

Create Your Perfect Lifestyle
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I've been asked, "Why on earth did you call your coaching business, *Create Your Perfect Lifestyle*? Don't you know that perfect is out of reach, unattainable? Realistically, there is no such thing." And I answer, with a smile, "Aren't you glad I didn't name it *The Happiness Coach*?" Now I knew that might be considered a bit Pollyannaish and I do want to sound credible.

Today, I'm rubbing my hands together with glee, so writing is one thing I know makes me happy. I want you to go for perfection in your life, easily, without stressful striving. That's why I call my business, *Create Your Perfect Lifestyle*. I like my business name; it inspires me, makes me smile and keeps me focused.

I really do think each of us can attain our own definition of happiness, which to me is the perfect lifestyle, the ultimate goal of my business. And since we are all different, not one of us will define happiness in the same way. And if you pride yourself as a logical person, keep in mind that our forefathers thought the pursuit of Happiness was more important than property when writing the unalienable rights in the Declaration of Independence. It's a perfectly sane, obtainable goal.

I am reminded of my grandmother saying to me as a child, "It says in the Bible, Be Ye Perfect, thus we must be able to be perfect." So like many I strove to be more perfect and felt incredible guilt for falling short in my young eyes. I really was quite fun loving and adventurous, which seemed quite imperfect to me. Striving for accomplishment came later. Hard work was what perfection was all about and I discounted any goals that came easily. Today, I smile, thinking perhaps my best trait is my fun-loving, curious nature; my best talents flow easily from that nature and my perfect lifestyle is when I use those talents.

What is your perfect lifestyle? Simple: the one that makes you happiest, makes you smile. Usually our bodies will tell us when we're off track, but we have to stop and listen to them. When we say we're the most stressed, we really are off-kilter. It's better to be aligned, our body, mind and soul on the same plane to have a perfect lifestyle. At those times we are being our best authentic selves. We're not in alignment when:

- We use only logic to make decisions. We frown, tense up muscles, when we discount our total selves. Do you know some people who bought a house that they hated to live in, but it made the best money sense?
- We hate to go to work. Our body tells us through lack of energy, crankiness and illnesses.
- We live only in the past or yearn for a better future.
- We listen only to our feelings, which can be quite flighty.

Try this decision making exercise. Find a penny or quarter and a piece of paper and a pencil or pen. Now think about a decision you need to make and write it at the top of the paper. Underneath the decision make two columns: PROS and CONS. List every possible pro and con. Now make a decision based on the best logic and circle it. Next, toss a coin in the air, with heads signifying yes to the decision and tails, no. Notice when you view the results, which one, heads or tails makes you smile or sigh, frown. Now go back to the PROS and CONS list. Which decision, regardless of length makes you smile or frown? Choose the decision that makes you smile in both exercises and you will be on your way to creating your best lifestyle. You have now used data from both your mind and body to create a better lifestyle choice.

For the best lifestyle, yes, the perfect one for you, incorporate the following:

- Love, laughter and play in your relationships
- Work that gives you passionate purpose and utilizes talents you like to use
- Focus on the present