

# Design Your Life by Coach Tina Dias ACC

There is so much information out there on just about everything you could possibly need to live a better life. My question is: Do we believe it? How can we apply it to enrich our lives? As a Life Design Coach, these guidelines, which I discovered through training and my own personal development, and which I apply in my own life, I also advance in support of others to design their lives

**Live in the moment and perfect the present**

**Inspire a positive mental attitude**

**Find peace with your past**

**Eliminate obstacles and barriers**

**Define your own integrity**

**Extend your boundaries & raise your standards**

**Simplify everything in your Life**

**Invest in your Life and live by your own values**

**Grow a meaningful Life, not just a lifestyle**

**Nurture your Vision**

**I am a believer that these simple yet profound guidelines will help you design the life you want:**

**Live in the moment and perfect the present.** Unless we are capturing what life has to offer us today and are happy with where we are in our lives, how can we even determine what we want in the future? Many of us have learned to save for a rainy day or wait to start something important until we have everything we need to start. If you start by focusing on what is perfect today, you will attract more of it. Your current reality of your life as it is today is exactly as it should be as different experiences have brought you to this point in your life. Enjoy the present and accept that it is perfect and this will give you purpose to create more of what you want to create for your future. Breathe!...Enjoy the moment and choose to design the life you want.

**Inspire a positive mental attitude.** If your mind is bogged down with negative thoughts and all you can focus on is what is not working or what you haven't done or cannot do, ask yourself what life have you chosen and why are you in that place? You control your attitude so Stop!...Take each thought and assess how you can change it to find something positive about it. What choice can you make around that thought? Do this with the next few thoughts. How hard was that? Understand that attitudes affect your every day well being. Positive attitudes are contagious. Ask yourself if you would stay around someone who is always negative? On the other hand, don't you find it hard to walk away from someone who has a positive outlook? I've heard people say about positive people "I would love to be around that person everyday...she/he gives me energy". Think positive and design the life you want.

**Find peace with your past.** How many of us carry around unresolved matters that simply feed our negative thoughts thus creating bad habits and difficulty coping. These come in the form of: having that extra drink, eating that extra piece of cake or buy more things you don't need. When we have not resolved our past issues we look for emotional ways to compensate for the hurt, void

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or emptiness. Invest in your life and find out what the source of your unresolved matter is so you can resolve it and live fully. Once you have addressed those unsettled issues you will feel more confident and take better care of yourself (inside and out) and, as a result, have more energy. To do this you need to want to invest in yourself so that when you get off track, you will have the tools you need to get you back on track and be fulfilled and watch your life unfold into a whole new way of thinking, feeling and living. Be peaceful and design the life you want.

**E**liminate obstacles and barriers. It doesn't matter how many obstacles/barriers you encounter, they will keep coming. The secret is in how we choose to address them so that they don't repeat themselves. Have you ever left a job because of a leader, only to find that same type of leader in your next job? The same applies for boyfriends/girlfriends. Why do we keep repeating these patterns? Have we not gained insights from our past behavior? One suggestion: find out what your obstacles are and learn how to overcome them and then learn how to overcome or prevent them with integrity. Once you have understood this pattern, you will make healthier choices so they don't return. When you do this you will live a happier, less stressful and more empowering life. Also, when new ones appear you will have the skills to address them. Eliminate obstacles by designing the life you want to truly live.

**D**efine your own integrity. This one is quite simple: you are either in integrity with yourself or you are not. Integrity is what makes you whole and it is how your personal life scheme is structured, it works easily and without effort. Ask yourself: do you blame others? Do you react rather than respond? Are decisions difficult, you are not sure what choice to make? Is your behavior in alignment with who you are as a person? When you have integrity, you have few unresolved issues, you are aligned with yourself and you take full responsibility for your actions. To have integrity, get to the source of the areas you are not in integrity with and resolve them. Focus on doing things that are true to you and not to please others, letting go of those things that you feel you 'should do'. Do what is right for you, work with a coach and start living your life with integrity, with your values. Design the life you want.

**E**xtend your boundaries & raise your standards. This one has been the most important one in my personal growth. Without boundaries, you attract needy people who drain your energy, leaving you no personal space to grow. You are most likely doing things for others, not for yourself. Picture an imaginary line around you that defines the area necessary for you to express who you are and how you live. The stronger your boundaries are defined, the less others actions will influence you and you will have room to breathe and make choices that are right for you. Once you have established your boundaries, let others know so they respect them. Boundaries are about saying 'no' to what doesn't fit and 'yes' to what works for you. This aligns beautifully with raising standards and why they are grouped together. Your standards are how you choose to behave and the higher they are, the more improved your life will be. To raise your standards, ask yourself what behavior you want to change, what choices you want to make for yourself. Behave with a positive outlook and take responsibility for everything you do. Be honest and truthful, and accept consequences. The great thing about raising your standards is that the higher they are, the less needy you are. If you set healthy boundaries and your standards are in integrity with you, you will honor yourself, be more authentic, no

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longer attract those things you don't want and you will live a better life. Make the right choice for you, extend your boundaries and design the life you want.

**Simplify everything in your Life.** Easier said than done! Do you feel you are always 'running' to or from someplace? That everyone needs you? That you have too many projects going and you will not get any completed? If you believe that you need to work hard to succeed and everything must be perfect and everyone must be pleased, this may help you simplify your life and help you find time for yourself and those you love. Assess your current life. Make a list of what is draining/sapping your time and your energy. Ask yourself if you had to let go of half, what would stay and what would go? How many things are you doing that are more 'should do'? What are your current commitments and what could you do to reduce them or schedule them for maximum efficiency? What are your habits, which ones drain you and which ones give you energy? Work with a coach to eliminate what you are 'putting up with'. Choose to simplify your life and design the life you want to live.

**Invest in your Life and live by your own values.** By investing in your life, I am referring to your personal development, your quality of life and your ability to make a living. By investing in these areas of your life you will have greater meaning, increased self worth and you will constantly receive many rewards. More importantly, you will have more power over your present and your future. To do this, you are living by your values which are an integral part of your life purpose. To tap into your values, ask yourself what you are naturally drawn to do, what you are attracted by and excited about doing that is effortless. Remember, you are your values. If you can't think of them go back to when you were seven years of age and ask yourself, what were your values then? You will notice they haven't changed. Values determine who you are, what you want and how you live. Live by your values for a fulfilling life, avoid the 'should do' and invest in yourself by designing the life you want.

**Grow a meaningful Life, not just a lifestyle.** Assess your quality of life and determine if you are accomplishing what you want. I don't mean how many material things you have acquired or if you can afford to shop in a high-end shop. When you live a life of purpose and you are true to yourself, these things, although nice to have, become less important. To live a meaningful life, you are living your values, you are in integrity, you have clear boundaries, your standards are raised, you have less and less obstacles, you are at peace with your past, you inspire a positive attitude and more importantly, you live in the present moment. When you are living this very meaningful life you may also be living a lifestyle that suits you and your life. To have it all, design the life you want.

**Nurture your Vision.** The first thing you want to do is create a vision for your life. Organizations create visions, mission statements and strategies that describe how the vision will be delivered. A personal vision is a life purpose. Once you have identified what that vision is, nurture it and watch it come to life as you grow into yourself. We all have a vision for our lives, the question is; are we living up to it? Work with a coach to create your vision and design your life so you can truly live the life you want.

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