahead to the goals section, however it always helps, in my opinion, to review what you are passionate about. You may be surprised at some of the connections you make while answering these questions. They should help you gain better clarity.

While you are going through these questions explore the things that naturally draw attention in your day-to-day life. Think about what specifically excites you or makes you happy about the activity or pursuit. Say you are volunteering for a community project. Ask yourself, "What about doing this activity makes me happy?" Some of your answers might be things like:

- Spending time with the people you meet
- Feeling a sense of pride at being part of the community or even taking on a leadership role
- Perhaps it is helping others

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Taking the time to slow down and closely examine what you are already doing and how you feel about those activities will give you clues to what your underlying passion is.

Spend some time journaling about activities you look forward to. And some of the values and moral that define you. We are designing your life you are entitled to feel about things however you wish to feel. Journal about your talents, consider what you were passionate about as a child.

All these answers will help you to discover the passion that forms the foundation for building your dream life. You might want to do this exercise for a few days or even weeks to hone in on your passion. We want to uncover what lights you up and energizes you while you are contributing back to the world at large.

Here is a chart to help you separate the two:

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Passion vs Hobby

Definition

A strong liking or desire for or devotion to some activity, object or concept

A pursuit outside one's regular occupation engaged in especially for relaxation

Time

Often time-consuming and would love to do constantly

Do for fun, during leisure time

Purpose

Something you feel driven to do

Something you do in your free time for entertainment

Values Alignment

Aligns with your core values & moral compass

May or may not align with your core values and moral compass

Decisions

Driven to improve skill level and excel

Skill may improve but not a necessity

Example

Being a nutrition coach

Taking a cooking class on an ethnic type of cuisine

Example

Growing your own food

Having a couple houseplants

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Now that we have discovered who you are fundamentally and what you are passionate about, let's talk about designing your dream life.

For our final assessment for this section, looking back over your circle of perspective, knowing your passion and understanding who you fundamentally are, I'd like you to journal the answers to these ten questions in your journal:

1. What areas of your Circle of Perspective do you feel need the most attention now? Let's set some goals to adjust those areas.
2. Let's consider what will achieving these goals mean to you? How will you feel? What will it look like? What will you hear?
3. What will happen or be different once you have achieved these goals? What will you see, hear and/or feel?
4. Who do you want or need to help you accomplish these goals?
5. What actions must be taken to achieve these goals?

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6. When do you expect to achieve these goals? When you achieve these goals, how will that impact other aspects of your life?

7. What skills, tools and resources do you have already that will help you achieve these goals?

8. What additional tools, skills and resources will you require to achieve these goals?

9. Do you foresee anything that has already or could get in the way of achieving these goals?

10. What action steps will you take to ensure you achieve your goals?

Be as detailed as you can when you are thinking about these goals and how they would make you feel. You will be using these answers to create a vision statement for yourself. A vision statement is kind of like a vision board only it is directed to your subconscious mind.

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If you are having trouble getting to the core of what you are passionate about, we can help you. We are just a phone call away.

You can schedule your personal consultation by going to:

hartlifecoach.com



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DREAM BIG

"Have big goals—but don't tie your happiness to your goals. You must be happy before you attain them." - Vishen

You've done a lot of work to reach this point. Congratulations on spending the time to craft a life you would like to live. I'm sure you have also learned quite a bit about yourself that you might not have spent much time exploring in the past.

As we get into creating your personal vision statement, we need to spend a couple minutes talking about meditation. What is meditation? I admit for the longest time I thought it was kind of woo woo and not something I really wanted to get myself involved with. However, over the years, I've changed my mind. Meditation is simply the process of stilling that voice in your head that is always talking to you and instead listening to your subconscious who talks to you in pictures and feelings.

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You might be surprised at the number of successful people that attribute their success, or at least part of their success to meditation.

There is quite a bit of scientific evidence around meditation. In short it rewires your brain and changes the way you chemically react to events and stress in your life. It reduces stress. Even a short five-minute meditation before a stressful event can change your whole energy during the event. While writing this book I meditate before hand for at least 30 minutes. Meditation puts me in a state of flow. It increases my feelings of connectedness and empathy to you my dear reader. The big distractions in life fall to the wayside.

Not all meditations are the same! With nine practices to choose from you can mix and match to suit your fancy. I'll just list the various types here so you can get an idea of what they are:

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1. **Mindfulness (Vipassana)** - Mindfulness is the intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment (Zon Zabab-Zinn). This type of meditation comes from the Buddhist tradition and means to gather insight into the true nature of reality.
2. **Zen Meditation** – or seated meditation involves focusing the mind on one thing. The aim of Zen meditation is just sitting while suspending all judgmental thinking and letting words, ideas, images and thoughts pass by without getting involved in them.



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3. **Loving Kindness (Metta)** - Metta is a Pali word that translated means "Loving kindness." The goal of this meditation technique is to cultivate a feeling of goodwill towards all living beings, starting with oneself and expanding the circle of compassion outwards.
4. **Heartfulness** – The basis of Heartfulness meditation is the thought that as we strengthen the heart mind connection which allows the mind to experience joy and happiness from a heartfelt perspective.



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5. **Mantra Meditation** -Mantra meditation is of the Vedic tradition from India, and involves the repetition of a sound or phrase, called a mantra. Using a mantra during meditation allows your thoughts to drift freely rather than trying to suppress or control them.
6. **Transcendental Meditation** – this type of meditation uses a mantra with goal being to “transcend” thought and reach a state of deep brainwave coherence
7. **Christian Meditation** - this is a form of prayer; a structured at becoming aware of and reflecting upon the revelations of God.
8. **Yoga** – is a form of moving meditation
9. **Qigong/Tai Chi/Karate/Most Martial Arts** – These are movement meditations, with breathing, posture, spirituality and defense training.

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You can find guided meditations for a variety of goals on Youtube or Headspace. Headspace is an app that teaches you how to meditate. They start out with three- or five-minute meditations. If you are new to meditation three to five minutes of sitting still, not focusing on the thoughts your brain delivers up can be a challenge. Celebrate being able to meditate for three or five minutes. Start small – build on your success.

Feelings and emotions are vibrations/energy. They have no intrinsic value in and of themselves other than the value we give them. As we give them value, hormones and chemical reactions occur in the body that do cause physical results.

Meditation is a way to rewire one's brain to stop sending harmful hormonal signals coursing through your body which in turn causes disease.

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I'm explaining the benefits of meditation to you so that you understand how to get the most out of your vision statement that you will create to be a guided meditation. Don't worry it will only be a couple minutes long. The goal is to get your brain in Theta or Alpha state so that you can bring the vision to your subconscious. I like to record my vision statement and listen to it with my headset on. Once you have yours written I show you how you can do that too.

The five brain frequency levels are:

Delta – this is the sleep state

Theta – awake but internally focused (daydreaming/meditation)

Alpha – relaxed alert but not actively processing information

Beta – alert and processing external information

Gamma – peak concentration and alertness

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When measured with an electroencephalogram (EEG) machine people in meditation register in the Alpha and Theta state.

Practicing meditation over a longer period has shown to make the practitioner linger in these states – the more creative and relaxed states for longer portions of their lives. Ever wondered why monks seem so peaceful?

Now that you understand the power of meditation, let's turn our attention to writing our vision statement meditation where we connect what you are passionate about to creating your dream life.

WRITING YOUR VISION STATEMENT

Going back to your journal you will need all the pieces of the puzzle you have gathered so far. Consider your enneagram, your wheel of perspective, your passion, and the answers to the “ten questions”. You will use all this information to create your vision statement.

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Here are a couple examples of vision statements I have written for clients (they were clients who were couples and the names have been changed)

This first one is my own:

Jill, as you take a deep breath, and then gently exhale, you close your eyes for a few moments, and you relax...you send a wave of relaxation from the top of your head to the tips of your toes...and as you open your eyes...you feel that limitless feeling you get when you are deep in meditation. Where you are unconditionally loved. You think about the clients you are helping achieve their dreams and move forward towards living fulfilling lives.

You remember the smell of the trees in the forest...of the crisp air of fall as you spent the weekend with Jeff camping in your camper...Reflecting on the experience of building that camper from scratch you gain confidence that you can create anything you set your mind to.

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As you reflect on that success and the completion of the life coaching courses and how connecting with Awakened Healers has transformed your life and practice, you are filled with gratitude for the universe sending you everything you need, exactly when you need it.

You are living a life filled with passion and purpose and wonderfully excited to be participating in ushering in the You World Order.

You have created a clear vision of your purpose to empower people to discover their passion, manifest their dreams and live the lives their souls were created to live Your company is thriving because you are an excellent coach...

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money flows freely and abundantly into your life now...you easily create the life you want because you have a clear vision of what you want to be and you are becoming what you want to be... through your signature program you inspire, encourage and evaluate others and you continue to develop meaningful relationships with friends and business associates...

Your circle of influence continues to grow and expand and because of this you are naturally transitioning into the life you've created. You are impacting the lives of not only your clients but your family. You close your eyes and as you think about Venessa, Joshua, Bob, Jack and Sarah, you feel the flood of joy and peace that comes from knowing they are so successful in life...

Contributing their unique gifts to the world. You feel satisfaction knowing that you did well raising them and that they are doing well raising their own children.

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Your attention turns to your husband, Jeff and you consider how blessed you are to have such a loving, funny and interesting partner to share your journey with.

This season in your life is the best one yet and the possibilities keep expanding...becoming limitless as your vision of what you want to achieve gains clarity. You are calm. You are relaxed. You feel alive. Now open your eyes. Wiggle your fingers and toes. Notice how great you feel. Allow this energy to resonate with you all day.

Here is the second one:

Amanda and Ty, as you take a deep breath, and then gently exhale, you close your eyes for a few moments, and you relax... you send a wave of relaxation from the top of your head to the tips of your toes.

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As you focus on your breathing you are transported to a place in the woods near a stream with trees. A cool wind blows over your bodies as the sunshine fills you with peace and joy. The stream makes rushing sounds as the water washes over the rocks. You relax into the moment.

Oh, you remember how you came to this point with pride. Thinking about how your work in the computer security industry allows you to live your life in harmony with your passions and causes you to appreciate the course you completed with Bridgerland. How that time with your mom impacted your life in such a meaningful way. Growing your connection with your family and with Amanda.

You both marvel at the home you have created together. The gorgeous, yet functional kitchen where you prepare amazing meals together and entertain your growing circle of friends. It makes you happy to come home together and plan your next adventures into nature. Your home always has music that makes your hearts sing, the vibrations weave together your energies.

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Amanda your karate practice is growing. You attract many young people with your peaceful yet powerful presence and teaching style. As you reflect on how the dojo found you, you marvel at how the universe works to bring you what you need when you need it.

You feel comfortable and confident knowing you have reserves in your bank account and that you easily live within your means.

This season in your life is the best one yet and the possibilities keep expanding...becoming limitless as your vision of what you want to achieve gains clarity. You are calm. You are relaxed. You feel alive. Now open your eyes. Wiggle your fingers and toes. Notice how great you feel. Allow this energy to resonate with you all day.

And here is a third:

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Joy and Ron, as you take a deep breath, and then gently exhale, you close your eyes for a few moments, and you relax...you send a wave of relaxation from the top of your head to the tips of your toes. As you focus on your breathing images of unicorns, rainbows and fairy dust and the faint sound of angels humming in the background come to mind when you remember how this adventure started you smile.

As you reflect on your life you hear the gleeful shouts from Jake, El la and Abby playing with the animals as you feed, water and pet them yourself, you feel a sense of satisfaction and gratitude that your farm is now producing all the income necessary to support your family and the farm. You and the kids are so happy that you never have to leave them to door dash these days. Your family is complete all the time.

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You think back on the weekend you spent at the beach watching the kids play in the water as you both got to relax and reconnect without the pressure of worrying about money. Simply a moment of harmonious connection to nature and each other. The sunshining on you reenergizing you for the coming week of life on your little farm. The projects you, Joy and Ron, get to complete together now that you have time to focus, you start and finish without having to take breaks. This makes you both happy. For you Joy, because projects get done and for you Ron, because it gives you a sense of satisfaction working your way through a project from start to finish.

Your microgreens endeavor generates more than enough to support your family and continues to grow. You marvel at how it started growing exponentially once you got your colored thermal label printer. As though just that act suddenly opened doors to new opportunities that came out of nowhere. Customers are placing consistent orders through subscription;

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sales continue to expand with the fairs and your grocery store clients are increasing in number. You smile as you reflect that your farm is now self-sufficient.

This season in your life is the best one yet and the possibilities keep expanding...becoming limitless as your vision of what you want to achieve gains clarity. You are calm. You are relaxed. You feel alive. Now open your eyes. Wiggle your fingers and toes. Notice how great you feel. Allow this energy to resonate with you all day.

Each vision statement starts with a meditation opening to get you into the Theta state. It is important to take a few deep breaths and to get relaxed. The next step is to write what you want your life to look like in the present tense. Use names of people you want in your life and use your own name.

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Be sure to use words that elicit feelings and emotions you want to feel as you reach the goals you want to achieve. It is important that as you write the vision statement you use phrases that help you involve all your senses. It will make the vision statement feel more real to you. As they say, if you can see it in your mind's eye you can create it in the physical realm.

You will then close the vision statement with a portion designed to bring you back to total awareness while keeping the feeling and energy from the vision statement with you all day.

Next you might want to record your vision statement as an mp3. You can do this for free with your phone or with a free piece of software called Audacity that you can find online.

If you are struggling to write your vision statement, we are available to help guide you. Pop on over to hartlifecoach.com and schedule a short consultation with us.

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Key Takeaways:

Meditation is important – even if it's only a few minutes a day

Your vision statement paints a picture for your subconscious to work on fulfilling



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MAKE A PLAN

"Planning is bringing the future into the present so that you can do something about it now" ~Alan Lakein

The difference between a dream and a goal is a plan!

What we are doing here is creating a plan for you to follow to reach your dream life. These goals, or milestones as my dad used to call them, are the steppingstones on the path to reach your ideal life. One of the most important parts of this exercise is to commit to taking action on getting the goals accomplished by your deadlines.

Where the vision statement shows us our end goal, a plan is needed to illuminate the path to get us there.

Now that you know where you want to go, let's chart out the path to get there.

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Looking back over your vision statement you should have a “destination” (your dream life) and an idea of the goals you need to reach to get there.

Starting with the end in mind write down the goals you need to accomplish to feel like you've achieved your dream life, or at least get you on the path to experiencing your dream life.

Let this free flow as you journal about it.

For example, when I wanted the homesteading life but was living in a city with a house that needed to be sold my steps looked something like this:

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- Sell house
- Find realtor
- Prep house for sale
- Find new place to live in the country
- Decide where I wanted to live
- What are the parameters of the property needed to have a homestead?
- Make acquisition
- Get moved (and all of that moving entails)
- Research homeschooling laws
- Get curriculum
- Find homeschooling group
- Which animals did I want
- Research them and how to care for them
- What did I want to grow and how
- Research those plants, when to start them and how to plant them

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Each of these are whole sets of steps also have micro steps embedded. Write down the questions you need to research answers to in order to progress from step to step. The more detailed you are at this stage the easier and faster you will reach your dream life.

Using your steps, you can develop a plan. Your plan can be as simple or detailed as you need in order to reach your desired destination. Looking through your vision statement examine each element and ask yourself, what will it take to have this experience in the present moment?

One of the most interesting aspects of living your dream life filled with passion, is that you will become a different person. The life you are living right now is a direct result of the decisions you made along the way to get you there. All your thoughts, decisions and actions reinforce your present reality. If you want a different reality, you must change your thoughts, decisions and actions.

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Joe Dispenza talks about feeling the emotions of your future now to prime your mind and body to get the future result you are looking for. With this in mind, you might consider practicing the how you will feel once you are the person living the passionate life of your dreams, daily. Sit with it in quiet meditation. Don't think about it. Feel it as you listen to your vision statement. Try to smell the smells, taste the tastes, feel the sensations, hear the sounds; get all your senses involved.

Once you have written down your milestones, putting dates next to them so that you have a time frame for seeing progress. You will have big goals with little things that need to be done in the process of achieving the overarching goal.

For instance. When selling the McMansion I had to

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- Find a realtor

Research successful realtors in the area

- List the house

- - Clean and prep the house for sale
 - Pack stuff that wasn't immediately necessary
 - Organize life so that I could leave quickly for showings

Go through each of your big goals and break them down to smaller goals. Put dates to accomplish there too. An easy way to do this is with a calendar. Or even a couple calendars. Use an "at a glance calendar" for the big weekly goals and then a daily planner to schedule daily tasks to reach your weekly goals. The weekly goals should be organized in a way to achieve your monthly goals and the monthly goals to reach your yearly goals.

You can either start from the beginning and work forward or you can start at the end and work backwards. The benefit of starting at the end and working backwards is that you can have a good idea of when you plan on reaching your destination.

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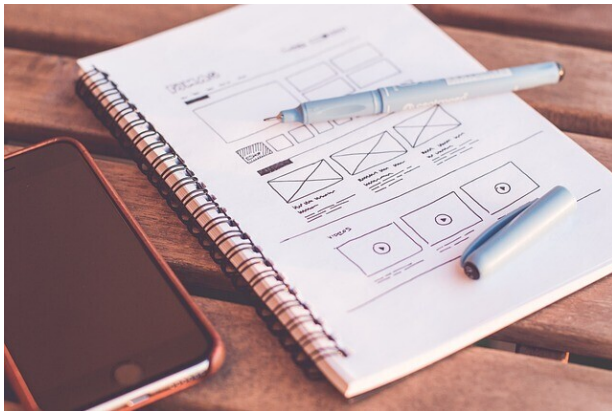
At this point you should have a plan that can be implemented to reach your desired life. The next step is to take action!

Here is a worksheet for setting your goals and we offer a workbook that has more in-depth goal setting worksheets.

Key Takeaways

Decide on your main goals

Break them down into annual/monthly/weekly/daily tasks



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goal PLANNER

THE GOAL:

THE STRATEGY:

NEXT ACTIONS:

NOTES:

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TAKE ACTION

"Action is the foundational key to all success." – Pablo Picasso

The thing about having dreams and a plan is that they are both useless unless you take action.

There is a quote that goes like this:

What you think about becomes what you speak about. What you speak about becomes what you do. What you do become who you are.

We have done the thinking, and the speaking. Now, we move onto the doing. I suspect that part of what makes "action taking" scary for people is that the idea of getting from where you are to where you want to be can look impossible!

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It might be impossible if you were to expect a total transformation in an unreasonable amount of time. We, after all, don't have magic wands or fairy godmothers to transform us instantly. What we do have, however, are powerful minds and brains. And because we are incorporating that which we are passionate about, when things get difficult, we are much more likely to persevere.

The other secret to achieving what seems impossible is to get little wins quickly and repeatedly. My husband likes to say victory is often the accumulation of little wins.

We are going to accomplish this by starting small and starting with where we are in the moment. If you haven't been exercising regularly, running a marathon next week isn't likely to happen, however, you can walk around the block today. And do that every day for the week. Next week - make it a couple blocks each day for a week. Now, you have two weeks of success and you have doubled your achievement. Maybe the next week you add a block and one of the blocks you jog.

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In a couple months you could be running several miles. And depending on your schedule and goals you could be running that marathon in six months.

Do you see how taking incremental action over time can set you up for success?

Taking action becomes easy if you start small and then as you gain confidence you increase your intensity. I find that getting small wins daily increases my overall success rate towards accomplishing my long-term goals. We all need that dopamine hit that keeps us moving along.



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Trying to move from where we are now to where we want to be can look monumental if we don't stop and focus on the little things we can do along the way. For example, going twenty miles to get groceries is a monumental achievement if you don't have a car or transportation. If we examine the little steps that happened to make shopping 20 miles from home possible, we realize, we learned to drive (or the bus route), we acquired a license, we acquired a vehicle (and all the steps involved with that), we have access to funds to purchase said groceries and the fuel to get the 20 miles in our vehicle.

When we look at it that way – grocery shopping twenty miles from home is a big deal. And we accomplished a lot of little things to get to the point where we take for granted the ability to make that happen in our lives when ever we want or need groceries.

When we consider the way to eat an elephant is one bit at a time...

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The way to live a passionate life filled with confidence is to take consistent action along the path you just laid out to reach your destination.

Let's take a moment to consider that it is about the journey too. And while we have a vision of what our future will look like, we need to be open to possibilities that come along that may alter how we view our dream life.

In order to set and reach our daily and weekly goals it is helpful to have a system in place.

I'm a big proponent of lists. Lists help me stay on track. I also like spiral notebooks for projects. I've recently discovered tabs that you can put on notebook pages to make tabs for finding sections easier. When I have a big project to accomplish – like say; changing my whole life, I like to use a notebook to keep everything organized and in one place. You do you, but I know this helps me.

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While some people are inclined to be very organized, I'm not like that. After years of practice, I can keep a lot in my head. But when you are just starting out it is a good idea to write things down and review what you have written often. This is especially true if you are trying to get to a point that is new to you.

In the old days, before GPS if one was going on a trip, they would drag out the map, and look at the route they needed to take to get where they wanted to go. Which freeways and highways and streets did they need to travel along? Where were they going to get fuel? Stay the night? Maybe even what sights would they see along the way. It was helpful to write it all down.

When I was in my early 20s my family was moving from San Diego to Bremerton Washington. I had never driven that far before, and there was no GPS at the time. After loading up the kids and dog in our blazer I started out on the adventure.

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We got all the way to Washington state using the Triple A route planner; but then ran into a detour! I had no idea where Bremerton was in relation to the rest of the state and the only other city name, I could think of was Port Angeles. I can hear you thinking, what about Seattle?

Well, to be honest, it didn't even cross my mind and it was after midnight, dark and lots of trees everywhere – something I was not used to. Also, because there was no internet or cell phones at the time (this was back in the early 80s) after becoming hopelessly lost and running out of gas, I found a pay phone in a closed gas station. You could only get gas when the station was open in those days. Debit cards had recently been introduced to society and were primarily used to get cash.

Back before cell phones, one could dial 411 and get information. Technically it was information about phone numbers, but because I was desperate, I called to see if the operator knew if Port Angeles was close to Bremerton.

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The long and short answer to my question, was, no she didn't have any idea. We spent the rest of the night hunkered down in the Blazer in a dark gas station in the middle of nowhere. My two babies, Harvey the dirt dog and me. To this day I don't know where I was. But when the station opened the kindly gentleman gave me a map and directions to get to Bremerton, sold me some gas and sent me on my way. I did discover that I was very close to my destination when I got turned around by the detour.

That story highlights how important it is to have a clear idea of your destination and have some idea what you are going to do if you run into detours. And that sometimes if you find yourself lost, hold still and wait a bit, clarity will come.

At this point you should have a list of goals/steps that you need to accomplish in order to be on track to changing your life.

NEXT TO EACH OVERARCHING GOAL ANSWER THESE QUESTIONS

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- Why is this goal important to you?
- What benefits will you gain once you have accomplished this goal?
- When do you hope to accomplish this goal?
- Imagine for a moment that you have already accomplished this goal. What will be different in your life then?
- How will you feel, look or act once you've accomplished this goal?
- What specific steps are necessary in order to complete this goal? (You should organize this in sequence to make executing easier)
- When will you complete each action step?
- Can you think of any potential roadblocks that might get in your way toward accomplishing this goal?
- What specific actions can you take to work around each roadblock?

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These goals need to be concrete, actionable, have a deadline and be written down in logical order. They should incrementally run together. By that I mean there is a logical progression of the steps towards getting to the result, which is your dream life.

They need to be small enough steps so that you can feel like you are making progress daily. One strategy I like to implement is to listen to my vision statement and then look at my weekly goals and consider what thing can I do today to make progress. Perhaps even sit in meditation about the next step.

You can do this exercise in your journal or use an online program like Trello to “mind” map or plan out your weekly and daily goals. While I like a spiral notebook for making lists because they are handy to keep close by, using Trello helps me organize in a logical way, what I'm trying to do on a larger scale. It makes keeping notes handy as you can put links to other projects in there easily. These are all great tools to use in conjunction with your calendars.

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Doing this daily will inspire you. You will see progress and feel connected to the outcome. Once a week set aside some time to consider what goals you will accomplish for the upcoming week and review your progress on the prior week's goals. Note how you feel about how things went last week. Do you feel your confidence building?

Look back over the answers for last week's goals. As you make progress towards achieving your goals, understanding how accurately you can predict the answer to those questions will make it easier to accomplish the next goals. As you make steady progress your confidence will grow too! The secret to a happy life is to learn from things that didn't go as you expected, to appreciate the adversity as a gift rather than a curse. As human beings we tend to learn way more from the things that go wrong in our lives than from those that go right. We gain strength in the struggle.

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If you would like help developing your plan and setting up your goals, we would be happy to help you. Simply schedule a free consultation with one of our advisors by booking a consultation at hartlifecoach.com

Key Takeaways:

Take small actions daily to reach your larger goals

If you find yourself lost, hold still – clarity will come



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COURSE CORRECTING

"When something goes wrong in your life, just yell "Plot twist!" and move on." – Unknown

As you start taking action, one thing will become clear – obstacles and roadblocks. We just can't know everything that will get in our way as we head towards realizing our dreams. A wise man once told me it is easier to move a ship in motion than one that is sitting at the dock. In the same way it is easier to adjust to obstacles and roadblocks if we are taking action.

When obstacles appear, we can choose how to look at them. We can either get in a funk and use it as an excuse or we can learn and adjust. One of the main reasons I believe people should craft their dream life around what they are passionate about stems from the knowledge that if you aren't passionate about something when things get tough, and they always do, you are more likely to fall back into old and comfortable ways.

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This is also why setting up short term, easily achieved goals is important. It's important to get quick "wins". Don't forget to celebrate those quick wins too. Maybe you buy yourself new tennis shoes for making it around the block for a week, or some snazzy new socks.

Treats and rewards don't always have to be physical things. They can be simple pleasures like a walk in the woods, or an hour of meditation in the sun, or a long hot bath and a good book. Maybe it's taking the time to prepare a new type of food that looked interesting to you and still fits into your eating categories. Maybe it's taking a class or joining the yoga group in the park or finding a group that is interested in the same things you are passionate about.

Part of sculpting a new reality largely revolves around becoming a different person. A person who does different things and makes different decisions and values different ideals. You will meet new people and other people you may find get left behind.

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Learning to become a new being, living a new life takes time and patience. There will be changes in the people around you, the things you do for fun, the decisions you make about your day-to-day life.

If your passion is around healthy living and you need to lose 40 pounds or more, you've made your plan and you are taking action – there may be days when things don't go as planned. Maybe you decided to eat that piece of birthday cake. Learn to forgive yourself and those around you. Not excuse the behavior - but forgive it. Make a conscious decision to make a different decision next time that situation presents itself.

Journal about it. Consider different strategies for addressing the situation next time. There always seems to be a next time. It might not present exactly the same way, but you will be armed with what to do the next time you run into a similar situation. And remember it is life! Take time to enjoy it. That is the purpose of designing a life lived passionately. Celebrate your victories – even the little ones, every day.

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This reaffirms to yourself that you are making progress.

Remember - winning is the sum of many small victories in life.

Developing the skills to course correct requires some dedication. Look at what caused the problem. Consider whether it was within your control or was it an external unforeseen event? And then think about how it could be handled in a way that doesn't move you off track the next time something similar happens.

If you know you are going to be encountering challenging situations set an intention before you encounter it. Take a few minutes to meditate on how you expect the encounter to go. See it in your mind's eye. Feel it with your whole being. And then let it be what it is going to be.

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Sometimes things that pop up might seem like they are derailing us but might be steering us along a slightly different course that offers an even better result for us. Part of being able to course correct well embraces the fact that nothing in life is static. We need to constantly be weighing our expected outcome with the realized outcome and deciding what we want to keep and what we want to change.

These changes could be in a variety of areas of our circle of perspective categories. Speaking of which, doing the circle of perspective exercise every quarter will shed light on how your plan is going. From quarter-to-quarter things might not change drastically but from my experience, they will change. It will also give you feed back from which to make course corrections.

Perhaps when you started your relationships piece was a 9 but your financial piece was a 2. Then the next quarter you got a job to pay the bills. Now your relationship piece is an 8 but your financial piece is a 4 or 5. The goal is balance. Different seasons in your life will change your circle of perspective too.

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Don't be afraid to go back and adjust your vision statement to reflect how, from your new perspective, you would like things to be. From where you are now a certain path looks like it should bring you untold happiness if life were only like... As you travel down that path you will certainly find new and exciting side trips to take that will change you and therefore change what you want out of life. Embrace it.

Key Takeaways:

Take action

Embrace adversity

Be open to adjusting course

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WRAPPING UP

"You have to learn to play with what you've got." — Don Meyer

After going through all the exercises, journaling, meditating, creating your vision statement and a plan designed to ignite your fiery passion and release your inner confidence I hope you are well on your way to living the life your soul was created to live.

It was a lot, but it is not an one and done event. If you truly want to live a passion filled, soul-satisfying life, it is going to take continued attention. You will need to develop habits that encourage action designed to get you the results you are looking for. Often it is easier to reach one's goals with help and community.

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Community provides inspiration and a place to celebrate with other's committed to walking along a path of manifestation with you. Our signature coaching program offers help with tools and guidance to keep you on track towards designing the life of your dreams and please join our [Facebook community](#) (you can find a link to that over at [HartLifeCoach.com](#) to share your progress and celebrate your victories. You can book a consultation with us there.

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Printed in the United States of America First Printing, 2022

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FINAL THOUGHTS

I applaud you for starting this journey. Making big life changes isn't for the faint of heart. It takes grit to grind out making changes stick some days.

Grind it out any way.

We have some tools that will help you get the most out of this book that you can find at HartLifeCoach.com and of course you can schedule a personal coaching call with us there too.

If this is where we part as friends, I wish you all the best on your journey to the new you.

All the best,

Jill Hart