

10 Keys to Living a Life You Love

Are you living a life you love?

Written by Claire Stretch for askacoach.com – see full attribution at the end of this document

Given that you are looking at this document you may either be saying “yes” to that question, and curious to compare notes, or you’re not living a life you love and heading in that direction is a priority for you right now.

Below are 10 keys that, if you use them, will definitely support you in living a life you love. How do I know this? The answer is purely and simply from experience.

I shan’t go into a long story, suffice to say I used to live a life style that would certainly have been called dysfunctional, if not downright destructive. Since then a fair amount of time has passed during which I have undertaken a lot of personal development work and self-awareness raising. This has been both challenging and rewarding. The result is that I now live a life I love. And that’s something I truly never thought I’d be able to say about myself. That was reserved for other “luckier” people.

Not so. We can all live a life we love because that experience, the experience of love, is generated from within each of us. And our inner world is the world we have most power over. In fact some would even say that the inner world causes the outer world we each experience – the outer world is simply the effect of our inner world.

You don’t have to be a philosopher though to benefit from the 10 keys that follow. All you have to do is try them for yourself and see what happens. They are not offered as truth, they are offered as ideas that are useful because they work.

Suggestion

You will gain the most benefit if you give yourself time and a quiet space in which to think about the 10 keys. As there are questions to answer, you will need a pen a paper and might find that a sketchbook and coloured pens useful.

The 10 Keys

1. Heart – consider your heart and what it means to you (some people believe the heart is the seat of the soul). What is heartfelt is important to us in a way that is beyond day-to-day duties. What is heartfelt echoes the innocence and enthusiasm of childhood. When we come from innocence we can play and experiment knowing we might make mistakes and that's OK as we can learn and try something else.
2. Vision - daydream. Throw away the limiting thoughts and allow yourself to picture your ideal life. Go into details. Indulge yourself. If we don't know where we want to go how can we expect to get there?
3. Fulfilment - living from our heart is what fulfils us; think about what makes your heart sing? A good way to get to this is to make a list of what you LOVE doing, or what you loved doing as a child.
4. Values – what do these activities tell you about what you value most? For example do you most value family, community, creativity, supporting others, fulfilment through work and so on?
5. In the now - consider where these activities and values show up in your life now? If they don't show up, think about how you could incorporate them into your life. If they do, think about how you could expand them and if there are other areas of your life where they are not showing up where you could incorporate them.

6. Beliefs – acknowledge that you have a myriad of beliefs about yourself and about the world. Are there things you consider factual that might actually be a belief? Think about how you view the world through these beliefs; how they act as filters colouring your view. Might this mean you see according to what you believe? What effect might this be having? You don't have to change limiting beliefs; just being aware of them and knowing they are not true will lessen their impact. You can just allow them to be, and refocus on your vision.

7. Work – a common belief is that we have to work hard just to pay our bills and that enjoying ourselves has to be reserved for our time off. If this is true for you, consider how you might bring what you love into your work. This doesn't have to mean changing what you do for a living. It might mean just shifting your beliefs about the importance and meaning of what you do. A person working on a check out till can have a hugely positive impact on hundreds of people every day by making eye contact, smiling, complimenting a hair-do and it can make them feel wonderful themselves. Experiment. Remember that your beliefs are a huge cause of what you experience.

8. Relationships – do you believe you have to push or manipulate your partner, family or friends to meet your needs? What might happen if you changed the focus to spotting what they need and meeting those needs unasked? Might it be possible that you find this coming back to you? How does supporting others in this way impact on your experience of loving and enjoying your life?

9. Time – there's either too much or not enough. Is there? Both of these are actually beliefs. Time is a human construct. And a very useful one. Albert Einstein said "*The only reason for time is so that everything doesn't happen at once.*" We often have many limiting beliefs about time like "there's never enough!" What are your limiting beliefs? How could you reframe them into more positive and useful ones? For example "I never have enough time for everything" could become "I always have enough time for the things that matter most". It's important to reframe the negative belief into a positive one that you can take on. Shifting too far in one go can be counter-productive.

10. Practice asking yourself "am I loving what I'm doing now?", "how could I be enjoying this more?" and "what would I love to do now?". Practice until these questions are second nature. Get creative. Your life is the most major creation you will ever undertake. Take ownership and responsibility and reap the rewards.

To finish here are a few more inspirational quotes from the master, Albert Einstein:

"Reality is merely an illusion, albeit a very persistent one."

"No problem can be solved from the same level of consciousness that created it."

"Look at things others see, then think of ideas no one has yet thought of."

"Imagination is everything. It is the preview of life's coming attractions."

Attribution

This document has been developed by Claire Stretch for askacoach.com. We are very grateful for her permission to publish this material here for your use. To visit Claire's website, please click [here](#), or go to www.stretch.com.au/claire directly.

Claire is a highly successful coach based in Sydney, Australia with a significant background in international management consultancy, corporate training and is also a professional writer with many credits to her name.

Acknowledgements

Although I have written this document without reference to books or articles I would like to acknowledge two training bodies that, over the years, have greatly contributed to the ideas expressed in this document.

The Magician's Way

<http://www.magiciansway.com> and Psychology of Vision
<http://www.psychologyofvision.com/index.htm>

Disclaimers and Other Important Information

High Ideals Pty Ltd is committed to ensuring that all of our services, products and information we share is foremost designed and delivered in a manner which has the potential to support others. Our values are focused on giving, being supportive and making a positive difference in the world. We are also dedicated to ensuring that we are at all times ethical demonstrating integrity at all levels. Therefore this Disclaimers page is necessary to provide clarity on a number of key points, as follows:

- All **High Ideals Pty Ltd** documents are for information purposes only.
- Clients and all who read these documents are responsible for their own decisions and **High Ideals Pty Ltd** will never provide advice or direct you what to do. Our services include sharing these resource documents, which are focused on assisting clients to raise their own awareness, by which they can make their own decisions and be responsible for their own actions. It is the responsibility of anyone who receives an **High Ideals Pty Ltd** resource document, whether they are a direct client of ours or were forwarded this document from a third party, to read our full terms and conditions available on our website: www.high-ideals.com
- The client and/or reader of this document are responsible for engaging in their own research, further reading, and exploration. This document is simply an information sharing starting point only.

- All of our **High Ideals Pty Ltd** personnel and members can contribute to our Resource Library, and share the responsibility for writing all of these documents. As a collective, we have a huge range of backgrounds and areas of expertise. We also take great care when sharing information to ensure it is accurate, useful and a product of sound research as well as our own personal and professional experience. Therefore many of our comments are born out of our many years of experience in a large number of areas of endeavour or interest and the successes of our clients is the evidence behind these strategies and techniques. If we are providing personal opinion, we make that clear, and take care to validate why and/or how this personal opinion may be useful in the total picture of self exploration of the client/reader. When we do share personal opinion, it is typically in the form of sharing from our relevant experience, ideas of strategies we feel may be helpful, and potentially have been helpful for us personally. Personal opinion never includes giving advice or providing specific direction to the client/reader. If we are referencing the work, thoughts or opinions of others, we also make that clear and give full attribution and acknowledgement to those other sources of information. We also share our validation for why we feel this information may be of benefit to the client/reader.
- We adhere to the Harvard Referencing System in providing reference information and acknowledgement for all books, websites and other information sources. We are continually updating our documents to match this standard. If you ever notice a reference which you feel does not meet this standard, please let us know by writing to info@high-ideals.com with this feedback so we can attend to it immediately.
- **High Ideals Pty Ltd** never makes any endorsement or recommendation of any websites, books, companies, products or services. Instead, we provide ideas for the client/reader to explore certain websites and books in particular. We review and carefully select which websites and books we feel may have some potential value to our clients/readers. Then, when we raise these ideas with the client/reader, we also provide our justification for why we feel the idea may have some merit. For example, if we raise the idea to the client/reader to explore a particular website, we will indicate what it is about that website which we feel has the potential to be useful to the client/reader. It is then the responsibility of the client/reader to make the final assessment as to whether or not it is actually useful.
- We also take no responsibility for the content of any website other than **High Ideals Pty Ltd**. We cannot control the accuracy, security or technical performance of any website other than our own. Similarly, we have no control over the content of any books we raise ideas for exploration about, or the availability of those books. It is the total responsibility of the client/reader to determine whether this information is for them to pursue further.