

A close-up photograph of a man and a woman smiling and embracing each other on a boat. The man has a beard and is wearing sunglasses and a yellow jacket. The woman has curly hair and is also wearing sunglasses and a purple sweater. The background shows the white structure of the boat and a glimpse of the sea.

Life without limits

ONE LIFE PLAN

The step-by-step guide to
discovering your purpose
and passion in life.

ONE LIFE
LIFE COACHING & ESCAPES

“My life is now beyond my wildest dreams”

Having spent most of my working life in the corporate sector, I hit massive burnout in 2020.

With my blood pressure through the roof, the doctor told me that if I didn't make huge changes, I was on track for a heart attack or stroke.

That was the wake-up call I needed.

I'd been stuck in the salary trap for so long that I couldn't see my life's spiral descent. I was living for the weekends and a few weeks of annual leave each year.

But I couldn't go on any longer, so at the end of 2020, I gave in my notice; we packed up our things and moved to a new life in Spain.

And I've never looked back. My only regret? I should have done it years ago when Andy was asking me to. But it's never too late to create your best life.



Do I look happy in this picture? It was taken only 3 months after I left my job.

If I can do it, so can you. We're on a mission to help you create the life of your dreams.

Jules x

HOW TO USE THE ONE LIFE PLAN

1

Complete the Wheel of Life exercise:

This will give you clarity on the areas of your life which need to change. Go deep on each section and be absolutely honest with yourself about your score.

2

Visualise your Perfect Day:

You will describe what the perfect day would look like in your new life. This will be your North Star, the motivation to push through any challenges that might arise along the way to create your new life.

3

Create your Want/Don't Want Lists:

By creating these two lists, you'll have absolute clarity on what needs to change. This is a powerful exercise you can return to and adapt as you change. Keep a journal to note down things to add to your lists as they arise.

4

Use the ONE LIFE TRIBE Community:

You're not alone on this journey. The whole point of ONE LIFE is that we're a community of like-minded action-takers on the same path to change our lives. So use the group for guidance and support, and do the same in return for your fellow Tribers. The Community is a safe place to celebrate your wins and where we'll help you through any challenges.

5

Get involved in the Weekly Coaching Calls:

The coaching calls are where our coaches can get your specific questions answered. You'll be prompted weekly to send in your questions before the call. The coaches will then cover them in the group, where you can join the conversation via chat.

1

THE WHEEL OF LIFE (EXAMPLE)

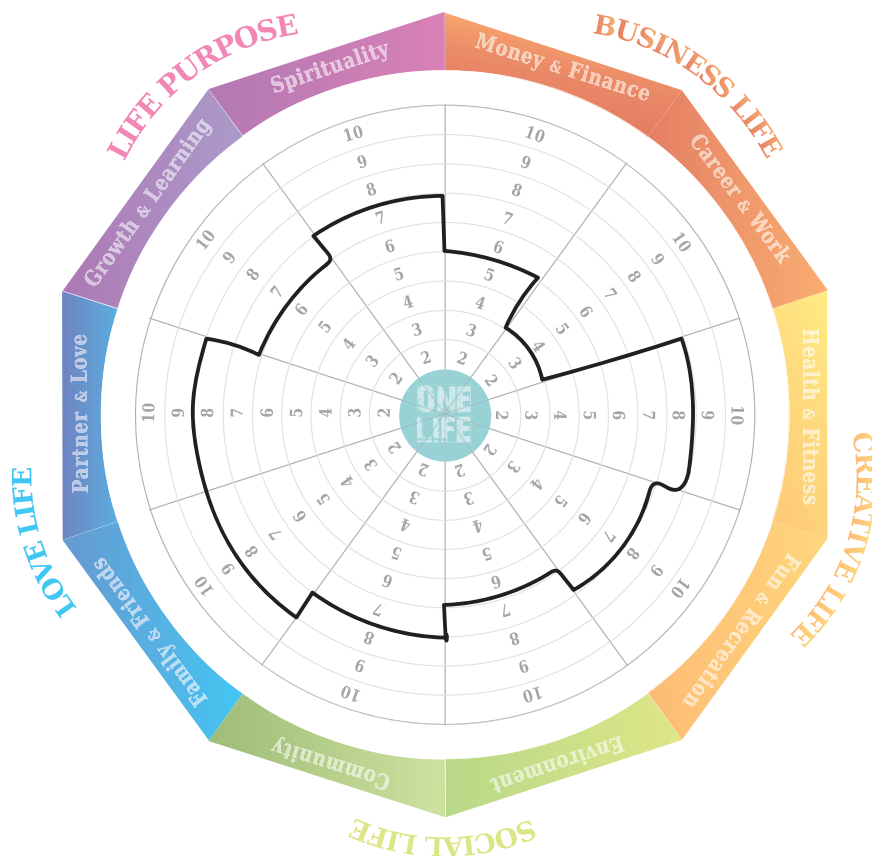
Rank the levels of satisfaction you feel in each category by answering this question:

On a scale of 1 to 10, how satisfied do you feel about your Life Purpose? Business Life? Creative Life? Social Life? Love Life? (1: very dissatisfied, 10: very satisfied)

By answering those questions, you can see what your Wheel of Life looks like and the level of satisfaction you feel in different areas of your life.

Imagine your Wheel of Life looks like the example below (your Wheel of Life is on the next page); how can it move forward in the long run?

Through self-reflection, you can identify the gap between where you are now and where you want to go.

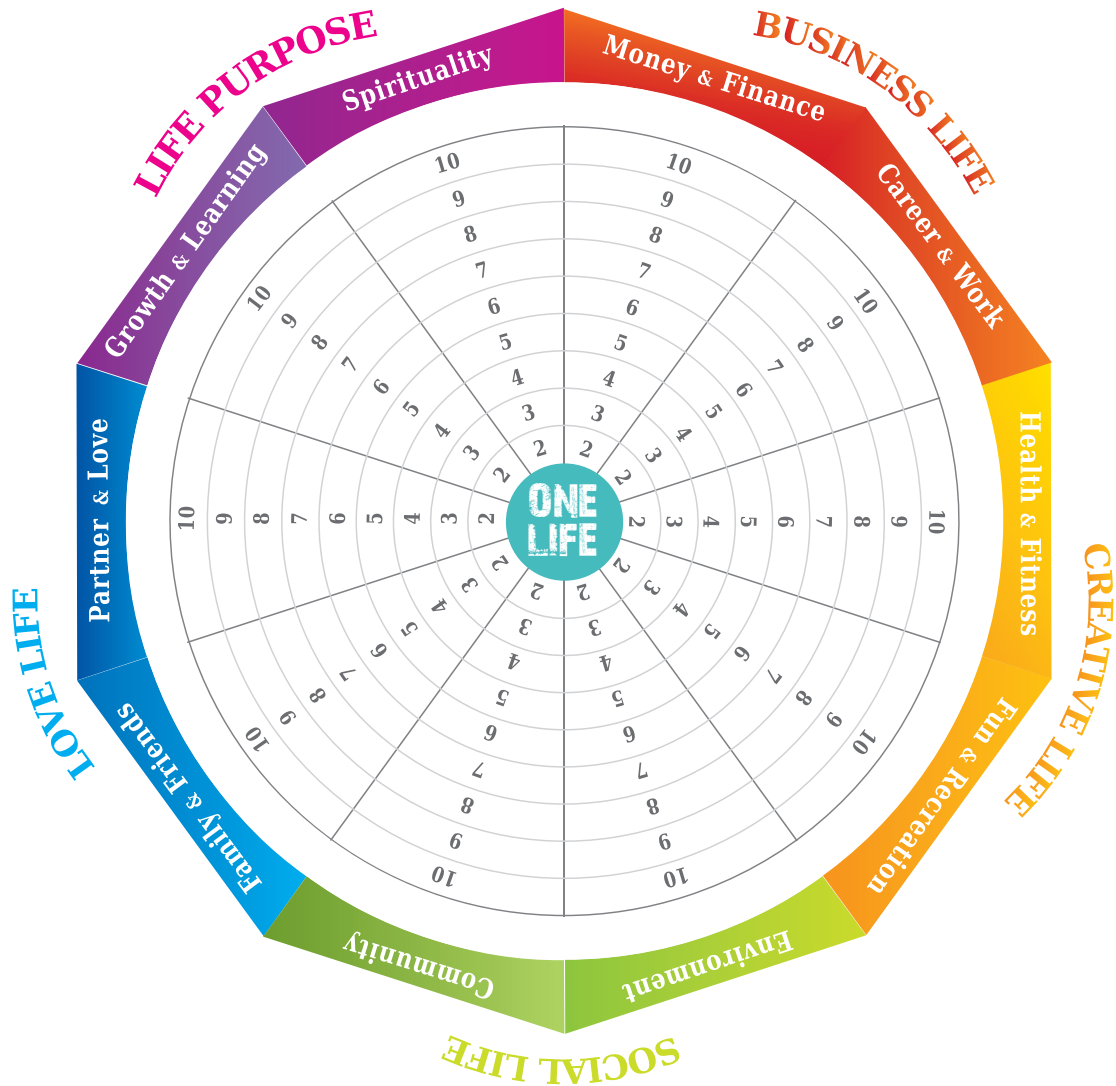


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YOUR WHEEL OF LIFE

Now fill in your own Wheel of Life. Print it out and use a pen to draw your 'lifeline' like the example on the previous page.

Be honest with yourself and score each section accordingly. In the following pages, you'll break down what needs to happen to increase scores to 10 and how you will get there.



WHEEL OF LIFE

Life Purpose – GROWTH & LEARNING

On the scale of 1 - 10 what did you score Growth & Learning?

If it's less than a 10, what was it that made you choose that lower score?

How will you increase your Growth & Learning in your life this year?

For example: Learn something new, read books every day, get help from a coach or mentor, or join a support group.

When will you make this time (tip: actually schedule it in your calendar)?

How much time will you make per week for personal development?

Notes

WHEEL OF LIFE

Life Purpose – SPIRITUALITY

On the scale of 1 - 10 what did you score Spirituality?

If it's less than a 10, what was it that made you choose that lower score?

How will you increase Spirituality in your life this year?

For example: Dedicate 15 minutes each day to writing in a journal.

When will you make this time
(tip: actually schedule it in your calendar)?

How much time will you make per week for your spirituality?

Notes

Life Purpose Checklist

To help keep you on track, make a checklist of what you will work on for your Life Purpose.

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WHEEL OF LIFE

Business Life - MONEY & FINANCE

On the scale of 1 - 10 what did you score Money & Finance?

If it's less than a 10, what was it that made you choose that lower score?

What are your financial goals this year?

What help do you need to reach your financial goals?

For example: If you need additional income, do you need help or guidance in starting an online business? Or do you need help on how to get a pay raise?

What habits need to change to reach them?

WHEEL OF LIFE

Business Life - CAREER & WORK

On the scale of 1 - 10 what did you score Career & Work?

If it's less than a 10, what was it that made you choose that lower score?

What are your career goals this year?

What help do you need to reach your career and work goals?

For example: Are you passionate about your work, or is it time to change your career, or maybe start your own business?

What needs to change to reach your goals?

Business Life

Checklist

To help keep you on track, make a checklist of what you will work on for your Business Life.

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WHEEL OF LIFE

Creative Life - HEALTH & FITNESS

On the scale of 1 - 10 what did you score Health & Fitness?

If it's less than a 10, what was it that made you choose that lower score?

How will you increase your Health & Fitness this year?

For example: Drink more water, work out at least 3 times per week, eat more fruit and vegetables. Or maybe start a new sport that you've never tried before (eg; Padel Tennis)

How much time will you make per week to raise your Health & Fitness levels?

Notes

When will you make this time (tip: actually schedule it in your calendar)?

WHEEL OF LIFE

Creative Life - FUN & RECREATION

On the scale of 1 - 10 what did you score Fun & Recreation?

If it's less than a 10, what was it that made you choose that lower score?

How will you increase your Fun & Recreation this year?

For example: Make more time to do the things you love doing - make a to-do list. Or if you're uninspired by your current activities, take up something new or join a club.

How much time will you make per week for having Fun?

Notes

When will you make this time (tip: actually schedule it in your calendar)?

Creative Life

Checklist

To help keep you on track, make a checklist of what you will work on for your Creative Life.

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WHEEL OF LIFE

Social Life - ENVIRONMENT

On the scale of 1 - 10 what did you score Environment?

If it's less than a 10, what was it that made you choose that lower score?

How will you improve your Environment this year?

For example: Move to a better neighbourhood or new country. Your environment has a big impact on your mindset. Think carefully about how your current environment affects you.

When will you make this time
(tip: actually schedule it in your calendar)?

How much time will you make per week to work on changing your Environment?

Notes

WHEEL OF LIFE

Social Life - COMMUNITY

On the scale of 1 - 10 what did you score Community?

If it's less than a 10, what was it that made you choose that lower score?

How will you improve your Community this year?

For example: Find a new group of people who are on the same wavelength as you (aka your tribe). This could be in-person or by joining an online group.

When will you make this time (tip: actually schedule it in your calendar)?

How much time will you make per week to work on your Community and finding your tribe?

Notes

Social Life

Checklist

To help keep you on track, make a checklist of what you will work on for your Social Life.

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WHEEL OF LIFE

Love Life - Family & Friends

On the scale of 1 - 10 what did you score Family & Friends?

If it's less than a 10, what was it that made you choose that lower score?

Who do you want to see MORE of this year?

How much time will you make per week for spending quality time with loved ones?

Notes

Who do you want to see LESS of this year?

What demands are put on you by yourself or others that need to change?

WHEEL OF LIFE

Love Life - Partner & Love

On the scale of 1 - 10 what did you score Partner & Love?

If it's less than a 10, what was it that made you choose that lower score?

Are there things that could improve or need to change?

How much time will you make per week to work on your relationship?

Notes

What do you need to make more time for?

What memories do you want to create this year?

Love Life

Checklist

To help keep you on track, make a checklist of what you will work on for your Love Life.

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2

VISUALISE YOUR PERFECT DAY

Use the Power of Visualisation

When Jules and I decided we were moving to Spain, we had to be 100% focused on what that looked like. We didn't know exactly where we would live, but we knew what we wanted it to look like..

We also planned what our days would be like when working remotely on our businesses.

To remain focused and motivated, we created Vision Boards and posted around the house, on our desktops and phones. These kept our vision in mind whenever the going got tough.

It may sound a bit 'woo woo,' but when you commit to this and build the picture, it will constantly remind you what you want and how committed you are to creating your best life.

Create your Perfect Day

Defining Your Perfect Day is a great way to visualise the end goal. This is a future vision of you and your entire day (from start to finish).

Be sure to include these details:

- Where are you?
- What does your home look like?
- How is the view?
- Who are you with?
- What is the weather like?
- What car are you driving?
- How much do you earn from your business?
- How is your work/life balance?
- What are you doing on that day?

See the next page for our example...

Example Perfect Day Visualisation:

This is an example of our visualisation as we planned our move to Spain. You'll complete your own on the next page:

Sam - I'm stood on the terrace of our apartment with views out over the pool. I've just finished my swim and I'm enjoying a coffee and pastry before heading out.

This morning I'm meeting a group of business owners to discuss taking them online, before joining Jules for lunch to discuss next month's content for our next retreat.

Revenue for this month was up to \$12,700 - so just short of our goals. We'll address that during our meeting as well.

This afternoon, I have 2 coaching calls with mentees from our Altitude Mastermind Group, before heading out on the paddle-board for a couple of hours R&R.

We have Spanish Lessons at 5pm, and then dinner is booked with a group of Padel players at our favourite tapas bar. Jules got the short straw on that one, but gets to drive us in her beloved Mercedes-Benz (or we might just take the bikes)...



Vision Boards

Vision (or Mood) boards are another excellent way to keep focusing on the destination.

You can create these and have them on your desktop, your phone and your wall.

The more you can create the vision and focus on it, the more drive you'll have when times are tough.

FREE utilities for your Mood Board:

There are several free online utilities for creating your mood board. Use Canva's drag and drop editor to create amazing mood boards:

www.canva.com/create/mood-boards/

Your Perfect Day Visualisation

It's time to visualise your Perfect Day. Describe in as much detail as possible what an ideal day will look like in your new life, then create your Vision Board:

3

WANT / DON'T WANT LISTS

You have to let the pain push you until the vision pulls you

Generally, people are more motivated to move away from pain than move towards pleasure.

It's easy to list what you 'would like'. But more powerful is a list of everything you no longer want in your life.

Creating a list of 'wants' is good, but often it's not strong enough to help keep you motivated to make a change.

Think hard about why you want to make a shift in your life and the critical driving factors to making changes.

On the next page, you'll create your lists. To give you some inspiration, here are some examples:

What I DON'T Want

- My partner to be constantly stressed*
- A slave to the system*
- The never ending battle for a pay rise*
- Live in this crappy house*
- Always worried about money*
- The dark, cold and wet winters*
- The pathetic 4 weeks holiday a year*
- Having no pension or security as we get old*
- _____
- _____
- _____
- _____

What I DO Want

- Working for ourselves*
- Living life on our terms*
- Unlimited earning potential*
- An apartment overlooking the water*
- Earn \$10,000 a month*
- Sunny winter days and long summer nights*
- Do what we want, when we want*
- Security and investments as we get older*
- _____
- _____
- _____
- _____

Create your own lists

An excellent way to build these up is by keeping a journal. Each day, note all the things you encounter that you no longer want in your life. Also, note down things you think about that you want in your life.

What I DON'T Want

What I DO Want