



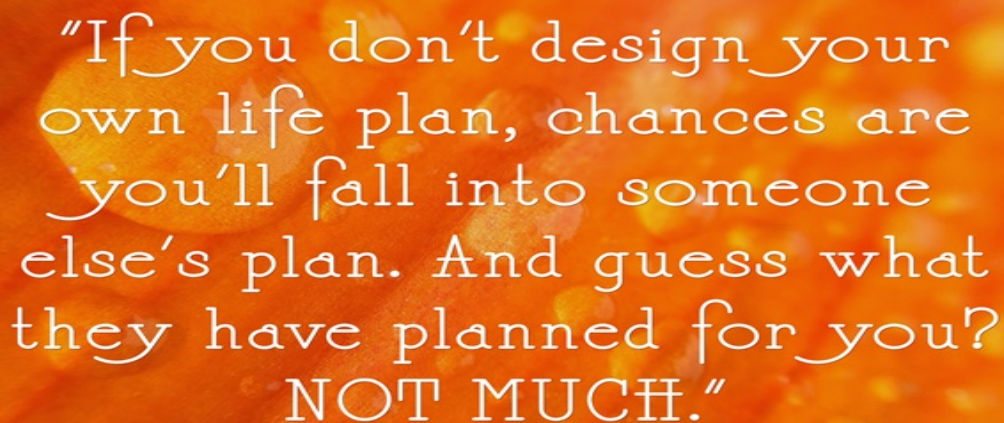
Six Keys to Uniquely Designing your Life

By NASHAWN TURNER

You have the Keys

Over the years, I have met a lot of people that have become STUCK. They are discontented with their lives and some even secretly wish that they were living someone else's life besides their own. Have you ever felt like that? I know that I've been stuck before in my life and I had wondered how in the world do I get unstuck. How do I design the life I've always wanted?

Well, I don't know about you, but I love the fact that even when we may feel stuck, blocked, or hindered, we don't have to stay that way. Our lives are unique and there is a unique design for how we can live a life that offers more fulfillment, satisfaction, joy, peace, excitement, and success in experiencing abundant living. But the only way that you are going to experience it is when you DECIDE that there is MORE for you! Here are 6 keys that I believe will place you on the path to designing the life you want and deserve!

A quote by Jim Rohn is displayed on a rectangular background with a textured, orange-to-yellow gradient. The text is in a white, serif font. The quote reads: "If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? NOT MUCH."

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Jim Rohn

Uniquely Designing Your Life Mini “Life Check-Up” List (Examine your Do with your Who)

Read over the Uniquely Designing Your Life Mini “Life Check Up” List. Use a Journal to write the answers to the questions below. The answers will help you to focus your decisions, mindset, and behavior to help you create the action steps for living your best life.

1. What is your Life speaking to you?
2. What is your vision for your life?
3. What do you really want from your work life?
4. If you were to rewrite your life's script both personally and professionally, what would it look like?
5. How close are you to becoming this person and living out your life's script?
6. Do you believe that the life that you've just described in your new life's script is apart of your purpose?
7. What steps could you take today to begin your journey of living life purposefully?
8. What challenges are you facing right now? (Be as specific as possible).

9. What do you value most about who you are?
10. What do you value most about what you do?
11. What are your core values?
12. How can you use your core values to assist you in living purposefully both personally and professionally?
13. How can you use your core values to assist you in living purposefully both personally and professionally?
14. What are you missing that you can't afford to miss in your life both personally and professionally?
15. What is your greatest asset or strength?
16. What is the area you would like to improve on the most in your life?
17. Who are the people in your life that can honestly share with you what they see that you might need to change?
18. What attitude or biases are holding you back from fulfilling your vision both personally and professionally?
19. What resources do you have to help you to realize your vision and purpose?
20. What steps could you take today to begin your journey of living life purposefully so that you can Uniquely Design Your Life

Six Keys to Jump-Start You in Uniquely Designing Your Life

KEY #1 CHANGE BEGINS WITH A DECISION

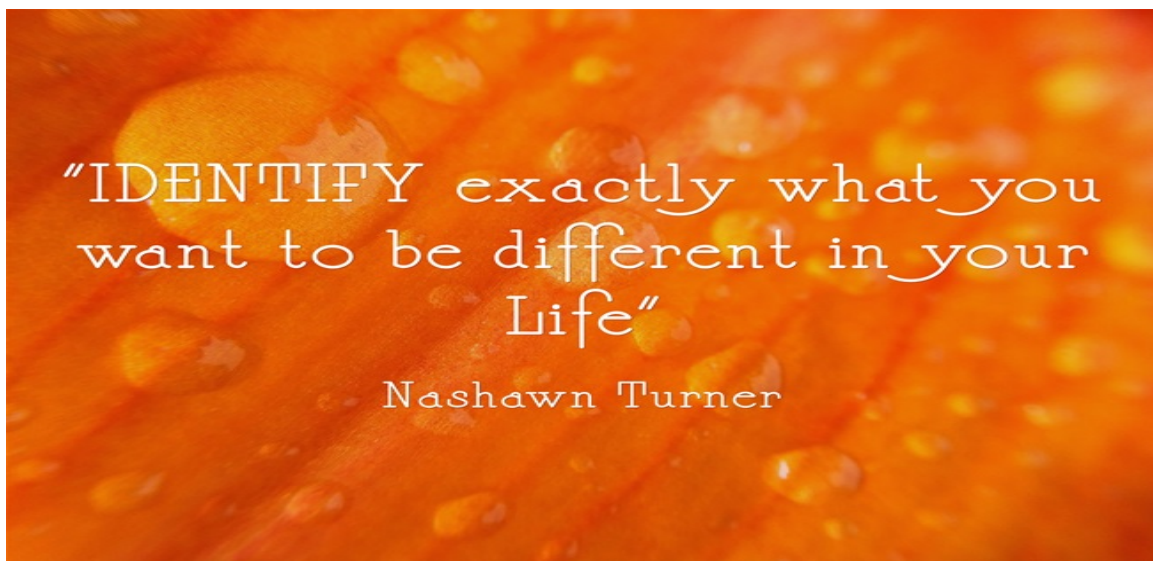
You must first decide that you are ready for change and that you are willing to do the work that change requires. Most people stay stuck because they are not willing to do the work. Changing your life is not easy, but it is possible. However, you must be willing to take ownership of your life in order for a transformation to happen. So you must ask yourself how bad do you want it?



What decision (s) do you need to make to begin to experience a manifestation of your breathtaking future?

KEY #2: IDENTIFY WHAT IT IS THAT YOU WANT TO CHANGE

You are the expert on you. Therefore, only you know what is working for you and what's not working for you (i.e. friendship, relationship, job, career, finances, health, business, etc.). Only you can pin point the exact thing that needs to be changed. So, ask yourself what do you want your life to look like? If your life is not looking like what you had in mind, it's time to find out how to change that! I believe that being able to know exactly what you want and don't want, as well as what some of your obstacles are in your life that is preventing you from getting what you want will help you to set a purposeful intention towards creating a different outcome in your life.



Write out your Self-Limiting Beliefs. Now, right next to your self-limiting beliefs, write the opposite of what your new beliefs are. For example, if you are always saying "I'm overwhelmed". Instead change the negative to a positive by writing "I am not overwhelmed. I pace myself with plans and strategies." Continue to do this for the next 30 days and witness the transformation in your life. Keep a journal to document your progress.

KEY #3: STRATEGIZE A PLAN

You must plan how you are going to achieve this NEW LIFE. Many of you may have heard the old saying... "if you fail to plan, you planning to fail", well plan not to fail. Instead, set yourself up for success! Having a plan is a **needful** and **necessary** tool to have in place in order to implement a step-by-step plan of action.



What set of priorities do you need to establish in your life that will move you closer to the life you want? Develop a daily plan to stay on track with those priorities and schedule them into calendar to ensure it happens.

KEY #4: FAITH

God is the creator of us all. He has uniquely designed you for greatness that includes a very unique plan for you to express that greatness. The plan is to prosper you and to give you an expectation and hope for a great future. However, you must believe and have faith in that plan. You also must have faith in yourself in addition to having faith in God because with Him all things are possible, but it is a partnership!!! However, it will take work on your behalf, because faith without works is dead. So embrace the possibility and the opportunity of your dream life truly coming to past by using your faith and DARING TO BELIEVE! Remember, your faith will work, if you work it!



How can you begin to work your faith to help you to redesign your life?

KEY #5: ACTION

It does not matter if you have implemented steps (1-4), if you don't take action. It's important to do something everyday towards your LIFE Goal. Some of you may be afraid to move out on your dream. If so, DO IT SCARED!!! As long as "you are making it do what it do." Marcia Weider, the founder of Dream University calls it your "WOW" which stand "Within One Week" action step. If you need help, hire a coach like myself to assist you in making it happen!



What are 3 things that you can do this week to get into ACTION? Share your W.O.W. with a friend!

KEY #6: SUPPORT

Always solicit support from friends, family, colleagues, etc. who will push you and keep you accountable on your journey of UNIQUELY DESIGNING YOUR LIFE. These individuals are your support system that is willing to help you in your transition and not let you off the hook. They are the ones that empower you to become everything you were meant to be.



Make a list of people that you can rely on and who want to see you live your best life!



These 6 Keys are building blocks to help you establish a starting point in ***Uniquely Designing Your Life*** for the life you want and deserve. If you continue to build upon the foundation, the life and person that you've dreamed about becoming and experiencing will begin to manifest. Just be patient with the process. Remember, change is not easy, but it is worth it! If you find any of the six keys helpful in empowering you to design your life, I would love to hear from you.

You can also sign up for my NEWSLETTER for more tips to help you continue your work of transformation and more programs, services, and events that are coming up!

Lastly, tune into my BlogTalk Radio "Uniquely Designed Talk" for the latest show and/or the previous shows On-Demand for great information, tips, tools, inspiration, and empowerment to further equip you to uniquely design your life. Just go on my website, www.nashawnturner.com.

Finally, if you are really ready to take your life to the next level in every area, I also have an entire program called **UNIQUELY DESIGNING YOUR LIFE SYSTEM. *Because it's time to say, "YES" to your life!!!*** And remember, at Uniquely Designed Coaching, we are all about Empowering You to Uniquely Design your Life.



Nashawn Turner is an international speaker, a Transformational Life & Leadership Coach, Empowerment Expert and the Founder/CEO of Uniquely Designed Coaching, LLC;

which is a Personal and Professional Development and Life Coaching Business. She has empowered thousands of people to be exceptional in who they are and in what they do in their personal and professional lives by promoting change, increasing growth, and creating outstanding results. The author of *The ESP Marriage: Developing True Intimacy in Your Marriage by Building a Powerful EMOTIONAL, SPIRITUAL, and PHYSICAL Connection* and the Co-author of *Thriving and Not Just Surviving: Deployment Perspectives for Today's Military Families* and a Co-author of *Creating a Blueprint for Inner Change*. Nashawn is also the host of her own internet radio show on BlogTalk Radio called Uniquely Designed Talk – The Total Empowered Woman Radio Show. She has been featured in **Success Magazine, Heart & Soul Magazine, and UpScale Magazine** and on local television. As a consultant/trainer, Nashawn has worked with businesses, universities, churches, government agencies, and military organizations. Nashawn also has a Masters degree in Human Service Counseling from Regent University.

“Don’t Waste Your GREATNESS”

-Nashawn Turner

www.nashawnturner.com

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