



## How to Craft Your Perfect Life Elements

### Introduction

*In this program, you identify the 25 elements of your perfect life.  
These elements typically include several of each of the following types of items:*

- People and how they treat you.
- Possessions which are perfect.
- Personal/character traits that you have.
- Unique /special skills and talents that you have and love.
  - Special events or adventures.
- Elements of your home or other environments.
  - Special routines and care rituals.
  - Easier ways to live and enjoy life.
- Lifestyle improvements and components.
  - Feelings and experiences.

### Please note...

*Your perfect life elements are not a laundry list of to do's or long standing goals.*

*Rather, your list would include items, big or small,  
which are particularly meaningful and naturally motivating for you.*

*Thus, do not include the following types of elements:*

- Things you should do or have to do
- Pipedreams (enjoy the possible instead)
  - Recycled goals (let them go!)
- Conditional situations (which depend on others to come true)
- Elements that will require more than 2 years to reach



### **Step 1.**

**Start by listing who and what is already perfect in your life.**

*Examples:*

- *The way my wife Karen listens to me*
  - *My Flou (a type of) bed*
- *How much I love my kids, regardless*
  - *My annual adventure vacations*
  - *My talent to distinguish colors*
    - *My purple couch.*
- *My unwavering personal integrity*

### **Step 2.**

**Then, ask yourself**

**“What else would be a key element of my perfect life?”**

*Examples:*

- *An absence of worry about money*
  - *A totally flexible daily routine*
- *Ample energy throughout the day*
  - *An outlet for my creativity*
- *Fitting easily into my black Donna Karan dress*
- *Sunlight on regular basis, even in winter*
  - *A loving puppy*
  - *Owning my own business*
- *A coach who would challenge me*
- *Waking up happy every single day*

### **Step 3. Have fun with the program**

*Suggestions:*

- *Share your perfect life list with people who will play with you*
  - *Work with a coach trained in this program*
    - *Set time goals for each element*
  - *Let go of elements that are just not going to happen*
- *Continually experiment until you find the perfect 25 elements*