



Start Creating a Life You Truly Love: In 3 Simple Steps

www.shiuanbutler.com

START HERE...

You might be thinking, "What does that even mean? A life I truly love? I still have to go to work everyday and pay my bills!" Sure, of course! And for me, going to work everyday helps remind me that my free time outside of work, is truly precious. So WHAT DO I want to do with it?

None of us really know what there is after this life. Maybe we'll be crickets. Maybe we'll be in heaven.

What I do know is we have today.

Let's grab it with all we've got.

And don't think this necessarily means you're being selfish and only care about your own well-being. When we are living a life we are truly content and happy in, then we emanate that joy to others. We have more to give and share with others when we've filled our own cups first.

So, let's get started shall we? :-)

Here are my 3 simple steps to start creating a life you truly love!





PINPOINT

Pinpoint something you hate

First, I want you to think about your daily routine. Maybe you get up, get ready for work, then commute home at the end of the day and make dinner for your family. Maybe you work for yourself and have many clients.

Now I want you to think about the irritations throughout your day. What causes you the most frustration, pain, stress, or anxiety? Maybe it's your monthly period cramps that you never get around to diagnosing or really treating. Maybe it's your daily long commute to work. Or your micro-managing boss.

There are probably a slew of things (!) but I want you to pick the one that stands out to you. Got it?

If you're not sure which one yet, take out your journal -- or just pen and paper -- and write out your thoughts for 15 minutes and see what comes out.

You got this!

PLAN

Brainstorm a few possible solutions and put your plan in action

Now that you've pinpointed one major source of pain or stress in your life, let's brainstorm some ideas to mitigate this pain.

Maybe we can't make your in-laws disappear altogether, but maybe if you set up some boundaries around time spent with the in-laws, that might greatly alleviate your stress.

Or maybe you can't quit your job next week but you could start implementing strategies to cope with the disruptive coworker or micro-managey boss. We might not be able to change others, but we can change how we interact with others.

I'd love for you to pick one idea and give it a try for a month! I'd love to hear how it goes! Write to me at shiuan@shiuanbutler.com.

Just try for consistency, and remember to take small steps. You so got this, and I'm just one email away!





PLAY

Be playful and pick something that gives you a little joy, or a lot :-)

Now that we've dealt with a pain point in your life, let's add a dash of joy, shall we?

I want you to take a little time and go to one of your favorite places -- a park, or your favorite spot in your house, or by the ocean.

Think about something you used to do that you loved that you haven't done in forever.

Maybe it's a little watercolor painting, knitting, or writing short stories. It could be baking, climbing trees, anything your mind goes towards!

Trust your mind, trust the process, and be patient.

Sometimes we just have to sit in the unknown and make peace with it before the thoughts come.

Sometimes it might take a while. You are worth it!



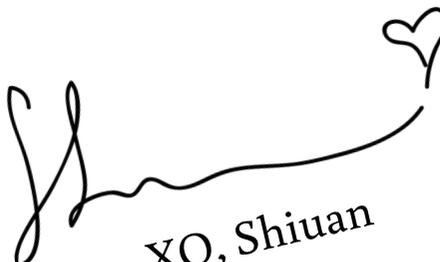
CONGRATULATIONS!

Congratulations!!

I am so proud of you for completing.
And most importantly, I hope you are extremely pleased
with yourself as well.

This is no small feat.
You have decided your life is worth changing;
your happiness worth creating.

And you will affect so many more lives for the better because of it.
Thank you.


XO, Shiu-an