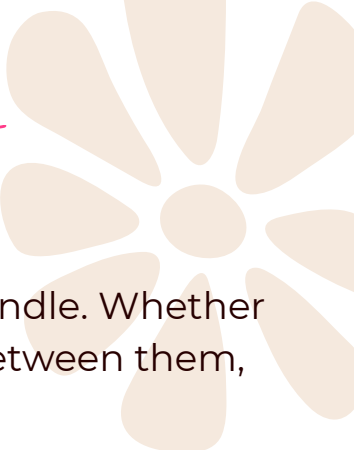




Part 5 Final Exercise and Wrap Up

ELEVATED LIVING

Redesign your Life Part 5



Welcome to Part 5, the final part of the Re-design Your Life bundle. Whether you have worked through each part in order or have moved between them, wonderful work getting this far!

Part 5 contains one important final exercise: A letter to your future self. Writing about a vivid future can positively impact your well-being and mental health, and it can kickstart change.

And, as a wrap-up, I have pulled together some additional reading for you about the positive side of stress, and happiness.

Read on...

A letter to your future self



Section 1 - A Letter to Your Future Self

This is a powerful exercise, and the one that is most tempting to skip because it feels vulnerable. Please, don't skip it. The Letter to Your Future Self is a guided writing exercise. You are going to write to yourself twelve months from now, describing, in the present tense, as if it is already true, the life you have designed.

It doesn't have to be the perfect life. It is simply the life you want to live, where you feel comfortable in your own skin, wake up looking forward to the day, and know you're living in a way that feels right to you. A life where your values shape how you spend your time, your home feels like a place you belong, your days have a rhythm that supports you, you are inspired and stimulated, and you're surrounded by people who bring out the best in you.

Write it as a letter. Begin with: *Dear [your name], it is [month and year that are twelve months from now], and...* Then describe what is true. Make the letter as long as you need to. You can use the prompts below to guide you if you need them, but don't feel bound by them. Let your pen take you on the journey.

Letter Prompts

Use as many or as few of these as feel useful:

- What does your typical morning look like?
- How does your home feel when you walk through the door? What does it look like?
- What have you stopped doing that you used to do out of obligation?
- What have you started doing that is genuinely yours?
- What do your relationships look like?
- What does your body feel like to live in?
- What decision are you glad you made in the last year?
- What did you let go of that you thought you could not?
- What surprised you most about the year?
- What are you most proud of? Maybe an achievement or a way of being?
- What activities, hobbies and work are you enjoying?
- How do you feel, most days, mentally and emotionally?

A letter to your future self



Section 1 - A Letter to Your Future Self

Your Letter

Dear _____ it is _____ and _____

Handwriting practice lines for the letter content.

A letter to your future self



Section 1 - A Letter to Your Future Self

Your Letter

Lined area for writing the letter.

A letter to your future self



Section 1 - A Letter to Your Future Self

Your Letter

Lined area for writing the letter.

A letter to your future self



Section 1 - A Letter to Your Future Self & Wrap Up

When you have finished, read your letter back slowly. How does it feel?

Keep this letter somewhere safe. You can seal it and open it again in 12 months.

Or, keep it somewhere you can easily find it when life feels busy, or you lose sight of what you are working towards. It can remind you of the life you are choosing, the values you want to live by, and the person you are becoming as you create the specific life you want.

Wrap Up

Thank you so much for picking up the Redesign Your Life package! I am passionate about inspiring women to live stimulating yet calm, balanced, healthy, and happy lives, and I am glad you are on the way to working out what this looks like for you.

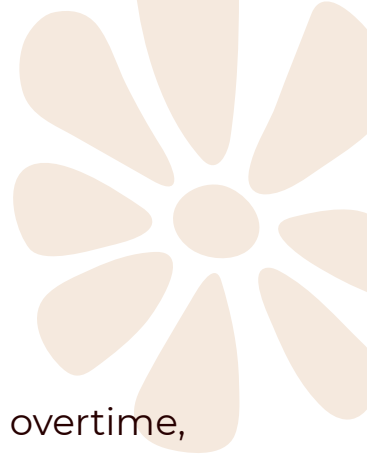
You have permission to live your best life now and into the future, and small, intentional steps can have immediate and long-term effects. Remember, life does not travel in a straight line and that is OK. Go with its ebbs and flows and know that you can pick up your plans and rhythms again at any time.

You are warmly invited to stay in touch on our [Women Helping Women Facebook community](#) and keep abreast of updates and news by following the [Elevated Living Pinterest](#) page.

Go well.

With love, Inge x

Bonus section



Section 2 - A word about stress

For most of us, 'stress' is synonymous with our brains working overtime, endless thoughts we can't control, a life that is too busy, feeling overwhelmed, and situations we worry about that we have little or no control over. Being stressed is not a great feeling, and in the long term it can significantly affect mental and physical wellbeing.

However, stress itself is not necessarily 'bad'. There is good and bad stress. The latter, as outlined above, can lead to negative health effects and is often the result of pressures without recovery in between.

Good stress, known as eustress, can benefit your mental and physical wellbeing. Examples include preparing for an exam, setting goals, or feeling excited. These experiences can foster personal growth and resilience and make life interesting and stimulating.

Creating a calm life is one thing, but being bored with no stimulation is not what we should aspire to. Stress is a part of being alive. It helps keep us safe, adapt, and grow. Without it, we probably wouldn't take new opportunities or do much at all. In small bursts, the hormones stress releases, such as cortisol and adrenaline, can give you energy. Just be careful that it doesn't tip into bad stress, which can lead to exhaustion and burnout, especially if it is sustained for a long period of time. If you recognise this, stop, rest, and get help. Do not try to push through, do just one more thing, write one more email after hours, or tend to everyone but yourself.

Finding the balance between calm and positive stress is the goal. Recognising where your stress lives is key, as is resting when the balance leans towards the negative. Find the place where stress motivates and energises you.

Bonus section



Section 2 - Ten things towards happiness

1. Use the circle of control – if you have control over something; you can take action. If someone else has control over the situation, talk to them, ask for their support, and allow them to help. If the situation is beyond your control, try to set it aside.
2. Social connection is a proven factor in creating happiness – schedule regular time with those who uplift you!
3. Happiness is different for everyone – do the things (which may be very small, everyday things) that bring you joy or give you a feeling of peace or contentment.
4. Gratitude increases positive emotions – write down what you are grateful for in a journal, talk about it with others, or simply recite it in your head as you go to sleep. It is a lovely way to end the day.
5. Remove something negative that regularly increases bad stress, or add a ritual, routine or habit that will reduce it.
6. Move, every day!
7. Make sleep a priority – a calming habit or ritual before bed will help.
8. Eat nutritious foods, most of the time. Enjoy some treats.
9. Understand cognitive behavioural therapy – what you think will affect how you feel and act. You, and only you, can change your thinking – pull yourself out of negative thoughts with simple mindfulness exercises, breathing, moving, creating, singing, dancing, baking, cooking, or any other activity you can fully immerse yourself in:
10. Get in the flow – You may have experienced doing an activity when time seems to disappear, and you are fully immersed in what you are doing. You'll feel a sense of full involvement and joy, and you certainly won't be thinking about the things you should be doing next. What skills and passions would you like to explore or return to?
11. Bonus 1 – Learn something new, something you have always wanted to try.
12. Bonus 2 – Get in touch with nature every day!
13. Bonus 3 - Smile, laugh - even fake versions increase your happy hormones.