



Guide to Ideal Living

M I C O L E ॐ N O B L E

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“We are gathered here today to get through this thing called LIFE.”

-Prince and the Revolution

I am a Life Coach who specializes in guiding people to the life that they want.

The fact that you're reading this tells me that you're already committed to living an extraordinary life. You're seeking answers for yourself and your life and are on a personal trek towards truth.



Now, I'm asking you to take it up a notch! Go beyond the limitations that you have set for your Self and your life. This might sound scary at first, but I like to say that excitement and fear are the same emotion, and we can choose one over the other.

Whatever has happened in the past has gotten you to this moment. There are no regrets, ever. It is said, “A memory without the emotional charge is called wisdom.” Letting go of the past is a process of freeing ourselves from what has held us back from having the life we REALLY want.

It's interesting, however, that we are not taught to ask ourselves, “What do I want, IDEALLY, in my life?” And, not when everything falls into place, but RIGHT NOW? When we create from that place, we FEEL that experience in the present moment. Pretty cool, huh?

Ultimately, we cannot fear CHANGE. It is the only constant and it is neither positive nor negative, it's just a preference for something in our lives to be better or different.

This e-book is for you to use and share with those you care about to have the highest quality of life possible. That is our birthright, after all.

Namaste,

Micole

“Walk with those seeking truth... Run from those who think they've found it.”

-Deepak Chopra

ACCOUNTABILITY & TIME MANAGEMENT

If you're like me, then you are good at starting things and not necessarily completing them:-) No matter what your style is, it's important to begin to observe yourself in your own natural habitat.

What are the things about yourself you wish you could change? Observe yourself with curiosity, not judgment, and be willing to experiment a little. In the past, I would observe myself and see someone that is very good at DOING, but not so great at BEing. No wonder I had the experience of being exhausted! As a self-proclaimed 'Recovering Type-A', with time and more awareness, I learned to create space in my day to just BE. It has made all the difference.

If we change nothing, then nothing changes. So, we make a promise to ourselves and then take this promise very seriously. We live most of our lives unconsciously, from our programming, so this will take some time to undo.

Remember to be EASY on yourself. You would never say to your friend who's trying to improve something about themselves to 'Hurry up and change already!' Why then do you say it to YOU?

Quieting our inner critic can be challenging, and this is the purpose of regular meditation practice. With consistent practice the mind will settle, the body will begin to heal itself, and old patterns will naturally fall away. When we learn to be ACCOUNTABLE to ourselves, not just other people (note: we care more about what others think of us than we think of ourselves). Notice your own internal dialogue, write down what you're committed to each day, and then go do it.

Refer to my "Guide to Extraordinary Living" for more on time management as part of an effective daily routine. It is a SKILL and it takes practice. Most highly effective people deliberately design their days and you can learn to master this too!

"Personal change takes an intentional act of will, and it usually means that something was making us uncomfortable enough to want to do things differently. To evolve is to overcome the conditions in our life by changing something about ourselves."

-Dr. Joe Dispenza

BE ~ DO ~ HAVE

Once we uncover the experiences we REALLY want to have we rehearse them in our minds to create that experience NOW.

Most of us have been taught to think about what we want to HAVE (car, house, career) so that we can DO (all the things), and then we will BE (happy, successful, fulfilled). It actually works the other way around. Ask, “Who/How will I BE when my life is IDEAL? Then, what will I DO? Lastly, this gives rise to “What will I HAVE?”

When we BE our ideals right now, we create the opening for the Universe to organize on our behalf. Life is simple, smooth, and effortless. It’s a horrible myth that we have to do it all ourselves. Planting our intentions into the fertile ground of pure potential (through meditation) the experience of life expands. With this newfound awareness, the possibilities are infinite.

The activities to get us to our objective or goal become our focus and we are inspired by our Spirit, or connection to the Divine. In due time, we trust that what we REALLY want (our seeds of intention) will manifest. The tricky part is detaching from the outcome or what we think this will look like. We wouldn’t dig up the seeds we planted in the ground to make sure they are growing, right? Intentions are for the future, attention is on the present moment. This is all there is to do.

The having, then, really is just a natural byproduct of being and doing from a place of detachment (with clear intention and attention). Sounds simple, yes? It IS. Problems are created in the mind. Managing our thoughts and beliefs becomes second nature with continual practice. If we don’t manage our old thought patterns, they will manage us.

“There is nothing more important to true growth than realizing that you are not the voice of the mind - you are the one who hears it.”

— Michael A. Singer

MAKE A NEW PLAN, STAN!

To get where you're headed, you need to have a PLAN. It begins with a vision of the masterpiece (like blueprints for a house). And, if we haven't built a house before (most of us haven't), we seek advice from an expert (architect) or Coach. (Nowadays, most of us consult with Google, amirite)?

A very wise person told me, "50% of a goal is planning to accomplish it." Our plan is the map to getting what we want. When we write it down, the mind can get out of the way and if we hit a block then we know there is an old thought pattern (belief) that needs to be pruned and a new, more supportive one to be brought in. This is the undertaking of literally unwiring and rewiring our brains.

This process can take time. But what else have we got to do? The truth is: we behave like we have time. There is only ever right now. The ultimate goal of life is to establish oneself, into the state of self-realization.

This teaching is not new, by any means. Find what resonates with you and leave the rest. Put it in your calendar on your phone if that works best. If an old-school analog planner (remember Stephen Covey, back in the day?) is what works for you, then use that. There are no hard fast rules. The main thing is to write it down! Each day, work on your plan.

Share your plans with a Coach or someone to hold you accountable, because the likelihood of doing what you said is higher. Until you can be taught to hold yourself to the same level of responsibility, ask your coach questions as needed as that is what you're paying them for. Even coaches have coaches because humans have a tendency to default to old patterns easily. When you fall off, re-group and get back on the horse. It happens to all of us.

Get into the habit of updating your plan weekly then putting the actions into the calendar on the days they need to happen. When we establish this routine for ourselves we are designing our days deliberately and life starts to get really SIMPLE. The experience of life begins to be one of happiness, fulfillment, and continued success.

"Plan your work. Work your plan." -Stephen Covey

THE FOUR AGREEMENTS

Don Miguel Ruiz

BE IMPECCABLE WITH YOUR WORD

Speak with integrity, say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

DON'T TAKE ANYTHING PERSONALLY

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

DON'T MAKE ASSUMPTIONS

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

ALWAYS DO YOUR BEST

Your best is going to change from moment to moment. It will be different when you are healthy as opposed to sick. Under any circumstances, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

Additional Recommended Reading:

- Seven Spiritual Laws of Success, by Deepak Chopra
- Breaking the Habit of Being Yourself, by Dr. Joe Dispenza
- The Four Agreements, by Don Miguel Ruiz
- The Untethered Soul: The Journey Beyond Yourself, by Michael Singer