



Your 7 Step Checklist



To Design Your Vibrant



Fulfilling Life

Remember, at one point in your life, when you were purely vibrant and fulfilled and something happened that dimmed your light? Perhaps over the years, a series of life circumstances have progressively dimmed your light.

I understand. I've been there myself. I've personally always had a passion to nourish, protect and renew my vibrancy regardless of the challenging circumstances that were placed on my path. In the process, over the years, I picked up many tips and resources that supported me greatly on the path to design, create, re-design and re-create my life. You can visit my website noushabebahanian.com for access to the gems I picked up along the way.

First, let's start here. Let's take the first steps to design your vibrant, fulfilling life.

Step 1 - Declutter your life.

Your past is in your present and future life, leaving you living a life that lacks flow or the space for anything new to enter. Decluttering is essential for creating more flow and harmony in your life and includes letting go in three areas:

Physically

Letting go of things you have not used for 2 years, things that don't bring you joy, but are just taking space.

Mentally

Letting of thoughts about yourself and others that are not serving your image of yourself or your relationship with others.

Emotionally

Letting go of old feelings that keep you energetically attached to certain past experiences and repeating similar emotional patterns.

Action Step

Take the next 30 days and declutter your life physically, emotionally and mentally. The faster you do it, the better, it is an event that will create space for you to attract what you truly want in your life and allow it to flow again and expand.

Note: for more specific support for each of the three areas you would like to declutter you can visit www.noushabebahanian.com under the resources section you will find:

1. *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing by Marie Kondo*
2. *Bio Energetic Synchronization Technique (B.E.S.T.)*
3. *You Can Heal Your Life by Louise Hay*
4. *Emotion Code and Body Code*

Step 2 - Be crystal clear.



We are magnets, we attract everything we think, talk and engage with on a daily basis. So get clear on what activities, people, places and experiences bring you joy and vitality and which ones do not.

Action Steps

- 1. Make a list of everything you are engaged in on a daily, weekly and monthly basis, rate each item on a scale of 1-10 (10 being the item brings you lots of joy and 1 being the item does not bring you any joy).*

2. *Create five columns across (for each item on your list) and label them: physical, emotional, mental, spiritual and total.*
3. *Rate each item (on each of the four levels: physical, emotional, mental, spiritual) on a scale of 1-10, and then add them up and write the number in the total column.*
4. *Choose only those items that you scored between 35-40 as they clearly bring you joy, vitality and nourish you on all four levels, physically, emotionally, mentally and spiritually. This is your core list.*
5. *Learn to say 'no' to anything that does not align to your core list of items that bring you joy. When you are clear about what you want in your life you are able to keep your life flowing with only the good stuff, the things that bring you joy and vitality. It's your birthright to say "no" to anything that no longer aligns with who you are and who you are becoming.*

Note: *your core list of items will change and evolve as you evolve so be open to going through this exercise many times in your lifetime.*

Step 3 - Elevate your health.



Self care is a critical component to creating a vibrant, fulfilling life. It can be challenging in today's fast-paced world and requires a conscious commitment. Self care also happens on four levels, it is important to nourish ourselves physically, emotionally, mentally and spiritually on a daily basis. Even if you have very little time, with a little creativity, it can be done and lots of fun.

Action Step

At the beginning of every week, carve out some time (10-15min) to create your week ahead. Take the opportunity to look at your calendar and block off time every day for self care (ideally on all four levels) even if it is 10-20 min, it will make a difference in your overall well being. Please do whatever you can to protect the time(s) you have blocked off for yourself daily like your life depends on it, it truly does.

Step 4 - Listen to your heart.



You were born to contribute something special to the world, that thing that only you can share in your unique way. What is that? There is a saying that says, prayer is talking to God/Universe and meditation is listening to the answer. Take time everyday to meditate even for 5 min so you can hear your heart's wisdom and whispers. All the answers to any question are inside you, just give yourself the gift of creating the time and space to listen.

Action Step

Carve out time daily, even 5 min (preferably at the same time every day i.e. in the morning right after you rise) to go inside and listen to your internal GPS giving you direction on your road map for the day.



Step 5 - Live your legacy.

We often hear about people leaving a legacy and while you are alive you are a living legacy. It simply requires a shift in your awareness. If you reflect for a moment, your life story is alive and well today in all you say and do every moment of every day. You express it in every “hello”, every smile, every hug, every intention you set and every act of kindness you extend.

Action Step

Get present to who you are being every moment of everyday, that, is your living legacy. You are living this legacy when you are with your family, your friends and in your community. Perhaps you are at a point in your life where you are yearning to expand your living legacy. You are ready to further expand and express your best

self and live your life with more purpose by being part of a larger cause yet you are not clear on how to get this process started. One of my passions is empowering leaders to live extraordinary lives; for this reason I founded Team Living Legacy, a group of passionate, thriving entrepreneurs who are living their legacy. You can visit us at: www.teamlivinglegacy.com and schedule a 30 min exploration call to start a conversation about what is possible.

Step 6 - Monetize your lifestyle.



Do you love to travel? Do you love to be in nature? Perhaps you love to sing or dance? Or maybe you are passionate about health and wellness? Whatever your passion, you can get paid for doing what you love.

Action Step

Listen to Episode 5 and 6 on the Vibrant Living with Nousha Podcast to learn more about how you can monetize your lifestyle.

Step 7 - Practice gratitude and appreciation daily.



Regardless of your circumstances, be grateful and appreciate everything in your life. I know. It is often a tough thing for us to embrace at certain points in our lives. I understand. I've been there myself and when I shifted my perspective about some of my challenging life circumstances to seeing the blessings they were in disguise they transformed to serve me well. Gratitude and appreciation for all that is are the access to shifting your mindset from seeing a situation as a challenge to seeing it as an opportunity for growth, further expression and expansion into your best self.

Be grateful for everything exactly as it is and exactly as it is not. When something is not in alignment with your highest vision of yourself, be grateful

for being able to see and feel this and trust you will attract the resources to support you to shift it.

If everything in your life represented a flower, gratitude and appreciation are like water and sunshine for your flowers to continue to live, grow and show up beautifully in your life.

Action Step

Start a daily gratitude and appreciation practice.

Some ideas to get you started on your gratitude and appreciation practice:

- 1. Start a gratitude and appreciation journal, if you like to write.*
- 2. Set a reminder on your phone (for a few times a day) when you can stop and practice gratitude and appreciate all that is around you, inside you and that is yet to come into your life.*
- 3. Share your intention to be more consistently grateful and appreciative with friends and keep each other accountable so your conversations stay focused on the good in your lives.*
- 4. Start to practice appreciating the greatness in everyone and everything around you as you will receive more of these qualities in your life and the people in your life will show up in this way.*



May you apply these principles in your life one step and one day at a time to live a vibrant, fulfilling life today and always! To receive a 15 min. complimentary Design Your Vibrant Life Strategy Session with Nousha visit the Let's Collaborate tab at www.noushabebahanian.com.

Be vibrant. Be bright. It's your birthright. Now, let's go out there and shine our light.

Warmly,

Nousha
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As a former climber of the corporate ladder turned lifestyle entrepreneur; Nousha is a Vibrant Lifestyle Mentor who combines her passion for health and wellness with her Bachelor of Commerce degree from the University of British Columbia and her Master of Arts in Leadership from Royal Roads University to support people to design and create a vibrant, fulfilling life. To empower her vision to cause a world wide epidemic of vibrant living she founded Team Living Legacy, an international group of thriving wellness entrepreneurs who are passionate about

elevating health, one conversation at a time. To receive a 15 min. complimentary Design Your Vibrant Life Strategy Session with Nousha visit the Let's Collaborate tab at www.noushabehbahanian.com.