



WELCOME TO LIFE DESIGN

Hello and welcome to Life Design's Five Principle Program - SHARE

This five principle Life Design Program – SHARE, represents Self Awareness, Holism, Ambition, Relationships, and Enthusiasm. SHARE has been designed with a very specific purpose in mind. That purpose is to help you create optimum holistic wellbeing and start to live a life you feel absolutely ecstatic about. You will design and create a life that you really enjoy and totally love living. Think magnificent life, full of everything you have ever wanted! You are going to learn how to thrive and flourish while gaining more zest and enthusiasm. You are a creative being. The power to create exists in you. Working through these five principles will help you to clean the slate and design the life you really want to live. This twenty session program will help you to remove unwanted obstacles. You will learn how to let go of what is no longer needed and allow what is desired to come to you. Grasping and implementing the information in this program will help you to create total holistic wellbeing and live a better quality life. Life is not supposed to be hard and unrewarding. Of course there will always be challenges. Challenges are necessary to help you build resilience. And along with establishing resilience, I will also show you how to have copious amounts of fun while finding fulfilment, meaning, and purpose in your life. I will show you how to attract all of this for yourself. Wellbeing is a combination of feeling positive, being well, having meaning and purpose in your life, nurturing your relationships, and achieving your goals. We will cover all of these aspects and much more in this five principle program - Life Design - SHARE.

A little bit about Noni Boon

Hi, I am Noni Boon.

I am beyond thrilled that you have made the choice to sign up and change your life. The very fact that you are reading this tells me that there are some aspects of your life that you are not overly happy with. That may even be an understatement. Don't worry, I understand. I gathered all of the tools I am going to share with you mainly because my life fell apart and I needed to work on myself in order to design and create the life I wanted and am now living.

I started out in the fitness industry as an aerobics instructor and personal trainer. This career gave birth to the teacher in me and I discovered that I loved motivating people and helping them to transform and reach their goals. I went on to study graphic design and realised how much art is like life. I was feeling unfulfilled so I studied archetypes, chakras and then holistic counselling. More recently, I have embraced positive psychology. My program is a combination of all of these modalities, combined together to complete the holistic circle and ensure all round wellbeing. I really hope that you enjoy moving through this program. The goal is to be able to look at yourself and at your life with honesty and compassion. Once the hard work is done, the magnificent life shows up. Much like training for a better physique. You will need to lift the heavy weights in order to build the muscle, gain strength, and loose unwanted kilos. Relax. I am with you in spirit every step of the way. (Please go at your own pace. There is no right or wrong. Enjoy - it's your life).

- * **Please keep a journal as you go along so that you can reflect back on your progress.**
- * **You will be opening up some emotional issues throughout this program. If at any point, you feel overwhelmed or emotionally unstable, please contact me for referral to a counsellor or to book a one-on-one session with me. (separate costs do apply for these sessions)**
- * **Be gentle with yourself and know that some of these topics are challenging. You may feel some resistance or question the reasons for needing to do this work. This is common, and may I assure you that every topic is totally necessary in order to guarantee results.**
- * **Please join with me on the Balance Website for support, to ask questions, and to connect with other like minded members.**



PRINCIPLE ONE - SELF AWARENESS

DISCOVER YOUR STRENGTHS, TALENTS, AND WEAKNESSES
SET YOUR INTENTION AND RE-DESIGN YOUR LIFE
COMPLIMENTS - GIVE AND RECEIVE

DEVELOP YOUR BOUNDARIES

ESTABLISH MEANING AND PURPOSE

LET GO OF REGRETS, BLAME, AND THE STEPS TO FORGIVENESS
FORGIVENESS AND RELEASING RESENTMENT
PROCESS AND RESOLVE YOUR GRIEF

Week 1 - Exercises 1 and 2

Week 1 - Exercise 3

Week 1 - Exercise 4

Week 2 - Exercise 1 and 2

Week 3 - Exercise 1

Week 4 - Exercise 1

Week 4 - Exercise 2 and 3

Week 4 - Exercise 4

WEEK ONE

WEEK ONE - EXERCISE 1:

- What are your five greatest strengths?

(Choose five strengths from the list provided. You will probably connect with most of the strengths on this list however the aim is to select the five which resonate with you the most for the purpose of this exercise). If you are unsure, follow this link to <http://www.authentic happiness.sas.upenn.edu/Default.aspx> and create a login for yourself. Under the menu 'Questionnaires', choose 'VIA Survey of Character Strengths' and take the test. Print and keep your results. If you have any difficulty, please email me at mail@bidesignco.com

STRENGTHS LIST:

- 1 bravery and valour
- 2 curiosity and interest in the world
- 3 hope, optimism, and future-mindedness
- 4 leadership
- 5 spirituality, sense of purpose and faith
- 6 capacity to love and be loved
- 7 fairness, equity, and justice
- 8 forgiveness and mercy
- 9 honesty, authenticity, and genuineness
- 10 industry, diligency, and perseverance
- 11 kindness and generosity
- 12 perspective (wisdom)
- 13 citizenship, teamwork, and loyalty
- 14 creativity, ingenuity, and originality
- 15 gratitude
- 16 judgement, critical thinking, and open-mindedness
- 17 love of learning
- 18 social intelligence
- 19 appreciation of beauty and excellence
- 20 zest, enthusiasm, and energy
- 21 self-control and self-regulation
- 22 modesty and humility
- 23 caution, prudence, and discretion
- 24 humour and playfulness

MY GREATEST STRENGTHS:

- 1
- 2
- 3
- 4
- 5



Now that you have identified your strengths, you have taken a step toward self awareness. The next step is to bring these strengths into everything that you do. Use your strengths to enhance your life, your work, your family, your sports, hobbies, every aspect of your life. Bring your strengths into your challenges and utilise them to help you get through. Bring your strengths into your relationships and into your day to day existence. Remain aware of your strengths and attuned to them so that they can assist you in your life. Your strengths will be most valuable when you are struggling with any given situation or event. If you draw on your strengths, you will be able to find the stamina you need to endure any future life circumstance.

Another great way to utilise your strengths is when you are faced with having to do something that you don't like doing. Every job, no matter how enjoyable, has some mundane aspects to it. There will always be things that test your patience, bore you or frustrate you. Choose a strength from your top five and bring that strength into the task. For example, if one of your strengths is kindness and generosity and you have to deal with somebody who really tests you, bring this strength into the relationship. There are many creative ways that you can draw on your strengths. If you find a particular exercise or duty quite boring and one of your strengths is humour and playfulness, you can bring that strength into the task. When you become practised at doing this, your life will be more in flow with wellbeing.

- What are your greatest talents? (List 5 talents)

(eg: a good singing voice, acting skills, great at math and problem solving, smart, intuitive, psychic, healing abilities)

1
2
3
4
5

Now that you have identified your talents, you can start to ascertain how you are currently utilising them in your life. Are you using your talents in your work or in your life in some meaningful way?

Combining your strengths and your talents and studying the list will give you your first clue as to what your life purpose holds for you. Wellbeing comes through using your strengths and continuing to strengthen and expand them. It also comes through expressing your talents and finding the joy contained in doing so.

- What are your weaknesses? (List five weaknesses)

(eg: insecurity, jealousy, nastiness, spite, fear, self doubt, self loathing, judging myself or others, criticising, the need to be right, vanity, laziness)

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Identifying your weaknesses provides you with the opportunity to see where some of the work needs to be done. Often your weaknesses will be the opposite of your strengths. This is good news because building on your strengths will empower you and diminish the hold your weaknesses have over you. It is important to acknowledge your weaknesses so that you can watch for them taking over during your challenges. Discovering your weaknesses is not about feeling bad about yourself. You have to have weaknesses in order to have strengths. This creates the balance that is needed in your ego and in your personality.



Every perceived weakness has an opposite and equal strength attached to it. Every fear holds the potential to develop a stronger belief which can dissipate the fear.

If you tend to have bouts of 'fear' then you could choose to build on your bravery and valour. If you often find yourself feeling 'insecure' then you could question your beliefs around what life really offers you to feel secure about. You may feel physically insecure, financially insecure, or emotionally insecure. All of these types of insecurities could be addressed by developing a strength and also by creating a new belief. Insecurity is undermining and can cause anxiety or depression. Insecurity is also an illusion which doesn't really exist other than in your mind.

Let's look at the truth about security. Everybody has moments of feeling insecure. I have built a strong belief that helps when insecurity comes up and challenges me. I have adapted the Buddhist theory of illusion which states that the only 'real' thing in life is 'love'. When you think about it, everything else can be taken away, killed, or destroyed. Many people place a high value on 'stuff'. The truth is, you could lose all of your possessions, even your loved ones, and still survive. It is ok to "want" things but it is good to not "need" anything, other than your basic survival needs. According to Maslow's Hierarchy of Needs, they are: food, water, oxygen, protein and vitamins. Pretty simple! The only thing that can't be taken away is your spirit (your life force) which envelopes the love that flows through you. Therefore, security only really exists in being alive and loving. If you are able to 'detach' from all of the rest, then your insecurity will dissipate. Love is the only secure reality that exists.

Another example may be that you feel insecure about your physical appearance. You may feel unattractive or think that you are not beautiful. Let's look at the truth about beauty. Our culture would lead you to believe that beauty radiates from the cover of Vogue magazine. Yes, that is one form of beauty. Physical beauty manifested as a model. True beauty comes from within. Even the most attractive woman in the world, if she is unkind or uncaring, will not be beautiful. Beauty radiates from your spirit and your soul. Some days I look in the mirror and see an attractive woman looking back at me, other days, I see every flaw and imperfection. I'm sure that my physical appearance doesn't change dramatically from one day to the next however my self-perception does and how I am feeling on the inside does. I know that I look and feel the most attractive when I am happy and joyful within myself. On these days, my skin glows and my eyes shine with vitality and zest.

I have come across people who are physically unique in the sense that they would not appear on the cover of a glossy magazine yet their eyes sparkle and their skin glows because they are happy and content within themselves. The goal is to be the best possible version of yourself inside and out. Feeling physically insecure could serve the purpose of motivating you to make an effort with your appearance, your body shape, your wardrobe, your hair or make-up. When you feel good about yourself, it boosts your self-esteem. Accept your physical imperfections. Nobody is perfect. Not even the highest paid supermodel. Let go of the need to be perfect and simply strive to be as beautiful as you can be and then accept and love yourself, faults and all.

Recently, I looked into the face of a 90 year old Balinese woman who smiled with sincerity and joy. Her mouth housed only a few chipped brown teeth and her face was deep etched with lines and wrinkles born out of hard work and the absence of luxury. She glowed from the inside out and her energy was magnetic and appealing. She was beauty in all its natural glory. Make the most of your physical appearance by all means, colour your hair, apply your make up, and stylise your wardrobe, but remember that all of this is useless if your interior life is empty. If you are happy and healthy then you can't help but be beautiful.



WEEK ONE - EXERCISE 2:

- Take the time to assess your strengths, talents and weaknesses.
- Think about your insecurities and how your strengths might play a role in dissipating them. Begin to create some new beliefs. The way to create a new belief is to change your thinking. A belief is simply a thought that is repeated enough times that it eventually becomes a belief. You are in control of this. Again, develop your self awareness so that you catch yourself thinking and question whether the thought is supportive to your new belief or not. If it is not, then change it to a new thought and train your brain. Developing new neurological pathways is done through choosing your thoughts. You are able to choose your thoughts, so choose the good ones.

WEEK ONE - EXERCISE 3:

- Setting your intention

Your fate is predetermined for you before you are even born. You are born a certain gender. You are born to certain parents in a certain country and in a certain era. You are born into your physical body with a specific build, shape, and size. You are born with certain talents, skills, and personality traits. Your life span is even predetermined. Working with the fate you have been dealt, it is important to know that you do control your destiny. What you do with the fate you were given is yours to create. Before you create anything, you will need to set your intentions. The Universe does not know what to deliver to you unless you are clear, and you ask. You can't ask if you don't know. Let's begin the process of determining what you really want in your life right now.

- What would you like to design into your life right now that you don't yet have?
- What are three **new** things that you would like to bring into your life right now? (write these down)
(eg: a new relationship, a new pet, a new car, a new job, a new house, an overseas holiday etc)

1
2
3

- What are three things you would like to **re-design** in your life right now? (ie. you already have them but want to change them for the better) (write these down)
(eg: my marriage, my career, my body shape, my appearance, my spiritual life, my group of friends etc)

1
2
3

The first step toward creating the life you want is identifying what you want. I have helped people who have never taken the time to think about what they actually want. We live in a Universe that responds to our thoughts. If we don't have a clear thought about what we want, the Universe can not deliver. Writing it down and looking at it will cement it even more. The more you think about it, the more you start attracting it to you. Take some time to really think about what you want and start to get excited about knowing that it is on its way. Before we go any further, we need to look at your beliefs about your thoughts.

- Do you believe that you deserve the life of your dreams or do you think that dreams only happen for other people?
- Are you willing to allow yourself to have it all or do you hold yourself back?
- Do you accept gifts and compliments when they are given to you?

Are you generous and do you give gifts and compliments?

It is important to give and receive in equal proportions. Your motivation for giving must be clear. Give to others in order to give to yourself. Generosity benefits you and makes you happy. It also promotes wellbeing.



A quick story:

I recently spent an amazing eight days in Bali. Mixing with the Balinese people helped me to gain even more insight into human nature and what makes people truly happy. During my time there, I hired a Balinese nanny to watch Lincoln. Her name was Madi. Before we left, I tipped Madi the equivalent of what she probably earns in a week. It was not a huge amount for me, but for her, it was like winning the lottery. She was so humble and honoured. She kept asking me "Why you give so much? Why you give so much?" I said "Because you did such a good job looking after Lincoln". She deserved it. Taking care of Lincoln is no easy task (*he is a powerhouse of energy*). I felt that she deserved much more than the small amount the hotel would have paid her. Three hours later, as we were leaving for the airport, it was pouring with rain. We approached the front gate security point. I could vaguely see two figures on a motorbike being pelted by the heavy rain. They had been there for over two hours. It was Madi and her 11 year old daughter guarding a present for Lincoln. They had been shopping and bought him an adorable soft toy monkey to remind him of his time in Bali. Madi did not have to reciprocate. She will probably never see me again. She did so because she embodies generosity. Lincoln's face lit up as she kissed him through the window of the car and handed him his gift. He cuddled it the whole way to the airport and back to Sydney. It is tucked in beside him as he sleeps. We named the monkey Madi to remind us of our trip and the amazing Balinese people. What I noticed most was the look on Madi's face when she was giving. She was more excited giving Lincoln his gift than she was when I paid her the extra money. **Giving to another person is truly the best way to give to yourself!**

WEEK ONE - EXERCISE 4:

- Over the next week, offer five compliments to five different people.
Make sure they are sincere compliments. Start looking for things that you can compliment somebody for. It needs to be heart felt and honest. Say it with no expectation and say it with sincerity and authenticity.
(eg: "Sarah, I love those earrings, they really suit you". or "Amanda, I heard that you got the promotion you were after, congratulations, you really deserve it".)
- Write about these experiences in your Life Design journal.
Describe how you felt when you gave out the compliment and what the other person's reaction was. This exercise is designed to prepare you to give and receive compliments and gifts with grace, ease, and a sense of humble deserving. It is also designed to train you into the habit of giving out genuine compliments to others. You can never underestimate how a simple gesture of kindness can affect someone's day. Pay special attention to the people who receive your compliments well and those who don't. Some people will be confident and some won't. It is interesting to observe this and then observe yourself the next time somebody pays you a compliment. Everybody wants to be seen and heard. It is valuable for you to see others and acknowledge their existence. It will lead you toward establishing more wellbeing.

