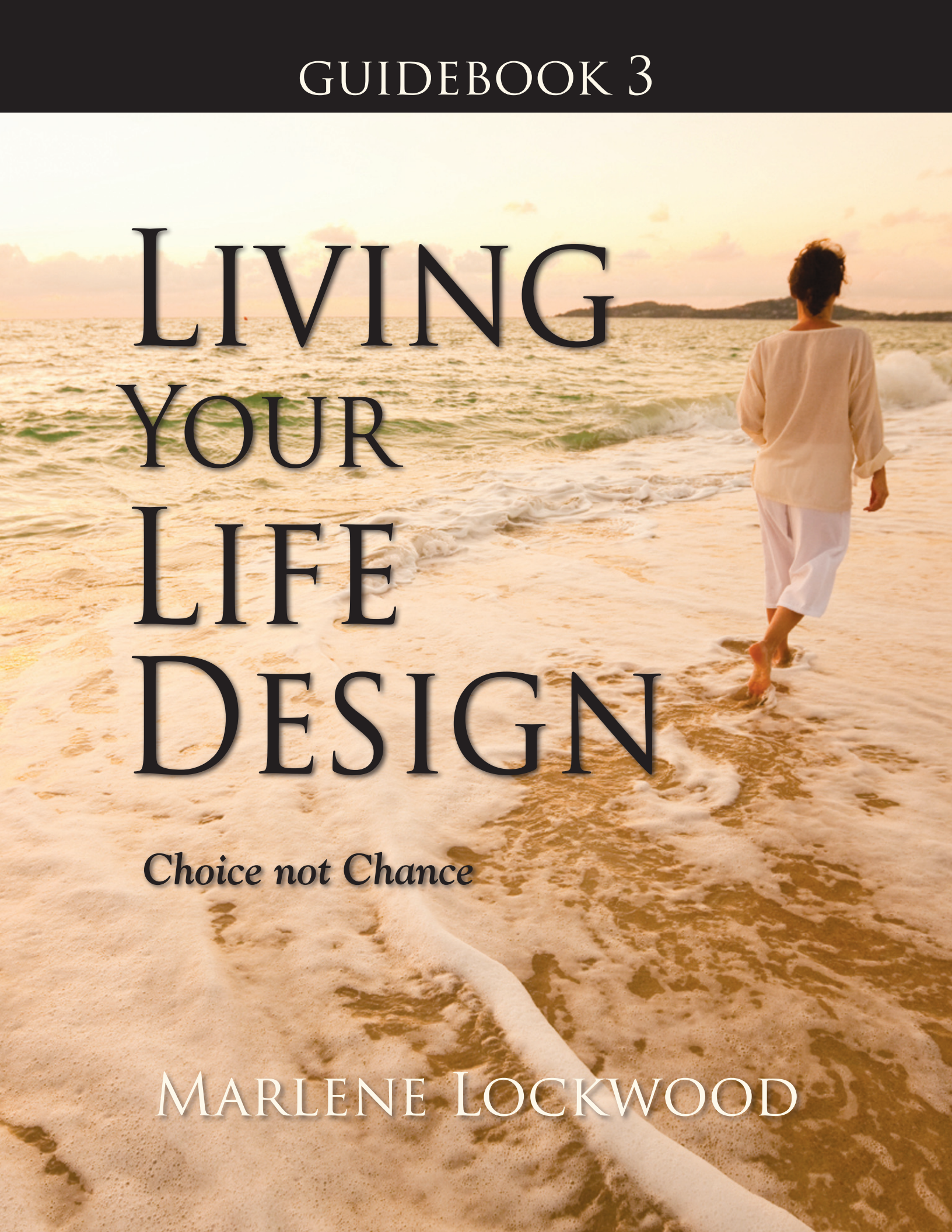


GUIDEBOOK 3

A person with their back to the camera, wearing a light-colored long-sleeved shirt and pants, is walking barefoot on a sandy beach. The ocean waves are breaking gently around them. The sky is a warm, golden color, suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

# LIVING YOUR LIFE DESIGN

*Choice not Chance*

MARLENE LOCKWOOD

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SAMPLE



*Springboard*

Transition Coaching with **Marlene Lockwood**

*"Start where you are, use what you have, do what you can." ~ Arthur Ashe*

**Please Note:**

This guidebook provides information and exercises to support individuals who have experienced loss and are on the journey of transition. There is no prescribed advice in this book. Instead, it is a pathway to personal improvement through in-depth reflection and exercises.

I ask that all readers progress slowly but surely, honoring a pace for improvement that is natural and positive rather than forced or stress-inducing. Please consult with your healing team, case manager and/or physician as you travel the healing path of grieving.

Any information or suggested actions should always be adapted to maximize the outcomes for the individual involved. Additionally, they can (and should) be tailored to fit the practices of specific support groups in order to honor their unique situations.

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## *How to Use These Guidebooks*

My purpose in these guidebooks is to share with you what I have learned about loss; both as a coach working with women who have experienced loss, and from my own story of loss and how I learned to cope with pain, to heal and to find joy again. It is my hope that these guidebooks will be an anchor for you and anyone who is experiencing the pain of loss.

As you read and begin to do the exercises in each guidebook, I invite you to trust in yourself to choose the ones that are right for you. Grieving is not a linear process; nor is it about black and white choices. Sometimes you must trust your gut to tell you what the next best step is. Healing from a significant loss happens over time and the process is different for everyone. It simply takes the time it takes.

In these guidebooks you will find information, support, and stories that will support you in moving through the grieving process in a healthier and shorter timeframe. You will find support to identify a new purpose and build a motivating vision that will help guide you into the next phase of your life.

Please note: Should your grief be so great that it is getting in your way of performing the functions of daily living then I encourage you to seek professional help before you do anything else. I want you to know that there is support available to you every step of the way.

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## INTRODUCTION

This guidebook provides you with practical ways to put your vision into action and to successfully live your life design. You will determine your level of satisfaction in 12 essential life areas. You will learn a process that you can use in any area of your life at any time. You will learn three key principles in how you can create a fulfilling future. As you work through a series of exercises—from clarifying your values to putting daily actions into place—you will find yourself steadily moving forward to fulfill your purpose and achieve your heart's desires.

Because our values are foundational to a happy and stress-free life, you will begin by clarifying what is most important to you. This work will help ensure your future decisions are aligned with the principles by which you choose to live. When we live in alignment with our values our lives are more focused and we have peace of mind.

You will become clear on what you really want to enjoy in your new life. You will create a powerful intention that will guide you along your chosen path. You will learn how to evaluate, adjust and continually shape the direction you are heading. Bringing together what you learned in all three guidebooks will support you to move forward with a clear sense of purpose and meaning for your life.

There are a lot of suggested actions in this guidebook. I encourage you to take things one step at a time, and at the pace that is right for you. You are in charge of your life. Practice loving kindness to yourself as you take each step forward.



## PATH OF TRANSITION

**A**s you worked through the first two guidebooks you began the significant work of healing from personal loss. You learned to believe that you will survive. You learned that to feel pain after loss is normal and that it is the natural progression to renewed energy, well-being and joy. Although your pain may have frightened you, you learned to lean into it and to understand that it is an important part of the healing process.

You were courageous and reached out to others for support and comfort. You learned to forgive and to let go, and to know that you are a better person for having loved. You experienced the joy of giving back to others who were going through a similar transition. You learned the power of visualizing yourself joyfully alive and thriving.

As you begin this guidebook you are at a wonderful point of choice in your life. As you are bringing order into your world again, you have the freedom to choose the lifestyle that you desire. If you are living with a nagging sense that life is passing you by, this is your opportunity to discover what to do with the rest of your life.

You can choose how you want to be in this brand new life you are creating. The first step toward success is to understand that you do not have to be held captive by events. You are free to choose.

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## LIFESTYLE CHOICE, NOT CHANCE

Suppose a stranger stopped you on the street and asked you that question. How many of us would describe a life that matches how we just spent our day?

Your answer could be anything: doing work you love, caring for and giving love to your family, contributing to your community or the world, creating art, building a business, climbing mountains, making music. Anything. The goal is knowing that how you lived today is how you would choose to live tomorrow and the next day and the next.

After having experienced a difficult loss, the future we may have imagined is dramatically altered. But as we continue down the path of transition we come to a place where we know we are ready to create a new future—one of our own choosing. Some would reply to Mary Oliver’s question, “I’ll do it as soon as...” or, “I’d like to...” or, “I used to dream of...” while their daily life is tangled up in sorrow, too many demands or never enough time or energy to get to the things that matter most.

There have certainly been times when that’s how I would have answered. How about you? But it doesn’t have to be so. If you’re caught up in a lifestyle that’s not the one that you would choose, choose again.

According to Jinny Ditzler, author of *Your Best Year Yet*, what drives most of us is the ambition to improve the quality of our lives while being true to ourselves and what’s really important to us. She writes that, “Although we may not be conscious of these basic motivations as we live day to day, these hidden drives are the strongest in our lives. The more conscious we are of them, the more we can empower ourselves to make the necessary changes in our lives.” To be true to ourselves is to know what is most important to us—to have a clear understanding of what we value.

*What do you plan  
to do with your one  
wild and precious  
life?*

~ Mary Oliver  
psychologist & poet