

Marion Morley – Your Life Soul Coach

Igniting your passion, re-discovering your purpose and living your joy



LIVE YOUR JOY

“To be the best I can be in the life I have chosen, to be an inspiration to every person who becomes a part of my life. To be at peace with my inner self and have a true understanding of my life’s purpose so that I can travel this journey with truth and love, meet the challenges that are put before me and reach my life goals I have set myself. To follow my joy wherever that takes me, and to do what makes my heart sing.”

Marion Morley Life Vision Plan

“Let your joy be uncontained”

Mark Twain

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There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

Albert Einstein

Write the Script to your Life and Live your Joy

Many organisations have a vision statement. You see these in their literature and company information, setting out what the values of the company are, where they want the company to go and how they are going to get there.

So why not write a vision statement and plan for your life - setting out what you want to achieve, where you want to go with your life and how you are going to get there?

You may not be able to change everything that has happened in your past, but you can change your future by creating the life you want and deserve.

By creating and writing down your Life Vision Plan, your goals and dreams will be more real and achievable. Writing down your goals lends power and commitment to their achievement: by committing them to paper, you will be more likely to accomplish them.

Fill your plan with your passion and your purpose, what makes you do what you do. Remember this is your script and you are the author of your life.

The following exercises will help you find the direction you want your life to take. So that you can write your own Life Vision Plan and live the life that you want to live.

Exercise 1 - Enjoyment

What are the ten things you most enjoy doing? These are the things without which your life would be incomplete. For example: a weekly chat with your favourite relative; exercise class; night out with friends.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....

Exercise 2 - Fulfilment

What three things must you do every single day to feel complete?

1.....

2.....

3.....

Exercise 3 Values

Your values are the compass to your life guiding you in the direction that takes you closer to your destination of living the 'best' life you could possibly live. They guide your decisions, actions and behaviours. Your core values reflect who you are and represent your heart. They serve as the markers in your life, distinguishing who you are as a person, what matters most to you, what you stand for, and is your inner foundation and guidance to what feels right.

When your actions and words are aligned with your values, life is generally good and you will feel confident and satisfied. For example if one of your values is to be healthy then the actions you will be likely to take is to exercise and follow a healthy balanced diet. If however you are always eating un-healthy food and not taking care of yourself then your actions are not aligned to this value, and you are going to feel uncomfortable and unhappy.

When you make choices and take actions that are in line with your values you will experience greater peace and abundance.

To elicit your values start by asking yourself this question;

What is truly important to me in my life?

Make a list of your values as you answer the question. Try to make these single word answers, as an example one of your answers may be 'having a successful career' so success would be your value.

Below is a list of some values to help you build your list. Don't worry about the order of the list or how long it is just write it down.

Your list could look like this

- Love
- Health
- Wealth
- Comfort
- Fun
- Happiness
- Success
- Learning
- Peace
- Adventure
- Security
- Community
- Creativity
- Loyalty
- Independence
- Wisdom
- Family
- Respect
- Laughter
- Helping others/Service

The values on this list are suggestions and your list may look very different

Write your list here

Exercise 3 continued.....

The next step is to prioritise your list. This takes time and needs some thought. To identify your top five values, look down your list and give each one a ranking. Start by asking yourself which of these values is the most important to me? This will give you your number 1 value. Continue down the list until you have your top five.

If you have 2 values that you are trying to decide between - for example Learning or Peace - ask yourself *“what would I rather do read a book or meditate”*? This should help you to decide which is more important to you.

What are you top five values?

1.....

2.....

3.....

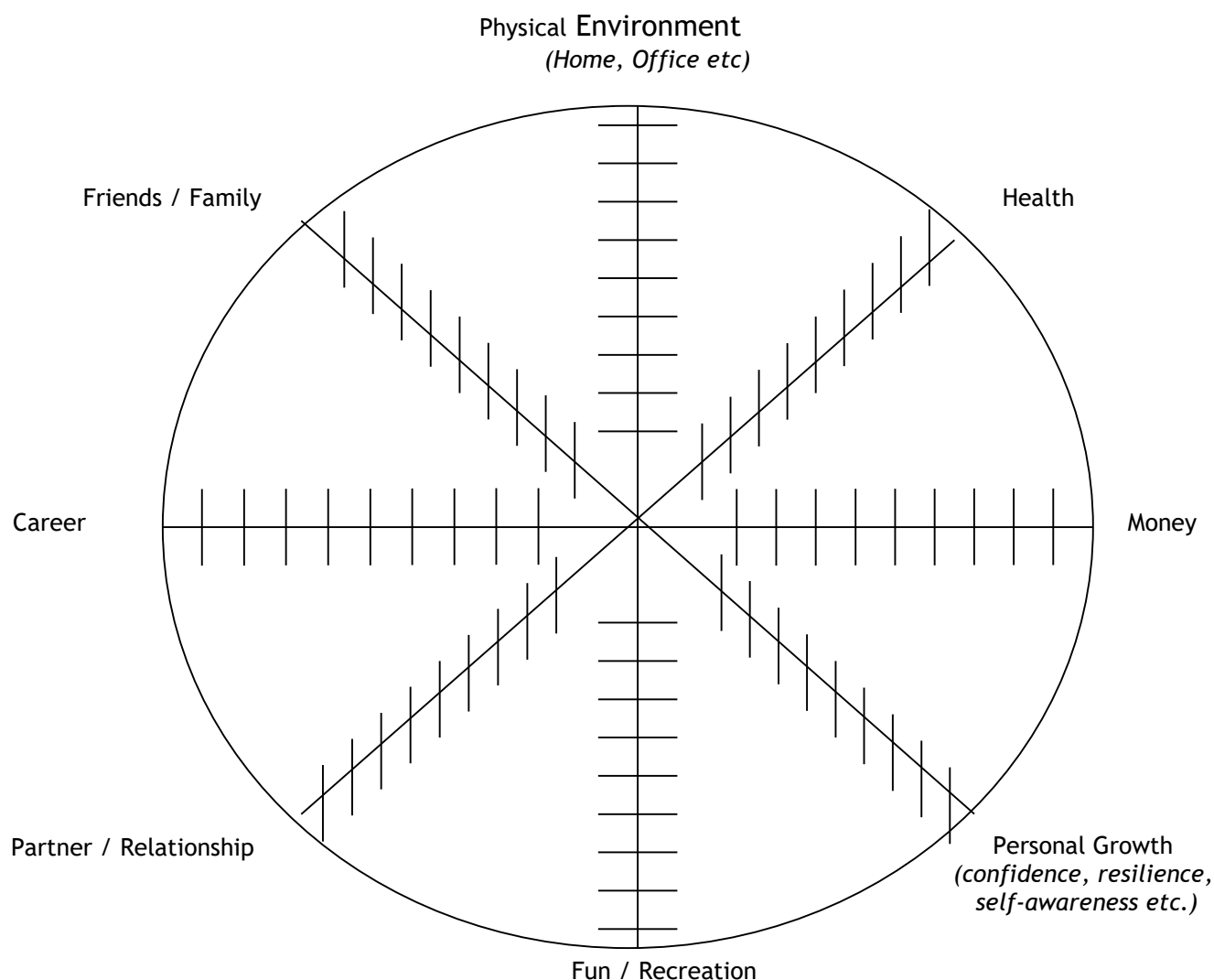
4.....

5.....

Exercise 4 - Where are you now in your life?

Wheel of Life

This exercise gives you a visual snapshot of the different areas of your life and how balanced/satisfying they currently are. Rank your level of satisfaction with each area of your life by putting a cross on the relevant spoke of the wheel. Take the centre, or hub, of the wheel as 0 (totally dissatisfied) and the outer edge as 10 (totally satisfied).



Take each area of your life in turn and jot down some ideas of what you would like to change. Taking CAREER as an example, if you scored lower than a 9, what's missing? Ask yourself: *if I could score 10 on the Career spoke, what would be different from now? What would I be doing? Where would I be working?* This will give you a clearer idea of what you're working towards.

Now you have completed this exercise write one important goal for each of the areas of your life.

Write your goals here

Physical

Health

Wealth

Spiritual/Person Growth

Fun/Recreation

Career

Partner/Relationship

Exercise 5 - 5-3-1 Plan – Creating an Inspiring Vision

Now you have looked at all of the areas of your life and written your goal for each area. It's now time to go one step further and create your 5-3-1 plan.

At any stage in your life it's important to have a clear idea of where you want to go. A powerful vision will inspire, motivate and pull you towards it.

For this exercise give some thought as to how you want your life to look, firstly in five years, then in three years, then in one year. Consider all the aspects of your life and the different roles that you play. Be as specific as possible. For example, how many days a week do you work? What are you doing? Who are you doing it with? Where are you living?

When you've finished the 5-year plan, bring it back to 3 years and think about what would need to be in place in 3 years for the 5-year plan to succeed. Same again for the one year plan. If want to you can even chunk it down further to six months and then three months, so that you eventually have a clear plan of what you need to achieve in the next month to make your 5-year plan a reality.

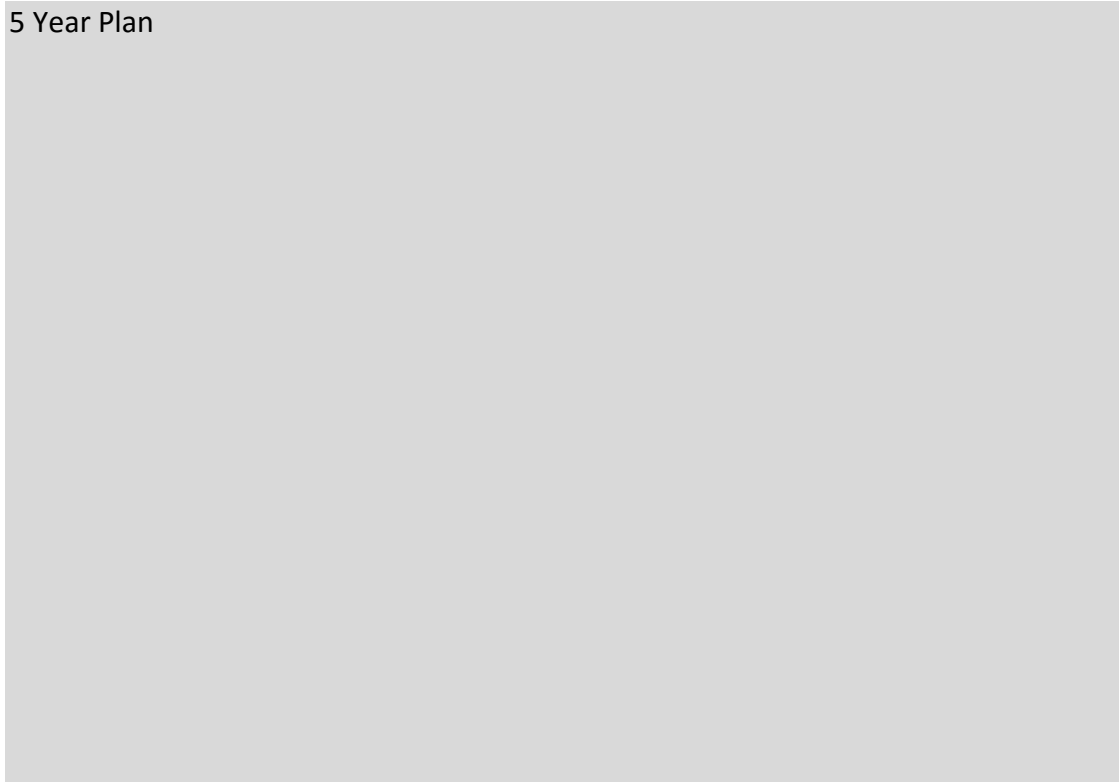
Think BIG!!! Be outrageous – include all of your dreams. Remember this is the script for *your* life. Even though you're looking ahead to the future, write your description in the present tense. eg: I am living in a beautiful house with amazing views over the sea.

Be as creative as you want, write it in flowing prose describing every little aspect, write it in bullet points, create a colourful collage with pictures, or write it as a business plan to yourself. It doesn't matter how you do it, it is your plan.

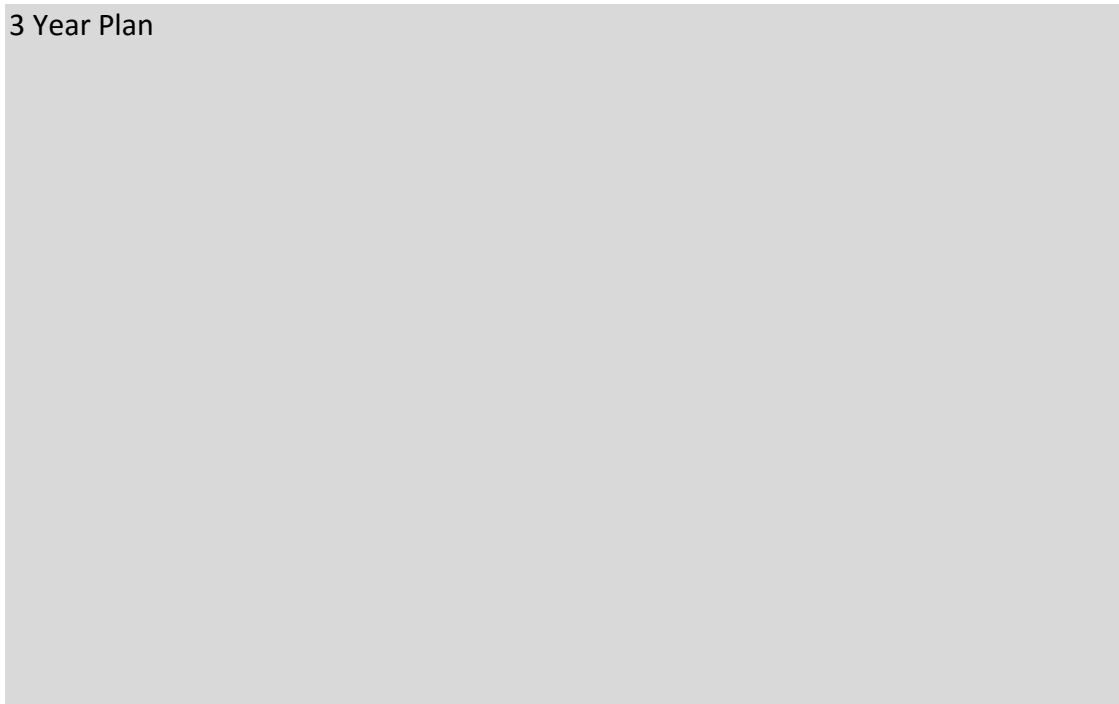
Take care not to include things that you think other people might want you to include. This is your script. If the word 'should' creeps into your mind while you are doing this pay good attention to it and ask yourself if this is what someone else might want for you rather than what you want for yourself.

Every journey starts with one first step. If your 5 year plan is to have your own successful business, build your dream house, or sail around the world, it all starts with that first step.

5 Year Plan



3 Year Plan



1 Year Plan

6 Month Plan

Examples of Life Vision Statements

This is my vision statement as you can see it is spiritual

“To be the best I can be in the life I have chosen, to be an inspiration to every person who becomes a part of my life. To be at peace with my inner self and have a true understanding of my life’s purpose so that I can travel this journey with truth and love, meet the challenges that are put before me and reach the life’s goals I have set myself. To follow my joy wherever that takes me, and to do what makes my heart sing.”

Inspiring and Motivational

“To be an icon in the field I have chosen, to be an inspiration and to be a motivator to every person who will be part of my life.”

Career based

This sets a long term goal to have a successful business

“To be the number 1 fitness and wellness business in the country. To make my brand the name on everyone’s lips. To be the fitness and wellness company of choice. To give my clients the best possible outcome for their fitness and wellbeing.”

Start with small steps and reward yourself when you have achieved or reached a goal. Look back at your plan and revise it in 3 months. See how far you have come to living the life you want to.

Writing your Life Vision Plan – Your Vision Statement

Using all of the information you have gathered you can now start to write your plan. First write your Vision Statement. Write it in the present tense and write about the future you want to achieve for yourself. Your vision statement should be full of your passion and zest for life - what gives you joy and it should fill you with energy every time you read it. It can be one sentence, one word or a whole paragraph whatever you want it to be, as long as it is yours and gives you joy.

When you have written it put it up on the fridge, pin it on your memo board, put it in your journal, anywhere you will see it often.

Write your Life Vision Statement

Believe strongly in the future you desire, hold that belief in your heart and your mind's eye. Dream about it, visualise it, write it down, describe it in minute detail. Believe that you deserve to have your dreams and Live Your Joy.

“Let your joy be uncontained.”

Mark Twain

Would you like to bring joy back into your life? Would you love to re-discover your passion? Do you need help to discover/reconnect with your life purpose? Using a unique combination of Soul Plan Reading and Spiritual Life Coaching I can help you find your true self and unlock your power. Please contact me for a free, no obligation consultation.

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My 3 month Action Plan

For the next 3 months I will work on the following three goals to begin my journey to achieve my 5 year plan.

When you set these goals remember

- It must be your goal, not somebody else's.
- Be specific in your description include everything.
- Be positive, this needs to inspire and motivate you and keep the momentum going.
- Your goal(s) must be achievable in the 3 month time span.
- Measurable in some way.

These are your main goals which you will work on for the next three months and they need to make a significant difference in your life so that you can look back and reflect on what you have achieved to reach you dream life.

Goal 1

Goal 2

Goal 3

Weekly Planner

This week I will achieve the following towards my goals

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

Five things I have learnt about myself this week

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

I will celebrate my achievement this week by

.....

.....

.....

Daily Planner

Things I must do today (kids to school, dentist, prepare for meeting)

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

Things I will do today towards achieving my 3 month goals and my 5 year plan

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

Today I am most grateful for

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

*"In the infinity of life where I am all is perfect, whole and complete. All is well.
Thank you.*

Louise Hay
You Can Heal Your Life