

Design Your Destiny

Life Is What You Make It by Michelle L. Casto

You Design Your Life

Like William Henley who once said, *"I am the master of my fate. The captain of my soul,"* I agree that Life is a Do-It Yourself project. If you want to live a certain kind of life, you are going to have to be proactive so you can consciously create life as you would like it. You must first mentally visualize and then physically create what you want. You can do this by having a clear vision and developing strong intentions. Your life is your gift, how you appreciate it and use it is entirely up to you. Take this story as an example of the importance of building it with excellence and pride (author unknown):

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house-building business and live a more leisurely life with his wife enjoying his extended family. He would miss the paycheck, but he needed to retire. They could get by.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career.

When the carpenter finished his work, the employer came to inspect the house. He handed the front-door key to the carpenter. "This is your house," he said, "my gift to you." The carpenter was shocked! What a shame! If he had only known he was building his own house, he would have done it all so differently.

So it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then we are shocked to realize we have to live in the house we have built! If we could do it over, we'd do it much differently. And better.

But you cannot go back. You are the carpenter. Each day you hammer a nail, place a board, or erect a wall. Your attitudes and the choices you make today build the house you live in tomorrow. Build wisely! Build with commitment, pride, joy, and love.

When designing the life you want to live and the work you want to do, it is important to pay attention to your longings/yearnings--- this is your soul trying to communicate with you its deepest desires. The word *intuition* is latin for "in to you," and by learning to listen to your intuition, you will make wiser decisions.

Contrary to popular belief, life is not meant to be a struggle. You are meant to experience *ease and enjoyment*, but you have to learn to listen to what your higher self is saying to you. And then you have to take action by designing your "life blueprint."

Life Design Elements

Your *life* is a big, beautiful blooming flower with numerous specially decorated petals making up your unique experience.

Your *lessons* are your personal learning and growth opportunities.

Your *values* provide direction and guidance for important life decisions.

Your *vision* is your overall blueprint for the kind of life you want to lead.

Your *purpose* is who you want to be and what you want to share with others.

Your *passions* are the things you love.

Your *life's work* are the on-going personal and professional projects that you complete.

Your *goals* are mini-steps that help support your work, purpose, and vision.

Your *roles* are the parts you play along your journey.

Your *soul mates* are those who come into your life to love, lead, or teach you.

Your *supports* are the people, places, and things that give you a sense of balance.

Your *path* is the way you choose to create your life by conscious choices you make during your journey.

Your *soul* is the architect of your destiny and wants you to live the divine life you were meant to lead.

You must find your path and bravely follow it wherever it leads...

©2000-2008, all rights reserved. Michelle L. Casto, Ph.D. is known as the Soul Diva Coach, Speaker, and Author of the Get Smart! LearningBook Series, which includes books on romantic relationships, career development, and stress management. Her coaching practice is Brightlight Coaching, she empowers people to freely shine their brightlight to the world.

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