

Official Companion Guide

LIVE a LIFE you LOVE

12 Lessons for Living With No Regrets



RORY
DIXON

This guide contains the POPS Framework, the key themes, the worksheets discussed in the book and a recommended reading list.

HOW TO USE THIS GUIDE

This companion guide is designed to be read alongside *Live a Life You Love*. Each section mirrors the book's four parts—giving you the POPS framework, the key themes and tools to reflect on, apply and build into your daily life.

Work through it at your own pace. Use the worksheets to make the ideas personal. Return to it often. The goal is not to read it once—it is to slowly learn to live it.

PASSION OVER PROFIT = SUCCESS

Passion is the spark you need to design a life you love. Money is a tool to support a meaningful life—it is not a definition of success.

SECTION ONE

Laying the Foundations

Passion • Education • Skills • Habits • Financial Freedom

In this section you will learn how to master the Habit Loop. You'll begin the journey of defining success on your own terms, identify the passions that drive you, and start building the skills and habits that make long-term success predictable rather than accidental.

Most people never stop to define what success actually means to them. They follow the default path—chasing status, money or recognition—only to realise years later they were climbing the wrong ladder.

The first step to living a life you love is taking ownership of that definition. This section explores the foundations: discovering what you care about, creating your Personal Learning Pathway, and making the transition from curiosity to knowledge seamless. You'll learn how to build specific skills and habits that compound over time.

By the end, you'll reject the myth that success is the result of luck. It isn't. It's the result of deliberate action repeated over long periods of time.

KEY THEMES

- Passion fuels persistence and long-term motivation
- Education and knowledge are the first step toward success
- Specific generalisation is your unique entry point to a rapidly changing world
- When intentional focus meets skills and habits, the compounding effect is powerful
- Luck becomes irrelevant when preparation meets opportunity
- My financial blueprint, created through the Habit Loop, was the first step toward financial freedom

EXPLORE FURTHER

[Your Personal Learning Pathway](#)

Blank Skill Deck (page 14 of this Companion Guide)

[Personal Budget Calculator](#)

SECTION TWO

Setting Yourself Apart

Relationships · Vision · Obsession · Using Failure

In this section you will learn how to direct your energy toward the things that truly matter. You'll discover how the people you surround yourself with, and the long-term vision you create for your life, become the foundations that fuel the right obsessions and give you the confidence to fail along the way.

The difference between average and exceptional rarely comes down to talent. It comes down to obsession with improvement. The people who rise to the top in any field care deeply about the small details others ignore. They chase marginal gains. They pursue mastery long after the novelty wears off.

You'll also see why struggle and failure are not obstacles to progress, but necessary stepping stones. When your direction is clear and your support network is strong, failure stops feeling like something to fear and instead becomes part of the process of getting better.

KEY THEMES

- The relationships around you shape your standards and expectations
- Your End Game Map gives direction to your obsessions
- Obsession with improvement accelerates progress
- Small gains compound into extraordinary outcomes
- Struggle and failure are necessary parts of mastery

EXPLORE FURTHER

The Energy and Alignment Matrix

Create Your End Game Map (page 20 of this Companion Guide)

SECTION THREE

Letting Go

Wealth · Identity · Ego · Legacy

In this section you will learn how to release the things that quietly hold you back from the life you want to build. You'll explore what true success looks like beyond money, why doing the things you love matters more than following the crowd, and how letting go of ego can free you to live with far greater clarity and purpose.

Sometimes progress doesn't come from adding more to your life—it comes from letting things go. Old beliefs, expectations, habits and identities can quietly keep you anchored to a version of yourself that no longer fits.

Finally, this section explores one of the hardest lessons in success: letting go of ego. Real success isn't about proving who you are or chasing validation. It's about doing what's right for you, for the people you love, and for the life you are trying to build. When ego fades, clarity grows.

KEY THEMES

- Wealth is built across five pillars, not just finances
- Doing more of the things you love creates unmatched energy and fulfilment
- Going against the grain is often necessary to live life on your own terms
- Letting go of ego creates clarity, humility and better decisions
- True success is measured by the impact you leave on others

SECTION FOUR

Bringing It All Together

The POPS Framework · Your Version of Success

In this final section you will bring together each section to form the POPS Framework for building your personal version of success. You'll see how the foundations, focus and mindset shifts from the previous sections combine to create a life built intentionally—one decision, one habit and one relationship at a time.

Success is not something you stumble into. It's something you build deliberately. When these steps come together, life begins to feel different. You stop chasing validation and start building alignment.

The goal of this framework is simple: to help you avoid the regrets most people only recognise at the end of their lives—and live a life like my Pops enjoyed. Not by thinking about success differently, but by living differently—day by day, decision by decision.

KEY THEMES

- Success is built intentionally through habits, relationships and alignment
- Defining your own version of success is the foundation of a fulfilling life
- Letting go of ego, expectations and societal pressure creates freedom
- Relationships, experiences and presence matter more than status or wealth
- The goal is not to chase success, but to build a life that genuinely feels successful

EXPLORE FURTHER

The 2050 Commitment

RECOMMENDED READING

Finance Reading List

BEGINNER — Mindset & Foundations

- Rich Dad, Poor Dad — Robert Kiyosaki
- The Richest Man in Babylon — George S. Clason
- The Psychology of Money — Morgan Housel

INTERMEDIATE — Systems, Strategy & Long-Term Thinking

- The Simple Path to Wealth — J. L. Collins
- I Will Teach You to Be Rich — Ramit Sethi
- Money: Master the Game — Tony Robbins
- Die With Zero — Bill Perkins

ADVANCED — Investing Philosophy & Markets

- The Intelligent Investor — Benjamin Graham
- A Random Walk Down Wall Street — Burton G. Malkiel
- Common Stocks and Uncommon Profits — Philip Fisher

APPENDICES

The following appendices provide deeper context for the core frameworks and concepts used throughout the book. They are reference tools—return to them whenever you need clarity or a reminder of the foundations.

Appendix A

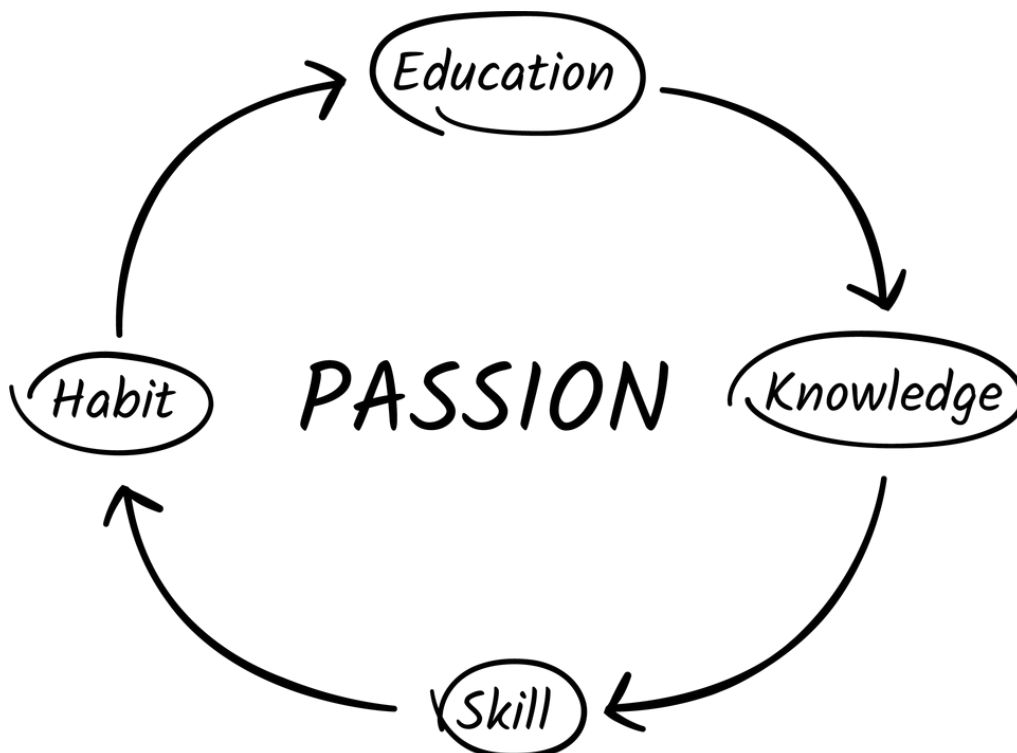
The Habit Loop

The Habit Loop is a foundational framework used throughout section one to explain how passion-driven lives are built sustainably over time.

The loop consists of:

- identifying a genuine passion
- education and knowledge systems
- learning and building skills around passions
- converting those skills into repeatable habits
- returning to the loop with greater clarity and momentum.

This loop underpins how passion becomes progress, and progress becomes identity.



Passion Over Profit = Success (POPS)

PASSION OVER PROFIT = SUCCESS

The POPS Framework is the core principle throughout this book.

It reflects the belief that:

- passion should be the starting point of life design
- fuelling education and developing knowledge on passions is the vital step
- skills and habits compound best when built around what energises you
- money is a tool to support a meaningful life, not the definition of success
- success must be self-defined, not inherited from society.

POPS is not a rejection of wealth—it is a reordering of priorities.

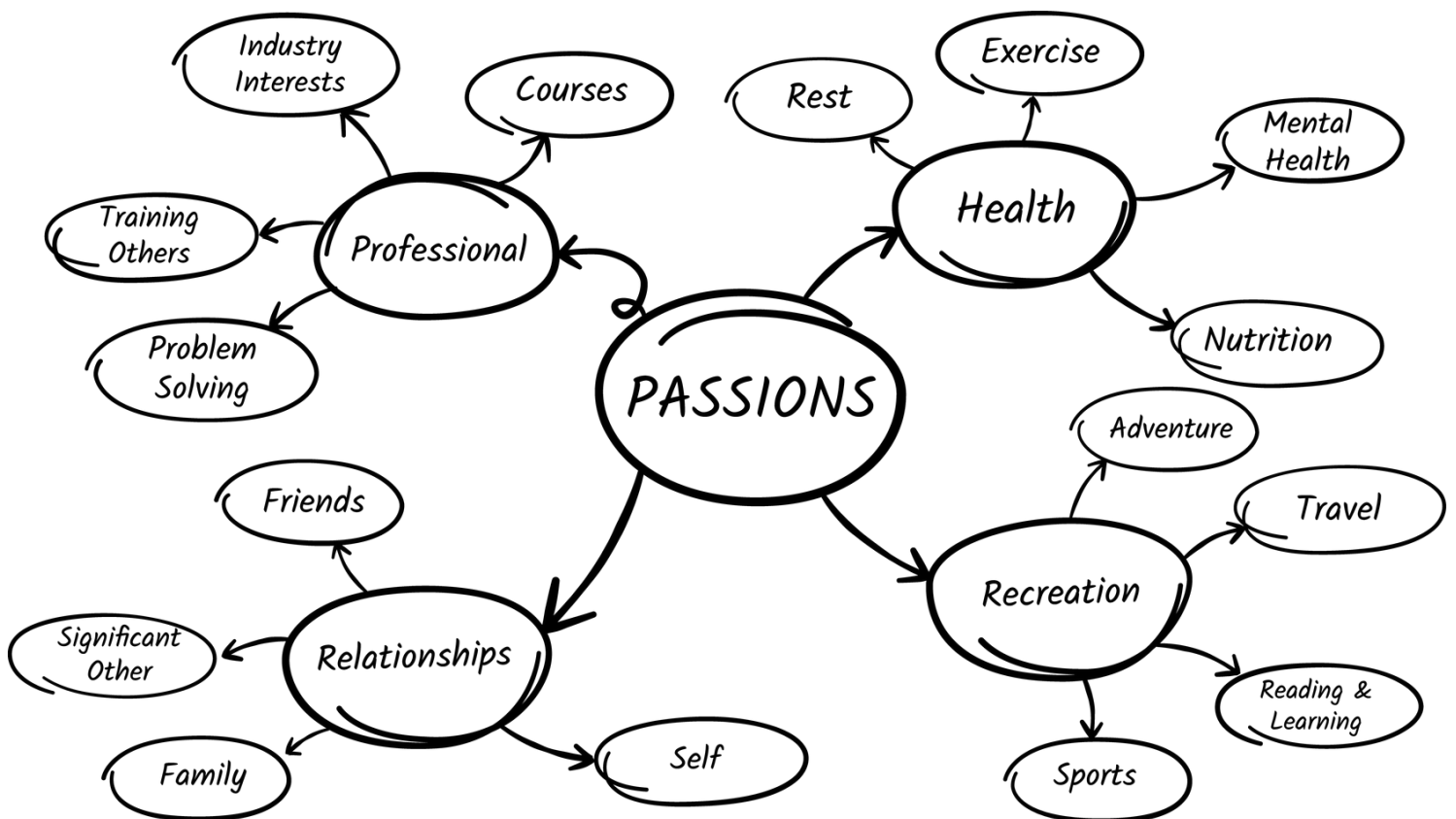
The Passion Spiders Web

A simple self-assessment tool used to audit satisfaction across key areas of life.

Four core categories:

- Relationships
- Professional
- Recreation
- Health

Adapt these categories to reflect what genuinely shapes your daily experiences, rather than aiming for an abstract "perfect" balance.



Appendix D

Specific Generalisation

The deliberate process of building a broad, versatile skill set—but only around the things you genuinely care about or enjoy. Rather than becoming a narrow specialist or a scattered generalist, you build a unique ecosystem of skills centred on your passions.

This increases adaptability, makes you harder to replace, and creates a life that feels coherent rather than fragmented.

Wildlife Photography



Outdoor Survival



Ocean Exploration



Hiking & Trails



Birdwatching



Stargazing



Forest Ecosystems



Camping



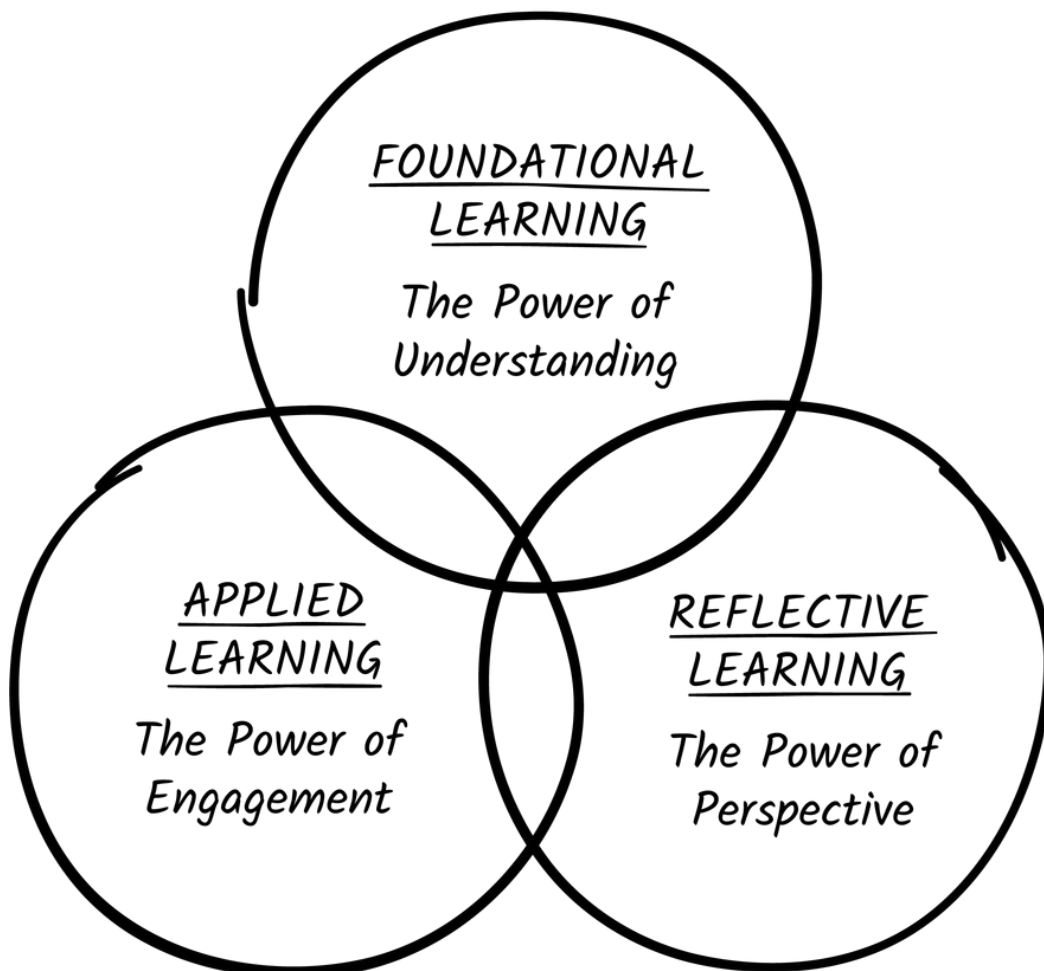
Appendix E

The Three Pillars of Education

Learning in the real world happens through three complementary modes:

- 1. Foundational Learning**—understanding concepts, context and big-picture thinking.
- 2. Applied Learning**—testing ideas through action, experimentation and lived experience.
- 3. Reflective Learning**—processing lessons through thinking, journaling and perspective.

Together, these pillars turn information into insight and insight into wisdom.



Appendix F

The Vehicles of Education

Education enters your life through multiple vehicles. No single path is superior.

The seven vehicles are:

1. Formal
2. Informal
3. Experiential
4. Mentorship
5. Solitary
6. Digital
7. Creative

The most effective learning paths combine several vehicles in ways that fit your life. Here's the example used in the book:

Personal Learning Pathway (PLP)

Learning Mix

Primary Vehicles

1. Formal – Buy 10x coaching sessions.
2. Solitary – Range sessions alone.

Secondary Vehicle

3. Mentorship – Organise rounds with 3 people who are better than I am.

Monthly Pathway

30 Day Plan

1. Book 4x 1 hour coaching sessions.
2. Driving range at 4pm Tuesday & Thursday weekly.
3. Weekly review 9am Sunday mornings (incl stats update).
4. Read 3x focused chapters of “How I Play Golf”.
5. Watch 1x Bryson YouTube video per day.
6. Print monthly calendar for visual planner (stick to mirror).



Learning Rhythm

Foundational

1. Re-read – How I Play Golf by Tiger Woods.
2. Subscribe – Bryson DeChambeau YouTube.

Applied

Monthly range pass – 10+ visits.

Reflective

1. Download stats app.
2. Book review session with coach.
3. Organise one-day session to test all skills learned.

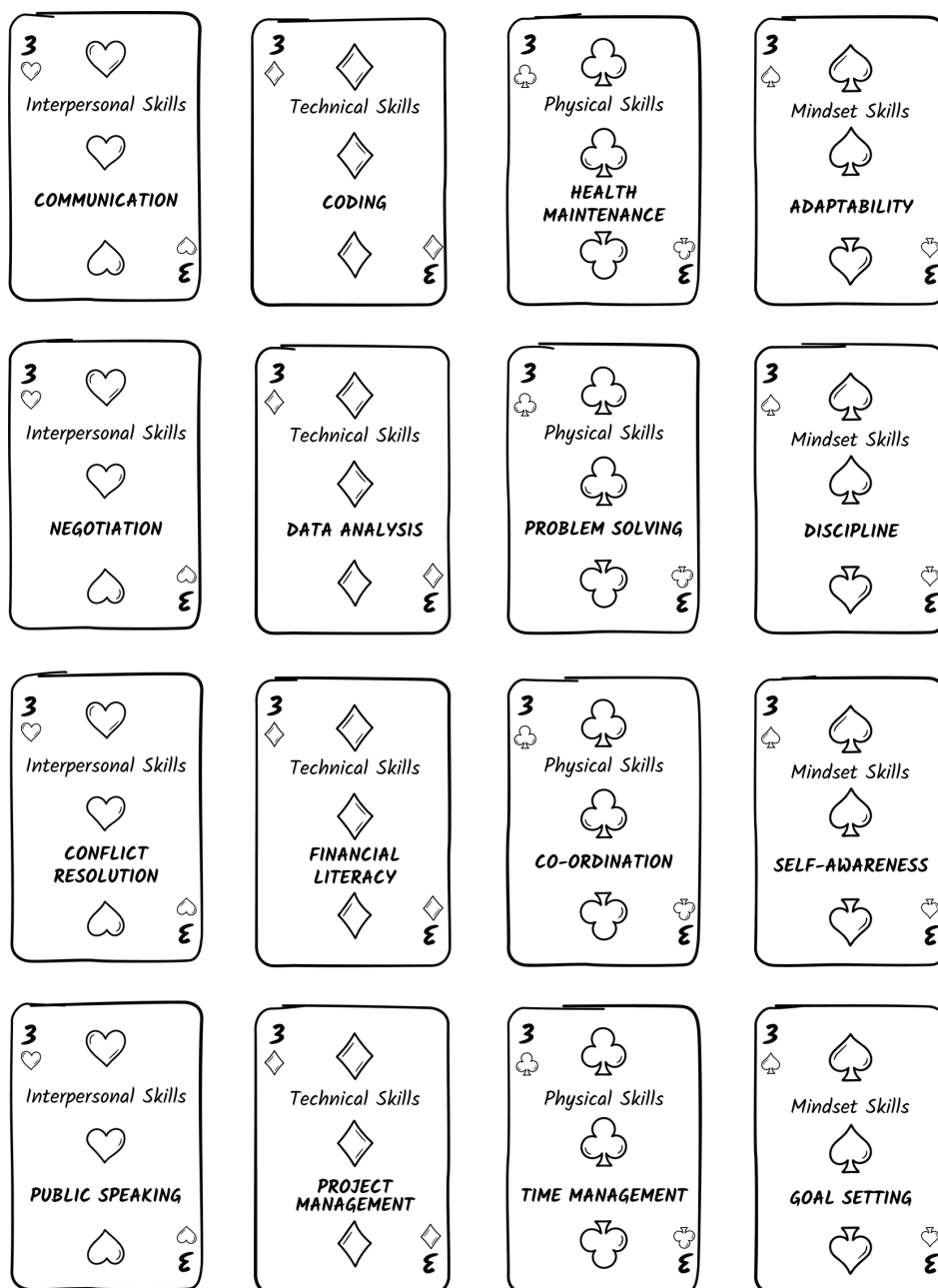
Appendix G

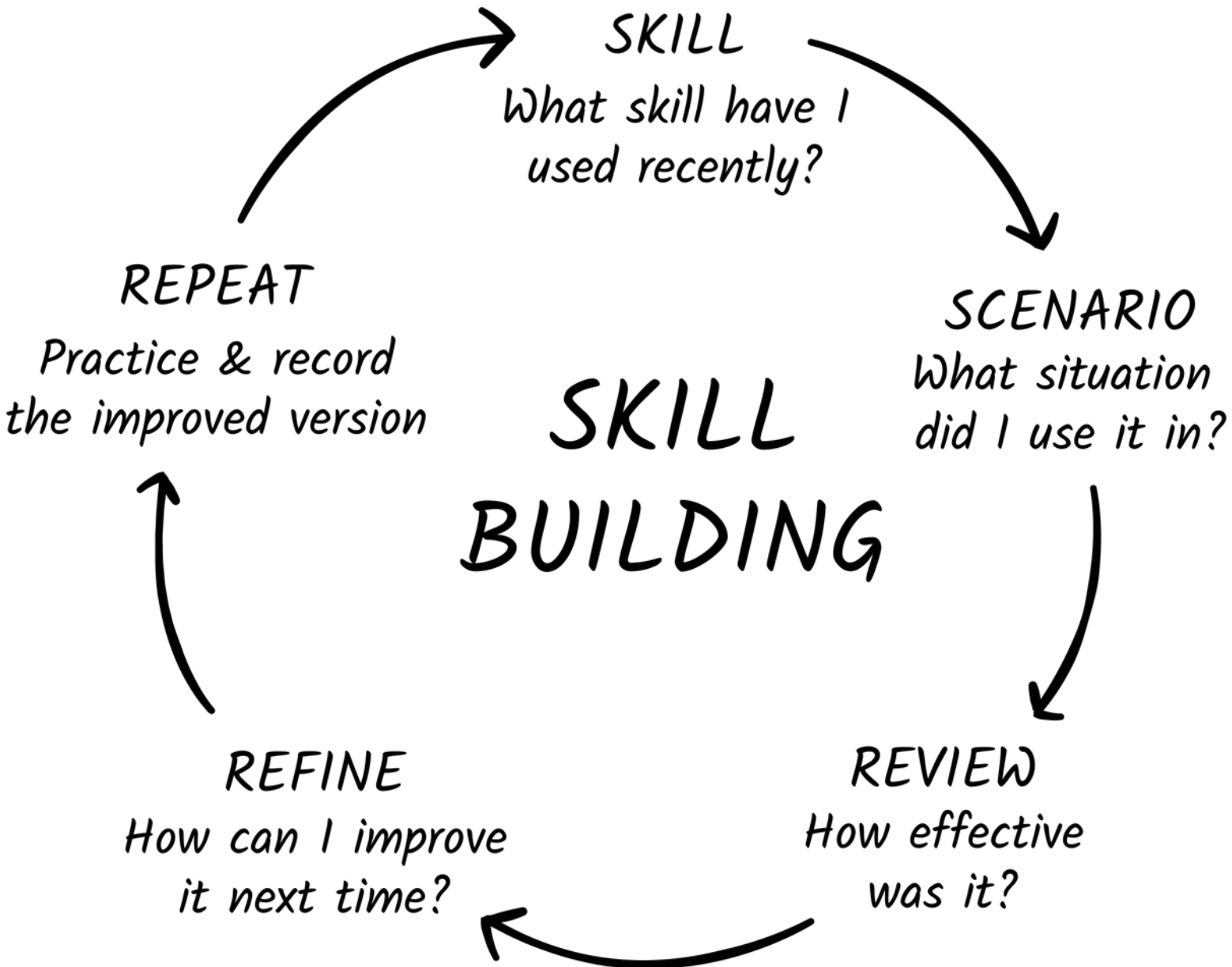
Skill Deck & Micro-Habits

Life rewards those who stack the right cards over time.

The Skill Deck represents building a wide, relevant set of skills across:

- Technical ability
- Interpersonal strength
- Physical capability
- Mindset and resilience.





Micro-habits are the smallest possible actions that lock skills in permanently and allow progress without relying on motivation.

MORNING ROUTINE

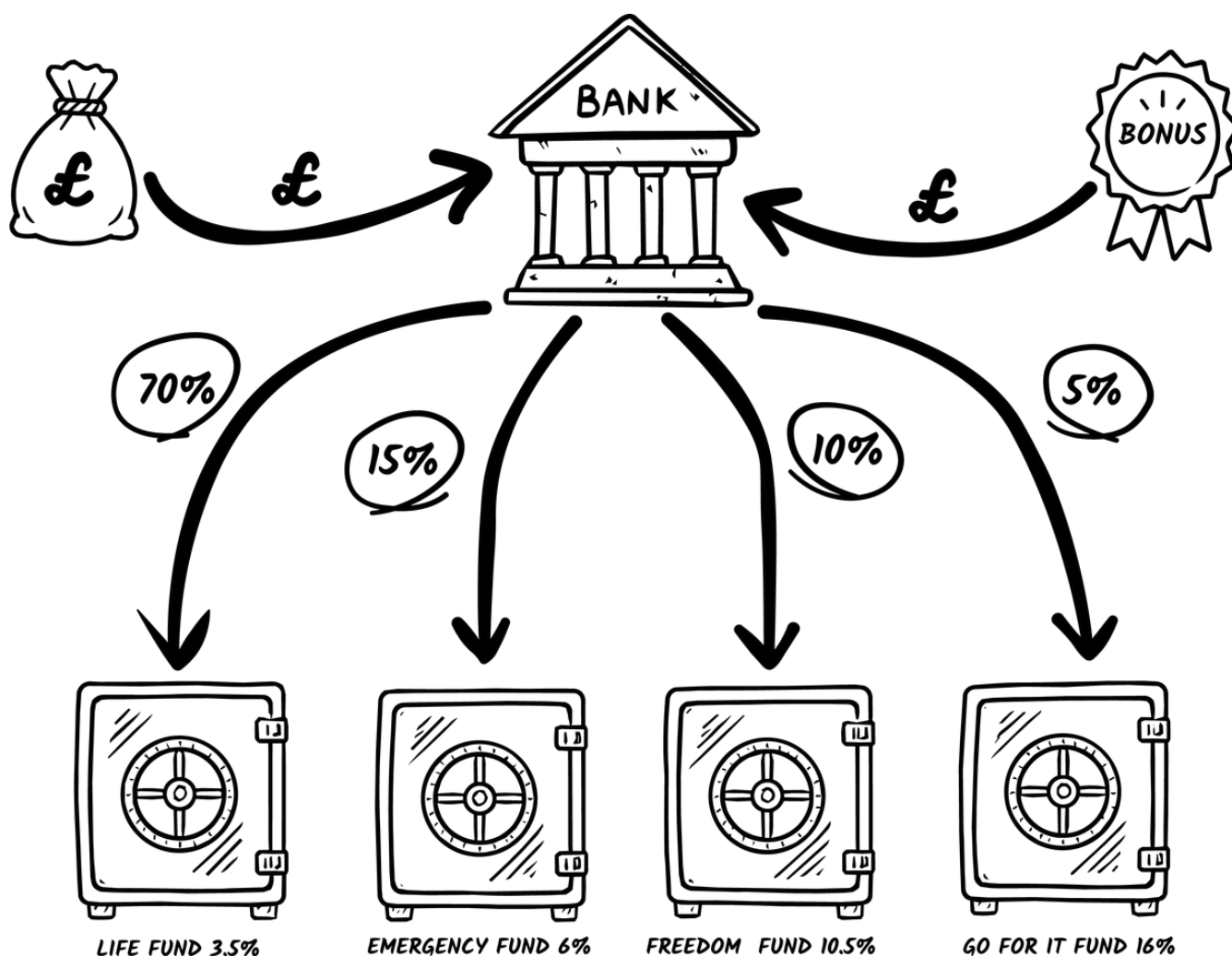
- ☐ *Wake Up – Alarm for wake up time*
- ☐ *Hydrate – Drink two glasses of water*
- ☐ *Run – Go for a 5km run*
- ☐ *Reflect – Think about the past & future*
- ☐ *Plan The Day – Write out a clear plan for the day ahead*

Money as a System (Not a Stress)

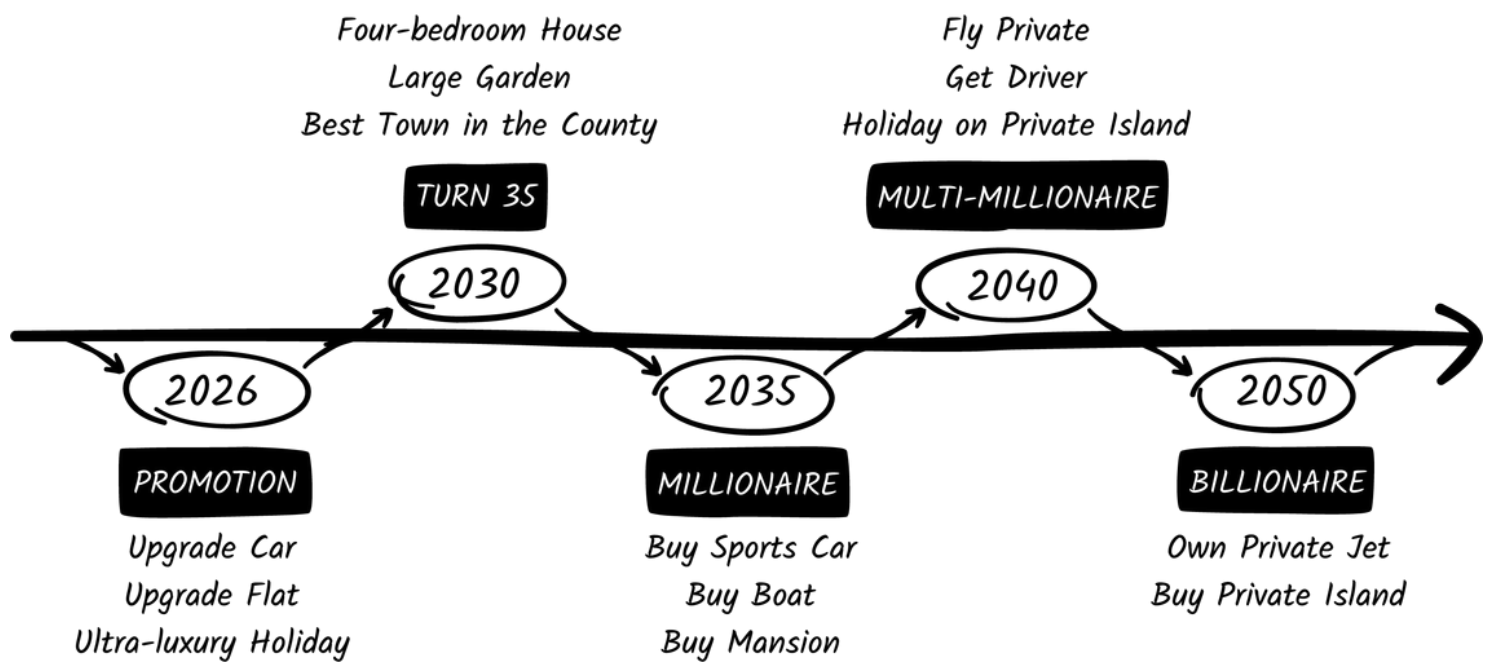
The financial principles in this book rest on three ideas:

- Automate what matters
- Reduce emotional decision-making
- Let time and consistency do the heavy lifting.

Money works best when it is structured quietly in the background, freeing attention for relationships, health and experiences.



THE “PERFECT LIFE” MILESTONES



Appendix I

Relationships as Architecture

Relationships shape who you become. This book approaches relationships as:

- Systems, not accidents
- Environments, not just emotions
- Assets that compound or erode over time.

Being intentional about who you invest time and energy in is one of the highest-return decisions you will ever make.

How's Your Relationship With You?

<i>Habit</i>	1	2	3	4	5	6	7	8	9	10
<i>How often do I speak to myself with kindness?</i>										
<i>I am proud of how I am growing in multiple areas?</i>										
<i>I live in alignment with my personal values.</i>										
<i>Do I trust myself to follow through with what I say I'm going to do?</i>										
<i>Do I give my body & mind what they need to operate well?</i>										

Appendix J

The End Game Map & 2050 Framework

The End Game Map is a long-term life-mapping tool that works backwards from a future version of success.

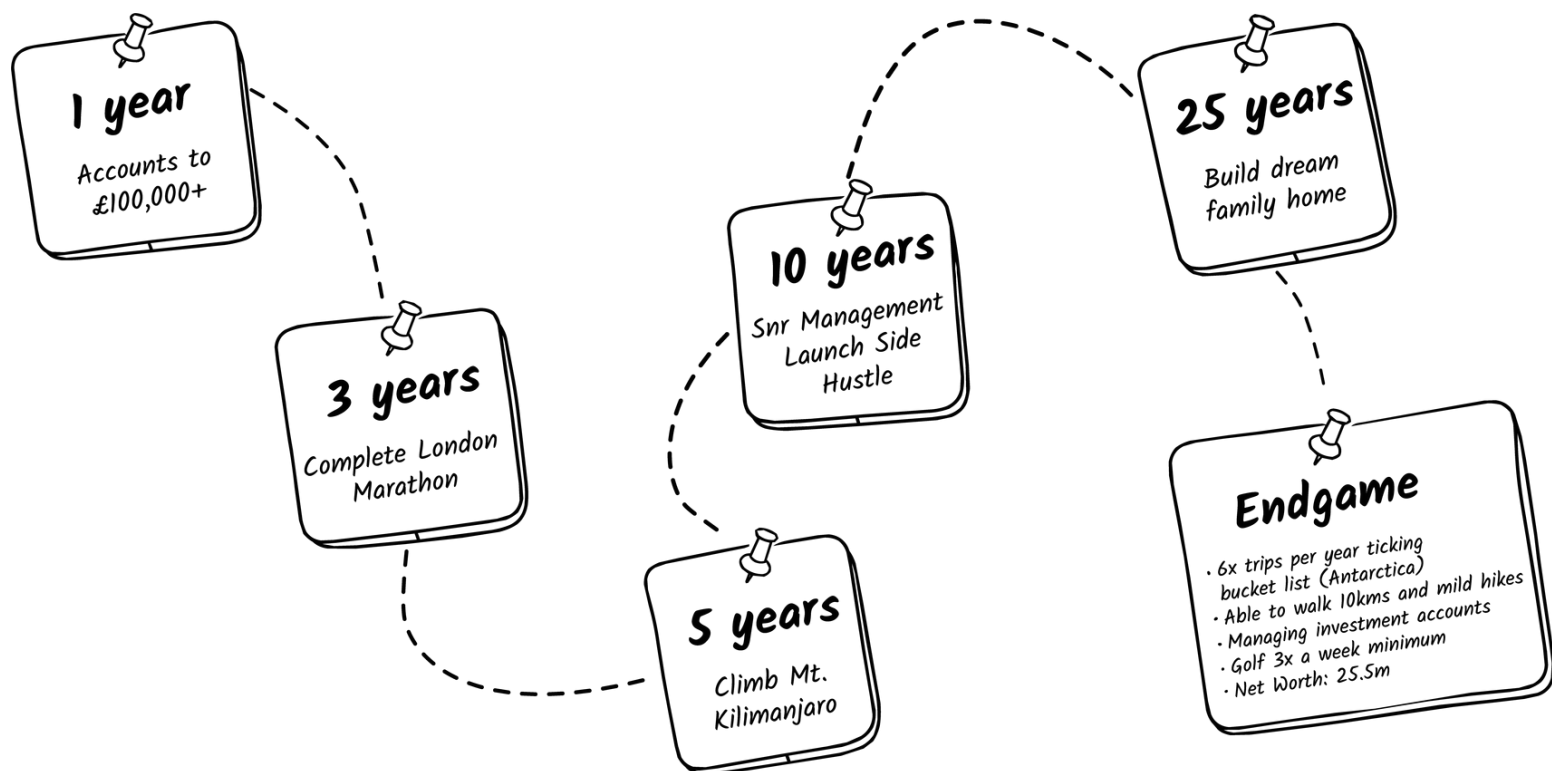
The 2050 Framework builds on this by:

- Defining what "enough" looks like
- Breaking life into meaningful time horizons
- Aligning yearly and quarterly decisions with long-term intent.

This framework replaces vague ambition with visible direction.

	End Game	25 Years	10 Years	5 Years	3 Years	1 Year	1 Quarter
Date/Age	1/1/65 (70)	1/1/50 (55)	1/1/35 (40)	1/1/30 (35)	1/1/28 (33)	1/1/26 (31)	1/10/25 (30)
Relationships	6x trips per year ticking bucket list	Build dream family home	40th birthday trip with friends/family	Second child born	First child born	2x trips to see family	12x date nights
Health	Still able to walk 10kms and mild hikes	Clear plan to move every day	Consistent with gym 3x per week	Alcohol once per week max	Complete London Marathon	Consistent nutrition	3x gym sessions weekly
Professional	Managing investment accounts	"Retired" – passion projects 2 days per week	Snr Management Launch Side hustle	Promotion or new company	Management position	Promotion	Hit quarterly bonus criteria
Recreation	Golf 3x per week minimum	Visit 50th country	Complete course in Event Management	Climb Mt Kilimanjaro	Golf handicap to 0	Conversational Spanish	Weekly paddle game
Wealth	Net worth: £5.5m	Net worth: £3m	Net worth: £1m	First investment property	Buy first house	Accounts to £100,000+	Invest £5,000
Reward	Antarctica Cruise	Safari in Botswana	Tickets to the Masters	Month-long family holiday	Join Private Golf Club	Anniversary in South America	Collectable whisky

The End Game Map & 2050 Framework



Directed Obsession

Obsession + Failure + Time = Transformation

Directed obsession is not chaos—it is focus with intent.

Healthy obsession is:

- Fuelled by passion
- Anchored to strengths
- Sharpened by feedback.

When directed properly, obsession separates those who drift from those who build something meaningful.

Failure, Struggle & Reinvention

Failure is treated in this book as:

- Data, not identity
- A signal, not a verdict
- A requirement for meaningful growth.

Progress accelerates when failure is processed quickly, lessons are extracted, and emotional weight is released.

Appendix M

Letting Go & Identity Release

Letting go happens in layers:

- Expectations
- Attachments
- Resistance
- Ego

This process clears space for clarity, alignment and authenticity—and is often the turning point between chasing success and living it.

Wealth Beyond Money

True wealth extends beyond finances and includes:

- Health
- Relationships
- Time
- Meaning
- Experiences
- Contribution.

Money supports these—it does not replace them.

Legacy & Contribution

Legacy is not reputation. It is the quiet echo of how you lived.

Contribution is:

- A daily behaviour, not a future act
- Something practised long before it is recognised
- The natural by-product of a life lived with intention.

Appendix P

Your Version of Success

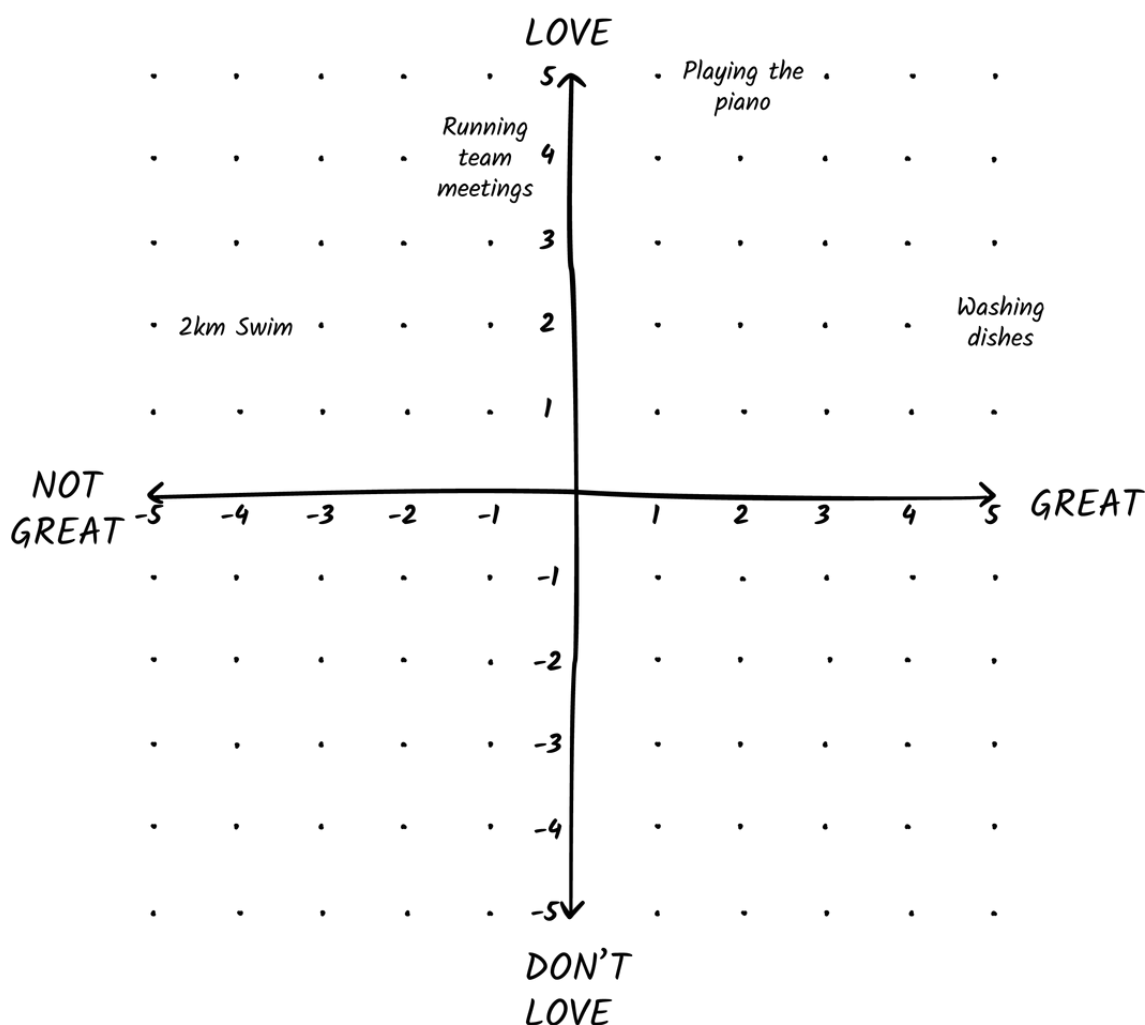
The final appendix brings the book together.

Success is defined by:

- Who you spend time with
- How you use your days
- Where and how you live
- What you build, protect and pass on.

This book exists to help you define that—and live it.

WEEKLY TASKS



The number one regret of the dying is wishing they'd had the courage to live a life true to themselves. The POPS Framework laid out in this book exists as a practical guide to removing regret.



To find out more, visit rorydixon.com
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