WINNING LIFESTYLES ONLINE

LIVE WELL · EARN WELL · LEAD WELL

A SHORT WORKBOOK

Picture Your Winning Lifestyle

What does your winning lifestyle look like? Not anyone else's. Yours.

WINNINGLIFESTYLESONLINE.COM

BEFORE YOU BEGIN

There is no one right answer

A winning lifestyle looks different for everyone. This week is simply about seeing yours clearly. You don't need a plan yet, and you don't need to know how. You only need to be honest about what you want.

Take twenty minutes, a cup of something warm and somewhere you won't be interrupted. Write the first answer that comes. You can always change it later.

STEP ONE

Your lifestyle snapshot

Tick every one that feels like you. Most of us are a mix.

- ☐ **The city life**
  Busy, social, always something on.
- ☐ **The country life**
  Room to breathe, with family and friends close by.
- ☐ **The travelling life**
  Earning online, wherever the road leads.
- ☐ **The professional life**
  Purpose, growth and work you're proud of.
- ☐ **The leisure life**
  Time, travel and the freedom to choose your days.
- ☐ **My own mix**
  Something that's all mine. Describe it below.

In my own words, my winning lifestyle looks like this:

Where am I when I'm at my happiest? Who is with me?

STEP TWO

My ordinary good day

Not a perfect holiday. An ordinary day you would be glad to live again and again. Where do you wake up? What fills your hours? Who do you see?

For example: "I wake without an alarm, walk before breakfast, and work from my own desk with the window open."

Morning

WAKE TO MIDDAY

Afternoon

MIDDAY TO FIVE

Evening

FIVE TO BEDTIME

Where I live

City, country, by the water, on the move?

Who is in my day

Family, friends, clients, colleagues, no one at all?

STEP THREE

Mine, or a "should"?

Some of what we want is truly ours. Some of it is borrowed: from family, from the people we grew up with, from what everyone online seems to be doing. Borrowed wants fade quickly. Your own keep coming back. Sort yours honestly. Nobody else needs to see this page.

What I truly want

It keeps coming back, even when no one is asking.

What I think I should want

It sounds right, but it belongs to someone else.

Which of my wants has stayed with me for years?

If no one else had an opinion, what would I choose?

When I picture this life, how do I feel? Excited, relieved, nervous?

STEP FOUR

Keep and change

Your winning lifestyle isn't a fresh start from nothing. Some of it is already here. Look at your life as it is today.

What I would keep exactly as it is

What I would change

MY PICTURE IN ONE SENTENCE

Put it all together. Write it as if it's already true.

For example: "I work from home three days a week, earn from something I built myself, and still have my afternoons for the garden and the grandchildren."

THIS WEEK

Read your sentence aloud every morning this week. Change a word whenever it stops sounding like you. By Sunday it will feel less like a wish and more like a plan.

STEP FIVE

My week with the picture

Each evening, write down one small thing you did that fits your picture. A walk, a phone call, an hour on an idea. Small counts. At the end of the week, look back at what you did, not what you missed.

Day	One thing I did toward my picture	How it felt
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

COMING NEXT WEEK

Make Room for It

You know what you want. Next week, we find the time for it in your week.

KEEP GOING

Guides, planners and courses to help you build the life you pictured.

winninglifestylesonline.com

WHERE TO START

Which shelf is for you?

Look back at what you wrote this week. Everything at Winning Lifestyles Online sits on one of three shelves. Tick the one that sounds most like you right now, and start there. You can visit the others any time.

☐ LIVE WELL →

"My week isn't my own, or my life feels cluttered."

Practical planners, guides and kits for everyday life: your week, your home, your digital life. And Stress-Free Sanctuary for when you need to reset yourself.

☐ EARN WELL →

"I want to earn from what I already know."

Guides, workbooks and courses for building and selling something of your own online, starting with what it really costs before you spend a cent.

☐ LEAD WELL →

"I want to grow, lead and keep up with AI."

Leading in a changing world: Lead in the AI Era, *AI Is Here. So Are You.*, and The AI Lightkeeper, an honest monthly letter about AI in our lives.

Not sure yet? That's fine. Over the next three weeks I'll send you a short email and journal each week to help you decide.

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Love the life you live. Live the life you love.

Louella, Founder, Winning Lifestyles Online

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