

Life By Design

2020!!!! Did you really end?

Or are you still testing our resilience?

I don't think any living creature has not been affected in a way or another by this unexpected year.

Most of us or at least if I speak for myself and the people I know, were forced to pause and reflect with a burning desire to move forward.

So many questions have been raised.

- *Is nature taking a break from humans?*
- *Is this nature's revenge?*
- *What am I doing with my life?*
- *Can I still plan for my next vacation? Or even for tomorrow?*
- *What is my new purpose in life? Do I still know why I do what am doing? And does it matter?*
- *Do I still want balance in my life?*
- *Are the areas of my wheel of life still relevant?*

We had so many questions, and many had new resolutions while some others crumbled under the pressure of those unprecedented times.

What I know for sure is that 2020 brought up so many new needs and revealed so many characters and attitudes we didn't know we had. Mostly resilience, vulnerability and acceptance of uncertainty.

There are few evidences on how people react during those tough times and especially when the whole planet was united in one crisis. However, a few common traits show up during such disturbances.

Fearful: Those who start forwarding all negative messages, buying more than we need in supplies and spreading fear emotions

Victim: Those we believe that everything happens to them especially when things doesn't go as planned. In a nutshell is refusing to take matters in hand or even responsibility for their own lives.

Learner: Those who evaluate information before spreading them, understand their emotions and their reaction to it, and most importantly know how to handle things that they have control over.

Survivor: Those who are in constant battle mode. They are okay with the idea that life is not easy and that no matter what happens they will keep on fighting. Commando mode in brief.

Growth seeker: Those who are curious, about themselves and others. They are those who want to keep on flourishing, thriving and want genuinely want others to do the same. They are most of the times in the lookout for ways to adapt, and be emotionally happy.

"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."

— **Walt Disney**

Today I want to invite you to be curious about the **12 areas of your life** and what you can do to improve them. I want you to be the growth seeker and have a life by your own design.

Most of the times, if you are an entrepreneur or a coach or feeling responsibility towards anyone or any business, you usually don't take the time to check with yourself or you may tend to focus on one or more areas of your life on the expense of others.

Guilty guilty, that's what I declare.

But when you decide to design your own life and decide that you are in control of those areas, this is where magic happens.

Trust me, it's easier than you think because all what is take is, two things:

1. Burning desire

2. Action

As a coach myself and a struggling survivor of the above, I know where we get stuck: limiting beliefs and accountability.

First my daily mantra is I am enough. And what I mean by that is that I am really enough and capable of having a life of my own design and decide that my personality creates my personal **RE**ality.

Second find an accountability partner, someone who brings the best in you, someone who wants to see the best version of you. I know you are one of them. You can even find ways to hold yourself accountable. Before you start your Life by Design journey, it's important to get a sense of your starting point. Go to your [self-evaluation process](#), that shows you how you're really doing in different areas of your life. If you already know that you want to create a life by your own design, join us in this exciting 12 months journey [Life by Design](#) so we can celebrate 2021 with bells and whistles.

More Happiness

I love to give, simply because it makes me happy. Scientific studies show that helping others has a huge impact on your happiness and increases your overall satisfaction in life. In short science demonstrated that there are strong associations between happiness and helping others. In a study of over 1,600 women volunteers, scientists talked about the 'helpers' high'. They were referring to the euphoric feeling, followed by a longer period of calm, experienced by many of the volunteers after helping. In other words, you will instantly feel that you have a sense of meaning in your life when you spend time focusing on improving the lives of others. It will also reduce your stress levels and improve your mood since it will help you take your mind off your own problems and challenges.

More Self-Esteem

It's extremely important to know who to give to. Because when you offer something (material or service) to someone or to some NGO who has a great need for it and can benefit them, you will have a greater feeling of self-worth. This selfless act will

help you view yourself in a better way and gives you feelings of competence. You will see how valuable you can be to others and sometimes you will directly witness the fruits of your kindness. With this increased positive self-esteem and self-worth comes a genuinely increased optimistic mood and outlook on life.

Prepared by Nada Jreissati Daher

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Beirut / Dubai nada.daher@pragmadoms.com