



Redesign Your Life

Part 1 The Life Design Guide

Designing the life you want
to live now

Redesign Your Life



Welcome!

If you have found yourself asking “Is this it?” or you are living a version of your life that you have outgrown, or at a pace that is not sustainable, you are in the right place!

Redesign Your Life is a five-part system. You can work through the different parts and sections as suggested below or take your own time. Ideally, you read the section and give yourself some time to think about it. Often, ideas will come as you move through your day, go for a walk, garden, or shower!

- Part 1: The Life Design Guide
 - Week 1 - The Slow-Down Permission Slip (reading)
 - Week 1 - The Life Inventory Audit
 - Week 2 - The Gap Map
 - Week 3 - Values Clarity
 - Week 4 - The Values and Life Inventory Audit Cross-check
 - Week 5 - Enough Statements
 - Week 5 - Your Three Non-negotiable Changes
- Part 2: The Calm Home Blueprint (at your own pace)
- Part 3: The Slow Rhythms Toolkit (at your own pace)
- Part 4: Decision Guide (reading, Week 6)
- Part 5: Personal Exercise and Wrap Up (Week 7)

It is easy to start a package like this one, but much harder to stay motivated, and I really want you to succeed in this important life journey! Schedule an hour or two of you-time into your calendar each week now so you can read and do the exercises! Sit in a comfortable spot and make it an enjoyable ritual, perhaps with tea for one or by burning a candle. Take it in slow, manageable steps. Move through each section, reflect on it, and return as needed later in the week. Build and implement your actions, and once you have worked through the guide, you can reuse it, because if there is one thing guaranteed in life, it is that it changes! And you will continue to grow :)

You have permission to live a more intentional life. One that makes you genuinely happy. Are you ready to find out what that looks like for you?

Let's get stuck in...



Part 1 The Life Design Guide

Living the Life You Want

Part 1 - The Life Design Guide



The Life Design Guide is a structured audit of where you are and a clear map to where you want to be. It has five sections:

- Section 1: The Slow-Down Permission Slip (Week 1)
- Section 2: The Life Inventory Audit (Week 1)
- Section 3: The Gap Map (Week 2)
- Section 4: Values Clarity (Week 3)
- Section 5: The Values and Life Inventory Audit Cross-check (Week 4)
- Section 5: Enough Statements (Week 5)
- Section 6: Your Three Non-Negotiable Changes (Week 5)

This guide is not a self-help book or a productivity system. It is not a promise that if you follow twelve steps, you will become calmer, more organised, and better at meal prepping. It is something gentler and more useful than that.

It is an invitation to look honestly at the life you have built, to understand what is working and what is costing you more than you realised, and to make some deliberate and honest choices about how you want to live from here.

You may be in a position where your earlier life, the proving yourself, the career building, raising children, and keeping all the plates spinning, begins to loosen.

You may be asking yourself... “What do I actually want now?”

Often, it is seeking a calmer way of living, a feeling of being more grounded, more real, more the ‘me’ you may feel you lost somewhere along the way.

“What do I actually want?” is not about what you *should* want. It is about what you actually, genuinely want for yourself.

This guide will help you answer that question by asking you the right questions and giving you a space to contemplate your own responses. It may not always be comfortable, but it will be worth it, and your future self will thank you for it! Let’s go!

The Life Design Guide



Section 1 - The Slow-Down Permission Slip

There's nothing you need to do with this except read it and make a commitment to yourself. You may find it's worth reading more than once. You can sign it or just take it in before you start the rest of the sections.

Turn the page to read...

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You have permission to stop performing

You have permission to stop performing a version of your life that you have outgrown, or that is not sustainable at its current pace.

You have permission to live a slower, more intentional life. It is okay to have fewer commitments, fewer obligations, and fewer evenings spent doing things you don't truly want to do.

You have permission to design a life you actually like

Not a life that looks good on paper or that other people describe as admirable. A life that feels like yours.

A life in which you wake most mornings with a sense of genuine happiness. A life with enough space to breathe, enough quiet to hear yourself think, and enough joy to remember that you are a person, not just a function.

This is not selfish. It is important and necessary

The people who love you benefit when you stop running on empty.

You cannot pour from an empty cup. You may have heard that, and you may have said it to others. It is time to say it to yourself now, mean it, and let it change something.

You have permission to stop proving yourself

You have done enough. You are enough and always have been. You were enough before you achieved anything, and you will still be enough when you eventually stop striving quite so hard.

Continued over the page...

The Life Design Guide



You have permission to find the pace that fits your actual life

You are allowed to want that, and you are allowed to build it. And you are allowed, starting now, to stop doing the things that make it impossible.

This is not selfish. It is important and necessary

It is not about the life you had ten years ago. Not about the life that looks most impressive from the outside. It is about the life you are living now, in this body, at this moment, with these priorities. That life deserves a rhythm that supports it.

You have permission to let your children, your partner, your friends, and your colleagues solve some of their own problems without your immediate assistance.

You have permission to say no without providing a detailed explanation, to protect your time without apologising for it, and to change your mind without feeling the need to justify yourself. You have permission to be quieter. To stop volunteering for things you resent and start saying yes to things you genuinely care about now.

I give myself full permission to redesign my life:

Sign your name as a declaration that you have read and understood this and, from this point on, are choosing to take it seriously.

The Life Design Guide



Section 2 - The Life Inventory Audit

Before you can redesign your life, you need to see it clearly. Not the version you present to others, or the version you would like it to be, but the actual shape of your life as it is right now.

This section takes you through eight areas of life. For each one, you will find a short framing, followed by a series of questions, followed by space to write. The questions are designed to help you move beyond surface-level answers and find the honest ones.

Take your time. You are taking stock of your own life, and that is one of the most courageous and practical things you can do.

On a practical note, you may want to use your own notebook to work your way through the Life Design Guide. Use one that makes you feel happy each time you use it!

Turn the page to get started...

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Area 1 - Your Health

This area is not just whether you are ill or well, but how your body actually feels to live in.

It is about how much energy you genuinely have. It is about what you are eating and whether it is serving you, how you are sleeping, and what you are tolerating in your physical life that you have stopped noticing.

Questions:

1. On a scale of 1 to 10, how would you honestly rate your physical energy on a typical day? _____
2. What drains your physical energy most? Consider sleep, food, alcohol, screen time, lack of movement, stress, etc.

3. What is one thing your body has been asking for that you have been ignoring or postponing? _____
4. Is there anything about your health that you have been avoiding looking at properly?

5. What health appointments are overdue?

6. What are the things you think you should stop or start doing for your physical wellbeing?

7. What does feeling well actually feel like for you? When did you last feel it?

Your honest picture of your health right now:

The Life Design Guide



Area 2 - Your Relationships

This section includes the full picture: partner/spouse, children, friends, family, colleagues. Who energises you and who drains you? Where do you give more than you receive, and where have you stopped being honest to keep the peace?

Questions

1. Which relationships in your life currently feel genuinely nourishing?

2. Which relationships feel draining, obligatory, or one-sided?

3. Is there a relationship you have been tolerating that you know, deep-down, needs to change?

4. Where in your relationships are you performing a version of yourself rather than being yourself?

5. What would your closest relationships look like if they were built around your needs as well as everyone else's?

Your honest picture of your relationships right now:

The Life Design Guide



Area 3 - Work and Purpose

Whether you work for a salary, run your own business, are a full-time carer, are between things, or are in the process of figuring out what comes next, this area covers how you spend your productive time and whether it gives you meaning.

Questions

1. Does your work feel meaningful to you? If yes, what makes it meaningful? If no, what is missing?

2. Are you working at a pace and in a way that is sustainable long-term, or are you running on empty?

3. What would you do with your time and energy if money were not a constraint?

4. What would an ideal typical weekday look like if you could live it exactly the way you want?

5. Is there something you are called to do, create, or contribute that you have been putting off?

6. What does enough look like in terms of work, output, achievement, and contribution?

Turn the page...

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8. What are the top 6 things you'd like in a job. Think about who you are working with, what you are doing, your work environment, hours, home/office/hybrid, where etc.

Your honest picture of your work and purpose right now:

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Area 4 - Finances

Money is one of the areas women most often avoid looking at clearly, possibly because it is too stressful or perhaps because there hasn't been a need to worry about it in a double-income household. But things change, so a clear financial vision is not greed. It is self-respect.

Questions

1. Do you have a clear, honest picture of your financial situation right now? Would you feel more comfortable if you reviewed your current income and spending? Would you feel more secure if you had a budget?

2. Is money a source of stress, security, or something you simply try not to think about?

3. Are your spending habits aligned with what you actually value, or are you spending on things that do not really serve you?

4. What financial changes, however small, would give you the greatest sense of security or freedom?

5. What does financial enough look like for you — not for anyone else, but genuinely for you?

Your honest picture of your finances right now:

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Area 5 - Home Environment

Your home is not just a backdrop to your life. It is an active part of how you feel every day. A home that is cluttered, disorganised, or designed for a version of your life you have outgrown quietly drains your energy, often without you realising it.

Questions

1. When you walk through your front door, how do you feel? Calm? Overwhelmed? Indifferent?

2. Which spaces in your home feel good to be in? Which feel heavy or stressful?

3. Is your home still set up for a previous version of your life? A busier household, a different chapter?

4. What is one thing in your home that you walk past every day and feel vaguely bad or annoyed about?

5. What would your home feel like if it truly supported the life you want to live now?

6. What would your home look like if it truly supported the life you want to live now? What would you change to get there?

Your honest picture of your home environment right now:

The Life Design Guide



Area 6 - Daily Rhythms

This section is about how your days are actually structured. When you wake, what do you do first? How do you move through the hours? How do you end the day? Your daily rhythms are the small, repeated patterns that add up to your life.

Questions

1. Describe your average day honestly. What is the first thing you do? What carries you through? How do you feel by evening?

2. Which parts of your daily rhythm feel nourishing? Do you have any special morning, daytime, or evening routines?

3. Which parts feel automatic, chaotic, or like they don't belong in your life?

4. When during your day do you feel most like yourself?

5. What one change to your daily rhythm would make the most difference to how you feel?

Your honest picture of your daily rhythms right now:

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Area 7 - Joy, Play, and Creativity

This is an area that you may have quietly sacrificed. Not all at once, but in the small decisions to be responsible instead of playful, productive instead of absorbed, useful instead of creative. This section asks you to look honestly at whether your life currently contains anything that you do purely because it brings joy, and if not, what that is costing you.

Questions

1. What did you love doing as a child or younger woman that you no longer do?

2. When did you last feel genuinely absorbed in something, in the flow, losing track of time?

3. What creative impulse have you been ignoring, postponing, or telling yourself you are not talented enough for?

4. Do you have anything in your life that is purely for pleasure, with no productive justification?

5. What would you do with a free afternoon if you gave yourself genuine permission?

Your honest picture of the things that spark joy, play and creativity in your life right now:

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Area 8 - Inner Life and Meaning

This is the area most women are least accustomed to examining directly, because it can feel too personal or uncertain. But the question of what you believe, what gives your life meaning beyond what you do and produce, and whether you have any relationship with stillness, mystery, or something larger than yourself is not a small question. For many women, especially in midlife, it becomes one of the most pressing questions of all.

Questions

1. Do you have a sense of what you believe about life, about meaning, about what matters beyond the daily and the practical?

2. Is there a spiritual or contemplative dimension to your life, however you define that? If not, do you miss it?

3. What gives your life meaning that has nothing to do with achievement or usefulness?

4. Do you have practices of stillness, reflection, or inner quiet? Do you want them?

5. Do you feel called toward anything that has no obvious practical justification?

Your honest picture of your inner life and the things that give meaning right now:

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Section 3 - The Gap Map

You have just done something most people never do. You have looked honestly at your life across eight dimensions, without flinching from the parts that are not working. That takes courage. Well done!

Now we are going to make the gaps visible. The gaps between where you are and where you want to be.

For each of the eight life areas, write down where you want to be in the tables on the next pages or in your notebook. Keep your answers specific. For example, not "I want to be happier" but "I want to have one evening a week that is entirely my own." Not "I want better relationships" but "I want to do something once a week to connect with my partner."

Concrete and specific is more useful than vague and aspirational. You can act on specific. You cannot act on vague. **Try to list three items in each category.** Pop back to your answers and reflections in the previous section to guide you.

Turn the page to get started...

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Section 3 - The Gap Map

Use your notebook if you need more room!

Area	Where I want to be
Health	
Relationships	
Work & Purpose	
Finances	



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Section 3 - The Gap Map

Use your notebook if you need more room!

Area	Where I want to be
Home Environment	
Daily Rhythms	
Joy, Play & Creativity	
Inner Life & Meaning	

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Section 4 - Values Clarity

You have done significant work in Sections 1 and 2. You have honestly looked at your life and mapped out where you are and where you want to be.

In this section, we will look at what you genuinely value right now and whether the life you are living is reflecting that honestly.

Take your time, perhaps a week. Let the questions resonate. The most useful answers are often the ones that arrive a day or two after you first read the question, not the ones you write immediately.

Values Excavation Exercise

In this section, we will look at your values. Most values exercises give you a list of words, like integrity, family, freedom, creativity, security, and ask you to find your top five. That approach is not useless, and you may well find words that describe some of your values, but it is limited because the words we choose from a list are often the words we think we should choose rather than the words that are true.

This section takes a different approach. Instead of choosing from a list, you will excavate your values from your own experience. Your history already contains everything you need to know about what you actually value. The questions are designed to help you find it.

Answer honestly and in detail, and write as the person you are. Use your notebook if you need more room.

Turn the page to start...

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Section 4 - Values Clarity

Values Excavation Exercise

When did you last feel genuinely at peace? Not happy in a superficial way. Genuinely, quietly, restfully at peace. Where were you? What were you doing? Who, if anyone, was with you? What was present in that moment that is not always present in your life?

What have you sacrificed that you are still quietly grieving? Not with bitterness, necessarily. Just with the ache of something you have given up that mattered. Maybe a version of yourself. A creative life. A relationship. A direction you did not take. What was it? Why did it matter? What does its absence tell you about what you value?

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Section 4 - Values Clarity

Values Excavation Exercise

When have you felt most fully yourself? Not performing or playing a role. Just completely, without effort, yourself. What were the conditions? What was absent that is usually present?

What do you defend fiercely, even when others do not understand? The choices you make that attract raised eyebrows. The things you refuse to compromise on, even when compromise would be easier. The aspects of your life that you protect regardless of social pressure. What are they? Why do they matter so much?

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Section 4 - Values Clarity

Values Excavation Exercise

What makes you quietly furious? Not the obvious injustices, though those matter too. The specific things in your own life, in the lives of people you know, and in the culture around you, that produce in you a particular anger. Anger is often a signpost to values. What your anger points at is worth knowing.

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How do you spend time when it is entirely yours?

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Don't Exercise

Values Excavation Exercise

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on Exercise

Values Excavation Exercise

Read back slowly through what you have written. Now look for the patterns. Certain things may appear more than once, in different forms. Maybe a recurring need for quiet, or a grief about creativity that has lapsed. Perhaps a fierce protection of certain relationships, a need to continue learning, valuing your physical wellbeing, prioritising sleep, or caring for others whilst still letting them be for your own peace of mind.

These patterns are your values. The things that keep appearing in your own honest account of your own life. Go back and circle or highlight them, and write them as short statements (or yes, feel free to use one word if that explains a value fully) below. Be specific; for example, don't write "creativity" if what you mean is "making something with my hands." Don't write "freedom" if what you actually mean is "the ability to be alone without having to explain it."

It is likely you will return to this and update what you value!

The values I can see in my answers are:

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Values Excavation Exercise

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Section 5 - The Values and Life Audit Cross Check

In Section 1, you completed an honest audit of eight life areas. Now you are going to bring that together with what you have just discovered about your values.

The Cross-Reference Exercise

For each of your identified values, look at each of the eight life areas from Part One and ask: “Is this value being honoured here, or is it being compromised?”

A value is being **honoured** when the choices and conditions in that area are consistent with it. When what you do and how you live in that area reflects what matters to you.

A value is being **compromised** when the choices and conditions in that area work against it. When you are living in a way that contradicts something that genuinely matters to you, often without having named that contradiction until now.

Use the grid on the next page. Write a summary of each of your values statements in the left column, then mark each life area as **Honoured, Compromised, Mixed, or NA if it really does not apply to a specific area of your life.**

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Section 5 - The Values and Life Audit Cross Check

Values	Health	Relation- ships	Work and Purpose	Finance

Write a summary of each of your values in the left column, then mark each life area as Honored, Compromised, Mixed, or NA.

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Section 5 - The Values and Life Audit Cross Check

Values	Home	Daily Rhythms	Joy, Play & Creativity	Inner Life & Meaning

Write each of your values in the left column, then mark each life area as Honoured, Compromised, Mixed, or NA.

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Section 5 - The Values and Life Cross Check

When you have completed the grid, look at the pattern. Where are your values consistently honoured? Where are they consistently compromised? Which single cell, one value in one life area, shows the most significant misalignment?

What the cross-reference revealed:

The misalignment that surprised me most:

The alignment I had not fully expected:

The places where your values are being compromised are the places where the structure of your life has not yet caught up with who you actually are. The work of redesigning your life is to begin closing that gap.

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Section 6 - Enough Statements

This is an important exercise in Redesign Your Life. You will be using all the work you have done so far to write an Enough Statement for each area of your life.

We live in a culture that is deeply uncomfortable with the word 'enough'. Enough implies stopping and settling. Enough implies that you have decided you do not want more, and in a world that runs on wanting more, that can feel like giving up.

It is not giving up. It is one of the most radical and liberating things you can do.

Enough is not the same as the minimum or just surviving. Enough is the specific, personal, completely your answer to the question: **At what point would I feel that this area of my life is genuinely, satisfyingly, restfully fine?**

Not perfect or enviable. Just genuinely, honestly, for-you fine.

Have your Life Audit and Values exercises handy as you complete this section. Write in the first person and be as specific as you can. These statements will become your compass throughout the rest of this programme and in the decisions you make going forward.

Turn the page to start...

The Life Design Guide



Section 6 - Enough Statements

Area	What 'enough' looks like for me
Enough for me in Finances looks like:	
Enough for me in my Home Environment looks like:	
Enough for me in Work & Purpose looks like:	

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Section 6 - Enough Statements

Area	What 'enough' looks like for me
Enough for me in health looks like:	
Enough for me in relationships looks like:	
Enough for me in Work & Purpose looks like:	

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Section 6 - Enough Statements

Area	What 'enough' looks like for me
Enough for me in Daily Rhythms looks like:	
Enough for me in Joy, Play, and Creativity looks like:	
Enough for me in Inner Life and Meaning looks like:	

When you have completed all eight statements, read them back. This is the map of a life that would feel genuinely good to live in. Notice how it feels, what it asks of you and what it asks you to let go of and how it aligns with your values. Keep these pages. You will come back to them.

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Section 7 - Your Three Non-Negotiable Changes

The Gap Map showed you where you want to go. The Enough Statements showed you what good looks like when you get there. This section asks you to do something harder: choose.

In an ideal world, you would redesign everything at once. You would fix your health, simplify your home, repair your relationships, sort your finances, and build a new daily rhythm, all in the same month. In reality, trying to change everything at once is one of the most reliable ways to change nothing.

This is not a reason to be discouraged. It is a reason to be strategic.

From everything you have written so far, three things may be emerging as the most important. The three things that, if you attended to nothing else in the next twelve months, would shift the quality of your life most significantly. They might be the three areas with the biggest gap. Or the three that appeared most often in your answers. Or simply the three that your gut is pointing at.

Turn the page to write down your three Non-negotiable Changes...

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Section 7 - Your Three Non-Negotiable Changes

My three Non-negotiable Changes for my redesigned life are:

Non-negotiable Change 1

What specifically needs to change?

What concrete actions do I need to take to change this?

What one concrete action will I take this week to get started?

What might get in the way, and how will I handle it?

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Section 7 - Your Three Non-Negotiable Changes

Non-negotiable Change 2

What specifically needs to change?

What concrete actions do I need to take to change this?

What one concrete action will I take this week to get started?

What might get in the way, and how will I handle it?

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Section 7 - Your Three Non-Negotiable Changes

Non-negotiable Change 3

What specifically needs to change?

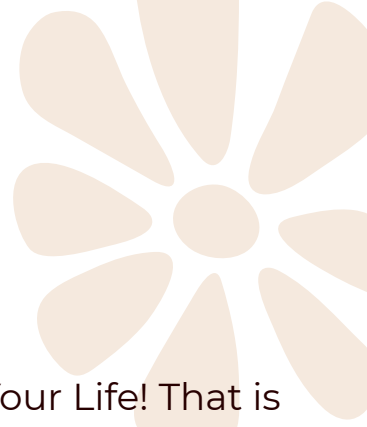
What concrete actions do I need to take to change this?

What one concrete action will I take this week to get started?

What might get in the way, and how will I handle it?

Return to this section weekly to add a next action to achieve your goal, or at any time to add a whole new Non-negotiable Change that you want to implement! Redesigning your life is not about doing it once and then being done. It is about making small, sustainable steps to make your life better, today and tomorrow. It is also about making *this moment* about how you want to live, because ultimately that is where the rubber hits the road.

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What Comes Next

Congratulations, you have completed Part One of Redesign Your Life! That is big. Most people who buy guides like this read the introduction and set them aside. You stayed with the questions and wrote your honest answers, which means you already know things about your life that you did not know as clearly before. It also means you are motivated to make change!

Part 1 has given you three specific areas of your life where you want to make changes, along with actions to achieve them. Implement your weekly change, write down what you will do next week, and with these small steps you will be surprised at how quickly your life can change. I am excited about what lies ahead for you! When you are 'done' with one of your Non-negotiable Changes, remember to replace it with another :)

Before you take any action, do one more thing. Go back to your Enough Statements, read them again, and take them in. These six paragraphs are particularly useful. They tell you where you are going.

Next, you get to choose:

Part 2 is The Calm Home Blueprint. It takes everything you have identified about your home environment and turns it into a practical, room-by-room plan for creating a physical space that supports the life you are designing. If your home appeared in your non-negotiables, go there next. If another area calls you, go there.

Part 3 is the Slow Rhythms Toolkit. This part is about how you move through your days and weeks in a way that restores you rather than depletes you!

Part 4 provides a Decision Filter for medium-sized decisions.

Part 5 consists of a final, important, personal exercise, wraps up the Redesign Your Life programme, and has some bonus reading. Leave this section until last.

See you in the next part!