

9 Steps to a Designed Life

Are you one of the millions of who is dissatisfied in your life? Do you run day-to-day on autopilot? Have you settled for “good enough”? Are risks just too risky? Are you living in a coma and don't even know it? If you answered yes to any of these questions, then you are living by default and not By Design!

This book will help you discover your core priority that extends beyond your career and material success—a priority that revolves your identity, your self-worth, your relationships, and your health. It is time to emerge from your coma, embrace renewed vitality, and approach Life By Design!

In this dynamic hands-on guide, world-class thought leader and naturopathic physician Dr Sundardas D Annamalay reveals the secrets to achievement at work and at home, and how to create a greater balance between the two. This book will help you evaluate truly what matters, discard the unnecessary and implement a step by step sequence to achieving a meaningful and successful life. By becoming aware of what truly matters in your life, you will be better equipped to respond to uncertain times and to the challenges that crop up in your daily life.

Dr Sundardas' unique nine-step approach to Live By Design will help you emerge from complacency into action and accomplishment.

- 1) Decide on the essential priorities necessary for you to succeed in your job/business/ life your career, your intimate relationships, your finances, your physical body, your spirituality, your attitude about the world, and your intellectual self—and pinpoint the areas in which you want to improve.***
- 2) Identify the time/resources you have available - what resources you really have as opposed to the illusions.***
- 3) Identify what goals and targets you need to achieve - became crystal clear about what truly lights your fire.***
- 4) Identify what is irrelevant, intrusive and drains energy - all those habits, behaviours and people that drain your energy.***
- 5) Eliminate habits and behaviours and commitments that do not serve you - eliminate whatever does not serve you or helps to advance your movement towards your larger goals.***
- 6) Create firewalls to protect your boundaries and learn to say no to what doesn't serve you, learning to firmly protect your time, space and energy.***
- 7) Schedule your goals and targets you need to achieve to meet your priorities- being real about how you use your time.***
- 8) Ensure that you have the right habits in place to achieve your targets- ensuring that you are a creature of all the right habits.***
- 9) Execute your plan and course correct- implementing your decisions and fine-tuning as you go along.***

