



# THE 'DESIGN THE LIFE YOU WANT' MINI GUIDEBOOK

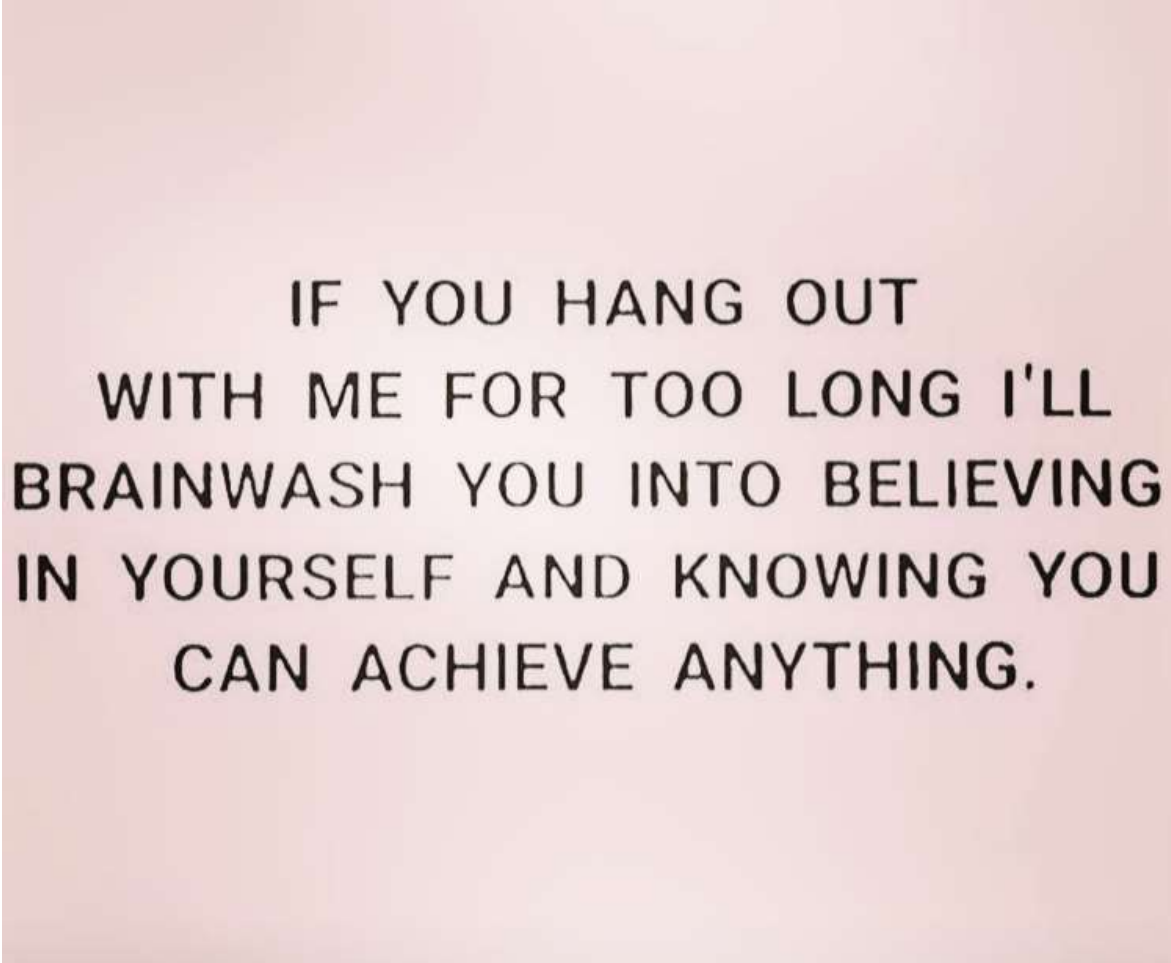
An everyday guide to build  
a positive mindset, love  
yourself, relieve stress and  
find your purpose.

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THE LIFE DESIGNER  
Design the Life You Want, LLC  
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## **The 'Design the Life You Want' Mini Guidebook**

**By: Heidi M. Morgan, THE LIFE DESIGNER**

An everyday guide to build a positive mindset, love yourself, relieve stress and find your purpose. This mini guidebook can get you through just about everything that you encounter in life ... and teach you how to love yourself and life, and be happy all of the time. CAN I GET AN AMEN TO THAT?!!!



**IF YOU HANG OUT  
WITH ME FOR TOO LONG I'LL  
BRAINWASH YOU INTO BELIEVING  
IN YOURSELF AND KNOWING YOU  
CAN ACHIEVE ANYTHING.**

## **Who can use this guide?**

Women who just want an easier and more enjoyable time at life. Women who want to be happy regardless of all the daily monotony and bullshit that comes at us, and who want to find peace within themselves. Women with struggles, who want more, who need inspiration; who ultimately want to find their purpose in life. I find that most women deal with these normal life issues below or have in the past, but really do not know how to improve their situation or get out of the daily ruts, and life's highs & lows. I have dealt with most of these issues myself:

1. being a mom
2. being a wife
3. career life
4. hormonal imbalance
5. negativity and doubt
6. feeling unpretty
7. being unhealthy
8. counting calories and thinking about food
9. feeling lost or stuck
10. feeling overwhelmed
11. dealing with stress
12. money/financial overwhelm
13. needing more relaxation
14. toxic people or environments
15. wanting change but don't know how to make it happen
16. want more in life
17. struggle with mom guilt
18. carry extra body weight
19. need inspiration
20. know you need to love yourself
21. don't know how to follow your dreams
22. want to get into an exercise routine
23. don't always feel grateful
24. want to make an impact
25. just plain want a better life all around

### Life Designing Activity:

I would like you to check off all of the issues on the previous page that apply to you or that relate to you. Also list any other issues that may not be on this list that you are struggling with or dealing with. If you have checked off five or more of those issues ... this mini guidebook was made especially for you.

Furthermore, if you feel like the naked Barbie doll with messy hair in the picture below, but you want to be like the happy baby (my lil Reesie in 2006), keep reading babes ... keep reading ... WE GOT THIS!!!



**YOU DO NOT HAVE TO BE A "HOT MESS" ... UNLESS YOU WANT TO.**

## What is Life Designing?

About 3 years ago or so, I came up with the saying “design the life you want.” I’m not sure how it popped in my head, but I’m so glad it did. At that time, I was a full time traveling scientific sales person, in a network marketing company, a wife and a mother, and a very organized and driven woman (and still am). I worked virtually all the time, I went to the gym every day and ate healthily, I made more than enough money to fulfill my family’s needs, I was very successful at everything I put my mind to, but there was still something missing deep down my *true* life’s purpose. I was very stressed out *all the time* and it eventually took a toll on my health. It always seemed to me that there had to be a better and easier way to do things, and that life needed to be fun at all times without so much damn stress. Throughout my life I have encountered a lot of issues and struggles, even though I make life look very easy. But life is not always easy. Life can be really hard at times ... even if you are the strongest person in the world. Everyone has struggles! It’s just how you deal with them that either makes you or breaks you.

Luckily for you and me and other women like us, I have found the secret to making life easy. I am about to share that amazing secret with you. You are that special to me! So worry no more, relax and get ready to figure out how to design the best life for YOU. I will not guarantee that your specific life designing process will happen overnight- this is a constant, daily, self-serving, evolving process. But I do promise that if you read this guide, take my shared knowledge into your life and apply it to your everyday principles, you will see a change and over time you will feel lighter, happier and more grateful. You will be able to adapt freely and much more easily to life’s changes, ups and downs and everything in between that life brings forth to you. You will start to say, “Life is so easy for me!!!” People will be staring at you all the time because you will radiate an angelic glow!!! The best part is that you will OWN IT too 😊

In addition these example magical shifts below may start appearing in your life (and much more) ... SOUNDS EXCITING, RIGHT???!!!

- ❖ You will start seeing the day in new light.
- ❖ You will put forth daily goals and achieve them.
- ❖ You will set aside time for yourself.
- ❖ You will learn to say “no” to people, even though you love them.
- ❖ You will not tolerate “toxic” thoughts or people.
- ❖ You will be mindful and relax A LOT more.
- ❖ You might lose weight and appear less “puffy.”
- ❖ You will remove negativity from your thinking patterns.
- ❖ You will not worry about money as much.
- ❖ You will feel good about being a mom.
- ❖ You will feel beautiful and people will compliment you.
- ❖ You and your spouse/partner will be in better harmony.
- ❖ Your family unit will have more fun and be happier overall.
- ❖ You will feel better at work or start a new career.
- ❖ You will look for inspiration and strive to inspire others.
- ❖ You will smile all the damn time!
- ❖ You will become a BRAND NEW WOMAN!

**I am so  
fucking  
happy.**

designthelifeyouwant.org

**THIS WILL BE YOUR NEW MOTTO.**

## Why should I be guiding and teaching you?

Even though I have been a very successful career woman for over 20 years (scientist and sales), my true life's purpose was not being fulfilled in those corporate environments. My true calling is helping people and I had to figure out a way to make that passion a profession. How did I do it??? Well first I had to put my own life guiding principles (that I will share here with you) into full effect in my own life. I started by 'DESIGNING THE LIFE I WANT!!' In order for me to be your teacher I had to become an expert in designing my own life first. My own principles and guidelines allowed me to:

- ❖ overcome stress
- ❖ overcome adversity
- ❖ repel negativity
- ❖ ignore toxic environments and people
- ❖ follow my heart and passion
- ❖ find my life's purpose
- ❖ become a self-employed LIFE DESIGNER!!



I have designed my own happy and fun life, so I feel that I am well equipped to help you design yours because I AM JUST LIKE YOU!

## Day of Disgust

In 2017 I was the top salesperson in my company. I traveled 48/52 weeks that year. While I was meeting sales goals like a God damn Rockstar, I was literally exhausted. My life was NOT balanced. I had burnt myself out to the point that my health was on the line. I had encountered adrenal fatigue. My energy level plummeted, my sex drive suffered, my body was bloated and in pain. Most importantly my happiness around myself and family was less frequent. The bottom line was that I WAS NOT ENJOYING MY LIFE. At that moment I said to myself, "Heidi, if you keep up at this pace for another five years, you will kill yourself." I meant it and I cried hard because it was scary. I really didn't know exactly what I was going to do to get myself to a place where I needed to be. It was definitely a 'Day of Disgust' knowing that I had to change something or I would continue to be exhausted and unhappy and my soul would literally rot. That is when I put forth my vision and ultimate dream to become a Life Designer. I *WILL* replace my full-time corporate income with my 'Design the Life You Want' business. It won't be immediate and it will take time, but I will do it because I have to save myself (and you too)!!! But the cool thing is that I can help you ... and you can follow exactly how 'I am Designing the Life I Want.'

I got you babes, I got you ...



**Before Life Designing vs. After Life Designing**



## Life Designing Activity:

Today at this moment, start recognizing your own 'Day/s of Disgust.' What does that mean exactly? It means this--- when you literally know deep down in your core that something has to change or your happiness and/or health will suffer. I will offer some more examples on this concept throughout the mini guidebook, but I'll tell you it is a moment where you say---- ENOUGH IS FUCKING ENOUGH!! You will know when you have these days and you probably already do ... but we can fix them ... keep reading ... I said that I GOT YOU ... and I mean it.

## Why have I created this guide book?

There are three reasons that I have created this guidebook:

- 1) I have always enjoyed helping people.
- 2) I *want* and *need* to share my unique stories with you in an effort to help you and other women and myself.
- 3) I see too many unhappy people in the world ... and this has to STOP.

I have always enjoyed helping people. I am the empath ... that person who can feel a person hurting without them saying a word. Or if someone is struggling I want to fix things for them, but through this process of trying to help people, I have learned that one can only help herself. But you can heal with the right guidance. Also, I have struggled myself throughout life; no one has a perfect life. There are a lot of unique stories I can share with women all over the world that can help them overcome hurdles, grow, become happier, heal themselves, and just plain make them feel normal and not alone. Therefore I have created this guidebook for YOU based on my own life's experiences. I want to be your teacher and guide you into designing the life YOU want, which is not difficult, does not require a lot of time and effort, and I promise you that it is fun. Once you are designing the life you want, you will be the happiest woman in the world!!!

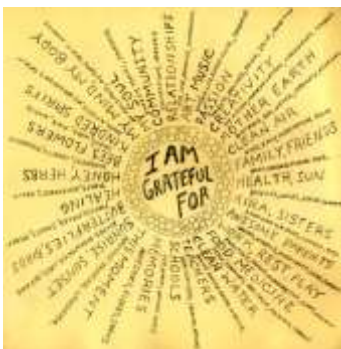
She's just a good woman trying to be a better woman while inspiring and helping the next woman.

## Before we get started with the fun stuff I would like to thank you ...

It is with great pleasure and fulfillment that you have chosen to work with me as your own personal Life Designer and to take my principles and guidelines into transforming you inside and out, and designing your best life. I cannot wait to hear about your stories of success, fun and happiness as you work through this guide and begin to unravel the beautiful path to designing the life you want. I do not take life lightly and neither should you. Life is a precious gift that we choose to either be grateful for... or to take for granted each day ... if I can teach you *just one thing* after working with me and reading this guide, it would be for you to be forever **GRATEFUL** I for:

- Yourself first and foremost because you are truly unique and special!
- Your past life- you have learned so much
- Your today life- today is a gift; that is why they call it the “present”
- Your future life- this is where today’s life designing takes full effect

You only have one life and you are THE DESIGNER. Read that again! You are a LIFE DESIGNER just like me!!! Today is the perfect day to ‘DESIGN THE LIFE YOU WANT’!! From the bottom of my heart, thank you for being here with me and working on your biggest project, which is YOU!!! Now let’s get rocking and rolling, shall we?! We’ve got some amazing life designing to do. I CANNOT WAIT!!!



gratitude  
CHANGES  
everything



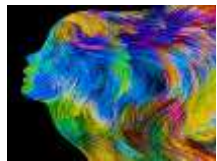
How can YOU get started to 'Design the Life You Want'?

## Three simple steps:

1. Mind
2. Body
3. Spirit

### THE MIND

Your brain is part of the visible, tangible world of the body. Your mind is part of the invisible, transcendent world of thought, feeling, attitude, belief and imagination. The brain is the physical organ most associated with mind and consciousness, but the mind is not confined to the brain. It is so much more ...



**AN UPGRADED LIFE  
IS THE RESULT OF AN  
UPGRADED MIND**

#### ***Mind- Noun (Dictionary.com)***

1. the element, part, substance or process that reasons, thinks, feels, judges, etc.
2. the totality of conscious an unconscious mental processes and activities
3. intellect or understanding; intelligence
4. intellectual power or ability
5. reason, sanity, or sound mental condition
6. a way of thinking and feeling; disposition; temper
7. a state of awareness or remembrance
8. opinion, view, or sentiments
9. inclination or desire
10. purpose, intention, or will
11. psychic or spiritual being
12. attention; thoughts

The mind is a complex entity ... it really is, but if you look at the definitions on the last page, it is something we can train like a dog or like a muscle. It just requires daily work. If you are able to get your mind cleaned up and in order then you will be on the supreme path to designing the life you want. I promise!!! I placed it as the #1 step in life designing because it is literally NUMBER ONE. **Can you change your mind???** Hell yeah you can! I am living proof.



### Days of Disgust

If you noticed above I wrote “Days” of disgust ... not just “day.” Several years ago I caught myself too many times not being happy and getting upset over little things like someone driving too slow, people complaining, my boss being a jerk, it being cold outside, the gym being packed, waiting in lines, social media posts ... when you read those things they are really not reasons to be upset, are they? Why?! Because I could not control them. Can I control traffic? NO. Can I control people complaining? NO. Can I control my boss’s mood? NO. Can I control the weather? NO. Can I control the gym attendance? NO. Can I control the length of lines in stores? NO. Can I control what others post on social media? NO. I then realized that these seemingly everyday things had nothing to do with me, my happiness and were out of my control. Being upset or mad about them was what *controlled* my mood, made me less productive, unhappy and certainly less grateful. I had no reason to be any of those things. I had a beautiful home, a great job, a loving family, a car, food, clothes ... etc. I needed nothing! So at that time I started to “flip the

switch.” What does that mean exactly? If I noticed myself being crabby about things I couldn’t control, I’d “flip the switch” and find a reason to be happy or grateful. Maybe traffic was slow so that I could have time alone in my car to think ... maybe people complaining made me realize that complaining is a waste of time ... maybe my boss being a jerk had nothing to do with me and taught me to not be a jerk to others ... Get the pattern? I became mindful of the moment and focused on my own thinking and energy. I was determined to stay happy and focused on happiness during every situation. I can say that using the “flip the switch” tactic totally changed my mood in minutes and still does.

### **Life Designing Activity:**

From this day forward (like marriage to yourself, LOL), every time you sense yourself getting upset about something you cannot control I want you to “flip the switch.” Find a reason for that moment to bring you happiness, joy and and/or a new perspective. You could even wear a rubber band on your wrist and flick yourself every time you’re being bitchy- HA! I promise that this activity will change your mindset, but you have to DO IT faithfully. I still incorporate the “flip the switch” practice into my daily routine (I can still get crabby ... remember, we are all human and life designing is a constant practice).

**Other Tactics in addition to “Flip the Switch” that I use to train my mind into becoming the core powerhouse of my LIFE:**

- A) Gratitude Journaling**
- B) Affirmations**
- C) Letting Go**
- D) Relaxation Tools**

## **Gratitude Journaling**

Gratitude journals are used by anyone who wishes to focus her attention on the positive things in her life. Gratitude, the feeling of appreciation or thanks, has gained a lot of attention in the field of positive psychology. This is not a new tool or concept. It has been around for a long time and my dear friend in Australia, Sonia Mckee, got me into gratitude journaling. It's not a difficult practice and it can take as little or as much time as you want. It's as simple as this: buy a journal or notepad and each day, preferably upon waking write down everything you are grateful for (family, home, job, dog, flowers, wine ... the list is yours). It may be the same every day and at first your list may be short, but eventually you will crave this process and your list will get longer and more complex ... some days I am just thankful for sweatpants!!!! It is the little things in life that we need to be grateful for. The more we are grateful for everything in life, we will never notice what we lack and what we are not grateful for. This is mind training at its finest.

### **Life Designing Activity:**

Get a cheap journal or notebook and faithfully for one week write down your gratitude's for 5 min. Pay close attention to your mood and how it improves with this practice. This should be something that you start to look forward to daily.

## **Affirmations**

Affirmations refer mainly to the practice of positive thinking and self-empowerment and self-love—nurturing a belief that a positive mindset supported by daily affirmations will achieve success in anything. An affirmation is a personally formatted statement that should be repeated to one's self and written down frequently. For affirmations to be effective, it is said that they need to be present tense, positive, personal and specific. It can be difficult to write an affirmation to yourself if you have not done this before, but it can be as simple as this: “I am worthy of the life that I want to design.” That may not be specific enough to you, but it is a general example. If you say that out loud it is kind of empowering isn't it?! When I read that to myself I get fired up!!! Whatever you put out in the universe comes true; I am a firm believer in that.

**Here are a few example affirmations:**

- I know, accept and am true to myself.
- I believe in, trust and have confidence in myself.
- I eat well, exercise regularly and get plenty of rest to enjoy good health.
- I learn from my mistakes.
- I know I can accomplish anything I set my mind to.
- I forgive myself for not being perfect because I know I'm human.
- I am sexy, beautiful and glowing.

**This is my personal favorite:**



HOW TO BE  
SUCCESSFUL:  
FOCUS ON YOUR  
OWN SHIT

**Life Designing Activity:**

Create a few personal affirmation statements for yourself. You may need to revisit the issues in the beginning of the guide to hone in on what you want to say to yourself. You do not have to share these statements with anyone, but they will really build your self-worth mindset. Trust me! I only focus on my own shit now, I truly love myself and I am confident that I can achieve anything I put my mind to!!



## Letting Go

Letting go is like the mama jama of all things mind. Having the power to surrender. What does that mean? Spiritual surrender means self-offering of one's will to God or the Universe. Basically you just say “Fuck it” and stop worrying period. For the serial worrier, you are probably worried that you can't stop worrying, but just trust me, you can and I bet you'll be reaching out to me telling me this is the BEST THING YOU EVER DID EVVVVVEEEERRRR!!

How do you let go or surrender? When you are worrying about something, ask yourself these questions:

- 1) Can I control what is happening?
- 2) Am I afraid about something that hasn't even happened yet?
- 3) Will this cause me or someone else physical harm?

Nine times out of ten, you will say 'NO' to all three questions. Most of what we worry about is fear of something that has not even happened yet, or that won't even happen, or it is already over with. One of my mentors, Gabby Bernstein, likes to call FEAR “False Evidence Appearing Real.” Now read that again! Most of what we fear and worry about is in our mind. Just let it go ... when you let go, you make room for what's new, fresh and exciting. Letting go frees your mind. We all want freedom, don't we?!

### Life Designing Activity:

Next time something is worrying you, write it all down on a piece of paper and then rip it up and throw it away. Just the sheer action of getting rid of it physically will start to release it from your mind. If that doesn't work go have a glass of wine ... just kidding ... kind of 😊





## Relaxation Tools

I don't know about you, but for me my mind used to go 100 miles a minute. It raced from one thing to the next and was a HUGE source of anxiety. I worried about all the things on my "to do" list and what I had to do next instead of enjoying what was going on NOW. All I wanted was some relaxation time to slow down my mind. If you can slow down your mind, you will be so much happier.

## Day of Disgust

Just this past December I was at dinner at my favorite restaurant with my husband and I started crying. He was like, "What is going on here?" ... because we were having a good time. But I was thinking about work and all the things I had to do on Monday instead of enjoying the moment. I told him, "I just want a month off of work. I just need some time for my head to rest." His answer, "Well then take some time off." But in reality that is not something I could do. Whether I like it or not, my job is severely demanding and taking a month off was not realistic. But what is realistic is to stop working at 5pm, to stop taking work calls on the weekends and to start adding a lot more relaxation into my life. As of December 8<sup>th</sup>, 2018 I have fully committed to daily relaxation techniques that work for me and I have not looked back. My mood has improved, I have less anxiety and I have lost weight ... relaxation induces stress reduction (we will revisit this in the body section)!!!

Relaxation for me is now NON-NEGOTIABLE. My family knows how much happier I am after some relaxation time. They tend to leave me alone when I am doing the things that make me chill out because I am more fun to be around when I am relaxed. Here are some things that relax me that I incorporate into my life daily:

- Hot salt baths
- Long walks
- Weight training
- Guided meditations (Breethe app)
- Loud music
- Dancing
- Sitting on the couch with my hubby

### Life Designing Activity:

Take a look at this short list below and check off any that you are experiencing:

- Low energy.
- Headaches.
- Upset stomach, including diarrhea, constipation, and nausea.
- Aches, pains, and tense muscles.
- Chest pain and rapid heartbeat.
- Insomnia or waking in the night.
- Frequent colds and infections.
- Loss of sexual desire and/or ability.
- Depression or general unhappiness.
- Anxiety and agitation.
- Moodiness, irritability, or anger.
- Feeling overwhelmed.
- Loneliness and isolation.
- Other mental or emotional health problems.

If you check off three or more items on this list, you need RELAXATION and must incorporate some into your life right away. Try meditation, take a bath, go on a walk, talk to a friend, go to the gym, listen to some music, do yoga, read a book, go get a massage, have sex ... do what makes you feel calm and relaxed. Reach out to me if you need help finding ways to relax. I am the queen of relaxation now!



## THE BODY

The amazing, beautiful body! While the mind controls the body, I do cherish my outer shell; it is what keeps my inner aura, mind and spirit safe. It is the first thing I see in the morning, it allows me to express my feelings such as smiling and laughing, it carried my beautiful babies, it is how I am intimate with my husband, it allows me to wear cute clothes, express myself and it is what puts forth the greatest work of my mind. My body is my temple and I treat it like one.

However it was not always that way. My body has been a tough one since I was a very young girl. I was a chubby grade schooler and then I was an anorexic at 13. My weight has fluctuated 20 lbs. up or down my entire life; I've encountered stress-induced hormonal issues. While, most weight issues stem from childhood; I think the main issues with me and my childhood was perfection and control. I strived to be perfect and I felt that I could control perfection through my body. As I got older, stress took a toll on my body. Boy did I have it wrong! If I had incorporated my now life designing principles maybe I would have not experienced the body dysmorphia or the stress ... or maybe had I not experienced body dysmorphia and the stress, I would not be writing to you today. Everything happens for a reason and I am grateful for all of my stories, experiences and my body lessons. They have made me the strong, mindful, body loving woman I am today and allow me to share them with you so that you can get yourself in a better place.

### Day of Disgust

In August of 2016 I looked in the mirror and did not recognize the woman I saw. I looked aged, tired, fluffy, puffy, bloated and fucking unhappy! What was weird was that I was always long, lean, thin and glowing. I was a natural athlete my entire life and never had issues losing weight when I wanted to. But at that moment I knew something had to change. I cleaned up my eating and started dieting. I lost a lot of weight, puffiness, inches and I looked and felt a lot better ... a lot like myself again. But I was still stressed out from work and hated dieting. Counting calories was the devil!!! All I thought about was food. What I would eat next and when ...

and would even avoid social situations because maybe “I would gain weight.” Oh my God! This pains me to write this ... I was not in a good, balanced body mindset. I ended up joining a few other fitness programs after I lost weight so I could lose even more weight and try to look like a fitness model. Well, that backfired. The more I worked out harder and harder, the more weight I put on! What in the FUCK!!!! Then it dawned on me. I wasn’t caring for my body in the way that it needed. I wasn’t 20 anymore. I wasn’t a fitness model. I needed more time to relax. I was a different woman- a mom, a wife, a career woman with a lot of responsibility and dealing with life’s stressors. I had to find a better way!



**Black: stressed and in Day of Disgust, summer 2016**

**Orange: stressed and dieting, summer 2018**

**Blue: not stressed, not dieting, February 2019**

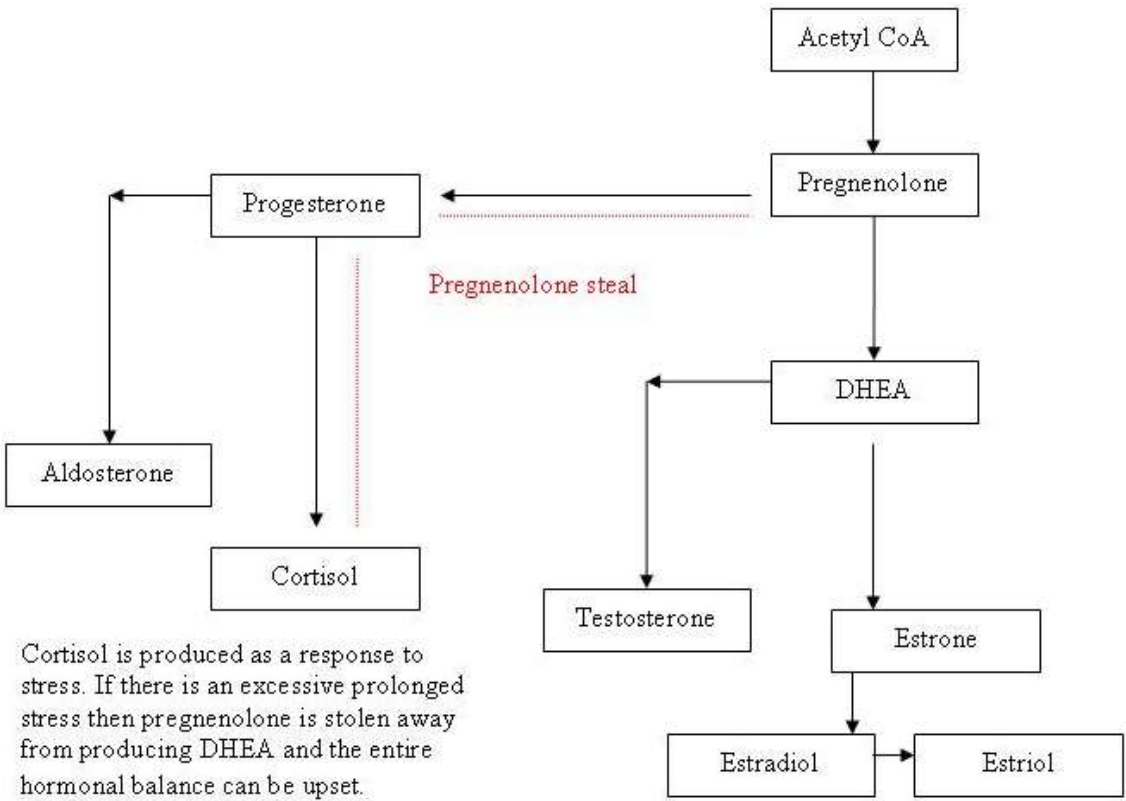
**Do you have any of these body issues? I have experienced these issues myself:**

- Hate being naked
- Have trouble looking in the mirror
- Have issues losing weight
- Weigh yourself multiple times a day
- Compare your body to others
- Won't wear a swimsuit
- Don't enjoy sex/low sex drive
- Fatigue and constant tiredness
- Irregular periods or no periods
- Insomnia/Irregular sleep schedules
- Skin and hair changes
- Gut issues/digestive problems
- Bloating/puffiness/water retention
- Anxiety/depression/headaches
- Hot flashes and night sweats

### Life Designing Activity:

Take a minute and check off any of the above body issues that relate to you. I think that if you check off one or more of these, you need help. Number the top three as 1, 2 and 3. Those are the ones you need to work on first. But don't worry ... I GOT YOU!!!





**How do you get in a place of loving, caring and healing your body?**

1. Become your own health advocate- focus on being healthy.
  - \*\*I focused solely on my health. I vowed to make ultimate health a priority- not weight loss. If you are healthy you will feel good all over, which will show up on the outside (and inside).
2. Eat what your body craves- listen to your body.
  - \*\*I eat a well-balanced diet of protein, complex carbohydrates, healthy fats, lots of vegetables, some fruits, lots of water and occasional wine and treats. What is life without wine and jalapeno Cheetos??? Ha!
3. See a doctor and get a blood test (full hormonal & metabolic panel).
  - \*\*Go find a good integrated health doctor or functional medicine doctor and get a full blood workup. This will offer a baseline on whether you have hormonal issues or other medical issues that need to be addressed. I found out that I suffered from hypothyroidism, adrenal fatigue, low vitamin D, low progesterone and low testosterone. If your estrogen/progesterone ratio is off balance then you will feel awful ... I KNOW FIRST HAND. (see Figure 2)

**Figure 2: Effects of High and Low Progesterone**

<b>Too High</b>	<b>Too Low</b>
Fatigue	Missed periods
Weight gain	PMS
Dizziness	Breast tenderness
Headaches	Depression/rage/irritability
Light menstruation/absent periods	Dry skin, hair & nails
Mental fogginess	Weight gain
Nipple tenderness	Hair loss
	Heavy bleeding
	Insomnia
	Infertility

- 
4. Figure out if you need medications or supplements.  
\*\*I take a daily thyroid supplement and oral progesterone. I also take a lot of other supplements such as flaxseed oil, magnesium, adrenal support, vitamin D, zinc, black seed oil, cinnamon, aloe and a lot more. I feel so much better with supplementation. Email me if you want to know exactly what I take or if you would like personal guidance from me.
  5. Find an exercise regime that works for you.  
\*\*I used to do high intensity workouts every day and run 40 miles a week, but I realized that does not work for me now. It is too hard on my adrenals and stresses my body (produces cortisol). Now I walk a lot and do body weight training. I am losing weight!
  6. Stop comparing yourself with others.  
\*\*Comparison is the thief of joy! This is something that you have to stop doing. You are not me; I am not you; our genetic makeup is different; there is no good reason to compare to someone else. **JUST STOP NOW!!!**
  7. Have sex frequently.  
\*\*Sex is typically a taboo subject, well not here! Have sex a lot. It will release feel good chemicals in your body, lower stress, bring you closer to your partner and yourself, and make you feel like a sexy vixen!
  8. Love your body.  
\*\*Your body is uniquely yours. Love it. Take care of it. Pamper it. Get manicures and pedicures. Go get facials and massages. Get your hair done. Treat your body like the temple that it is!



9. Show off your body.

\*\*I have no problem showing off my body and I am proud of how I take care of myself, and my curves and muscles. There is nothing wrong with showing your body as a symbol of self-love. Buy pretty dresses! Wear short shorts! Strut in the bikini! Women are a symbol of beauty! Show it with pride!

10. Embrace being the beautiful woman you are.

\*\*Being a woman is a gift. We are exotic, sensual, soft and beautiful. Embrace it and own your body. If you are a mother or role model, you are an example to your daughters and other girls- BE A CONFIDENT ONE!

### **What I have learned in my own personal journey by being an advocate of my own body and health:**

- ✓ I learned that less was more.
- ✓ I learned that eating what my body wanted and needed worked.
- ✓ I learned that working out every day was counter intuitive for me.
- ✓ I learned that I had to listen to my body.
- ✓ I learned that I needed to see a doctor.
- ✓ I learned that I had thyroid issues.
- ✓ I learned that I had adrenal fatigue.
- ✓ I learned that my progesterone was low.
- ✓ I learned that I needed some medications.
- ✓ I learned that I needed hormone therapy.
- ✓ I learned that supplements are my best friend.
- ✓ I learned that I like to show of my body.
- ✓ I learned that sex is fun an necessary.
- ✓ I learned that hormones control a lot.
- ✓ I learned that I can teach others how to heal.
- ✓ I learned to LOVE MY BODY AGAIN!!!!!!!!!!!!!!!!!!!!!!

**But hallelujah! I figured it out ... Finally!!!! And you can too!!!**



## Day of Disgust turned into Delight

Another day of disgust related to my body, but it has a happy ending. In the mind section I mentioned how stress wreaked havoc on my mind and I was able to overcome that. However stress also wreaked havoc on my body ... BIG TIME. It completely messed up my hormonal pathways and was what led me to dealing with thyroid disease and adrenal fatigue. The scariest sign that something was wrong with my body a few years ago was the fact that I could not get out of bed on a daily basis. My brain wanted to do things, but my body would not cooperate. It just wanted to rest, but I couldn't because I had to travel to do my job. As you can imagine, the constant travel and work stress was not helping the situation. I saw a functional medicine doctor and she uncovered that I had an underactive thyroid, adrenal issues, low vitamin D, and very low progesterone and testosterone. All of which can contribute to extreme fatigue and tiredness ... and weight gain. If you look at the hormonal pathway chart on the next page, you can see that if cortisol (your stress response hormone) is released for a long period of time, then your body does not produce DHEA and that can throw the rest of your hormones off balance. THAT IS WHAT HAPPENED TO ME. I poured into books, found supplements to help with my symptoms, and started taking thyroid and bioidentical hormone therapy. I also reduced my daily stress, as I mentioned in the MIND section.

I can now say that I am on a path to healing.

I feel amazing.

My energy has skyrocketed.

I am losing weight.

My skin and hair are luxurious.

I am a morning person again.

I have high sex drive.

I feel sexy.

I feel like me again.

Dear Body, I LOVE YOU!!! ~HMM



Love your  
body and  
teach your  
mind to  
respect it.

**TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.**

“embrace and  
love your body.  
it's the most  
amazing thing  
you will ever  
own”

## **THE SPIRIT**

What in the world is the “spirit”?! It took me a bit of time to figure this one out because I think it can have different meanings for others. But for me spirit is your inner life’s purpose. It is when everything in your life is aligned with your beliefs, values and aspirations. My spirit is guided by my ‘INNER LIFE DESIGNER’ or my ‘ILD’ as we will call it in this guidebook. ILD is what truly directs you in everything you do. It is that gut feeling. It taps you on the shoulder when you have that deep internal fire to do something that excites you. It leads you to your spirit constantly, which is that place where everything feels right (like home). ILD guides you to your internal light. It is what helps you get to your ultimate goal of your daily life’s purpose, WHICH IS YOUR SPIRIT!!!!

### **How do you find your Spirit?**

Like I mentioned early on in this guidebook, my ILD guided me into knowing that I had to become a LIFE DESIGNER. But it all ultimately came back to people. I enjoy helping people, I like sharing my authentic experiences and I love seeing happy people. I had that ILD in me when I was when I was a little girl. I can remember at every stage of my life that I have been helping people, sharing my stories and enjoying seeing them happier. My ILD showed me the way into making my life designing passion what I do all day every day! It led me to take action on my spirit!!

Your spirit should make you get out of bed in the morning; it should make you smile; it should never feel like work; it may or may not make you money, but if it’s your true spirit, you don’t care!!!! Your spirit uses your best talents; it is all you think about doing; it is ultimately what drives you to be alive. It is when you are in complete alignment with the universe. It is the best feeling to know that you are doing what you are supposed to be doing in this world with full intention.

Now spirit can be different for everyone. For some it may be doing what you already do. Maybe you are a teacher and you love it, but maybe you want to go back to get your Master’s degree so that you can be a principal. If you really want your spirit bad enough you can find it. Just listen to that ILD all the time. It knows the way to ‘Designing the Life You Want’ and uncovering your spirit.

Most people tend to make excuses on why they can't go after their spirit because they are not listening to their ILD:

- I don't have enough time
- I need to go back to school
- My husband does not support me
- I am afraid to fail
- I do not know how to get started
- I have to take care of my kids
- Life is just too busy
- My full time job gets in the way
- I don't have enough money
- I'm too old
- I don't know where to start

Well ya wanna know something? All of those excuses are bullshit!!! How do I know that because I used them at one point to not follow my spirit. I was scared, I didn't know how to get going and I was not listening closely enough to my ILD. Then one day I woke up and said, "Dammit, I'm gonna do this! If I don't, I won't be fulfilled at life and I will live in regret." Wow, here I am! A Life Designer and I followed my spirit. All while I was a full time traveling career woman, an MLM leader, a wife, a mom, a health enthusiast, a busy lady, a woman in my 40s, without going to school, without spending a lot of money, without taking up a lot of my time, with a husband who supported me ... if it is your true spirit it will be easy. Listen to your ILD babes ... it's got you too.

### **How did I do it?**

I just let what felt good drive me and followed my ILD. I looked to the universe and let people who have followed their ILD before guide me. I worked on things a little bit every day. I poured into my mind to make it the most positive and productive powerhouse that it could be. I worked on my body so that it could be a healthy shield for my mind's work and I followed my heart and passion to help others like you and I am a LIFE DESIGNER! I found my precious spirit!!!!!!!!!!!!!!!!!!!!!!



**Some questions to ask yourself if you do not know what your spirit is:**

1. If money didn't matter, what would I do all day long?
2. What are my best talents?
3. What could I write a book about?
4. What types of people do I like to help?
5. What do I enjoy doing the most?
6. What do I hate doing?
7. What was my favorite thing to do as a child?
8. Do I want to create something new?
9. Do I own a unique idea or concept to share?
10. Can I add value to those around me? How so?

Keep in mind that your spirit does not have to be your profession. It can be something you do as a side job, as a hobby, as a volunteer or simply as something that brings you extra joy and fulfillment in life at any time.

**IT IS THE REASON YOU EXIST IN THIS UNIVERSE!!!!**

### Life Designing Activity:

Sit down in peace and quiet when you are in the right frame of mind (calm, alone, not at work, not distracted). When you just hear that ILD loud and clear. Write down what makes you truly happy, where you see yourself in 20 years and decide if what you are doing right now will get you where you want to be. Are you truly fulfilled? Ask yourself that. The goal of real spirit: at the end of the day you are happy and can rest knowing you are truly doing what your heart desires. If you figured out your spirit here or by using the guided questions on the previous page, great! If not, that's okay! We will work on finding it. There is no timeline. There is no competition. There is no race. It will happen in time. Trust me. I told you I GOT YOU!!! We just have a few more things to learn and incorporate so that you can find that sweet SPIRIT!!!!

THE TWO MOST IMPORTANT  
DAYS IN YOUR LIFE ARE  
THE DAY YOU ARE BORN,  
AND THE DAY YOU FIND  
OUT WHY.

MARK TWAIN



## Saying NO helped me a ton!

Oh man, saying NO! This has become my favorite. Sometimes ya gotta say no to activities and people and basically anything that does not bring you joy and lead you to your spirit! It may seem mean and selfish to say no, but too bad (no one will think you are Dr. Evil, trust me). If you read the title of this guidebook it is titled "DESIGN THE LIFE YOU WANT." Yep, it's all about you babe and getting your mind on YOU, YOU, YOU, will bring YOU the key to happiness. The only way you can focus on you is by removing anything that does not serve your very own spirited path to what you want. Your ILD will tell you when to say no ... listen to it! This means saying no to activities that you do not have time for. This means saying no to people who do not make you happy or that do not jive with your vibe. This means listening to your mind when it needs to calm down. This means listening to your gut when something does not feel right. This means taking a nap instead of working out if you are tired. Soon you will be like a toddler again saying "NO" left and right because it's gonna be your new word to freedom, which will in turn allow you to say YES to you and your spirit, baby! I told you that I GOT YOU, didn't I?! Fulfilled life is what we want to achieve here!



## Manifestation

What is manifestation? Maybe you already use this visualization tool. Maybe you do not. Maybe you want to ... or maybe you have no idea what it is. At any case, I believe it will help you because it helped me find my spirit. The best part about manifestation is that it is so easy and you can do it anywhere at any time! There is no secret to this ... you are just envisioning what you truly want, truly desire, what you see yourself doing, where you see yourself going and who you are with. Think about when you were a kid and you daydreamed. It's like adult "daydreaming" but with intention. When you manifest, you truly believe with all your might that what you envision will happen. You believe in your mind, you believe in your thoughts, you believe what may seem impossible, you ask the universe (and ILD) to show you signs, and you act on those signs. Manifestation is really when you become a conscious creator of your spirit. You will see it when you believe it!!!! This is where #1 comes into play again ... the mind. I told you it was important. I manifested this moment of writing this guidebook for you and here I am! Manifestation works, but you have to practice it daily.



### Life Designing Activity:

Imagine yourself getting up early, jumping out of bed, excited about starting your morning. You quickly get dressed, full of enthusiasm about your day. The sun is shining brightly and you take those first steps out of your house. Now I want you to think about where you are going and what kind of activity follows on from that feeling of inspiration. It should feel good! This would be a manifested example of your spirit by letting your ILD guide you every step of the way.



## **Getting started NOW!!!**

Incorporating the mind, body and spirit steps above, and closely following this guide for at least a week or two will get you on the right path to 'Designing the Life You Want.' But incorporating these steps daily for the rest of your life will get you to a place of owning a positive mindset, completely loving yourself, living stress free and ultimately finding your true life's purpose. Guaranteed! I am living, breathing stress-free, healthy proof.

Another big step in getting going on this path is to often ask yourself this question when something isn't feeling right:

**“AM I DESIGNING THE LIFE I WANT?!”**

If the answer is NO, then you seriously have to reevaluate and remove whatever isn't fulfilling your mind, body and spirit. By reading the guide and incorporating the 3 simple steps you will eventually be saying **“YES, I AM ALWAYS DESIGNING THE LIFE I WANT.”** I mean ... hot damn---- isn't that just going to be AMAZING!!!

**IT'S TIME TO  
STOP PRETENDING  
THAT YOU'RE THIS  
AVERAGE PERSON.**

**YOU'VE GOT  
BIG WORK TO DO.**

**BIG.**

### Life Designing Activity:

I love hearing from people and how they are progressing into being happier, more positive, healthier versions of themselves and in a better place in life overall. I would love to hear from you personally on how this mini guidebook is helping you design your life. Please, please, please reach out to me with questions, feedback and how I can help you further in your life designing journey. That is what I am here for. This is my job!!!!!!

Please email me at: [designthelifeyouwant33@gmail.com](mailto:designthelifeyouwant33@gmail.com)

\*\*\*Additionally, please share this guide and my website ([Designthelifeyouwant.org](http://Designthelifeyouwant.org)) with any friends/family that you know who may need this mini guidebook! Everyone should be 'Designing the Life She Wants'!!! More exciting tools are coming for you ... you are now on my VIP mailing list. Remember, we can't change without CHANGE!



## Acknowledgements

I would like to acknowledge my very own personal Life Coach, Val White. Without his guidance, love and support this mini guidebook would not be in your hands today. Val, you are my Royal Guiding Spirit; I love you!

“THE MOST SUCCESSFUL PEOPLE HAVE LIFE COACHES” ~HMM



I would also like to acknowledge my dedicated and loving husband, Matt Morgan, for constantly and unconditionally supporting me in ‘Designing the Life I Want.’ Never once has he told me I was crazy, selfish or unworthy enough to fulfill my dreams. Baby, I love you more than life designing itself!

“Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.”

1 Corinthians 13:4-8



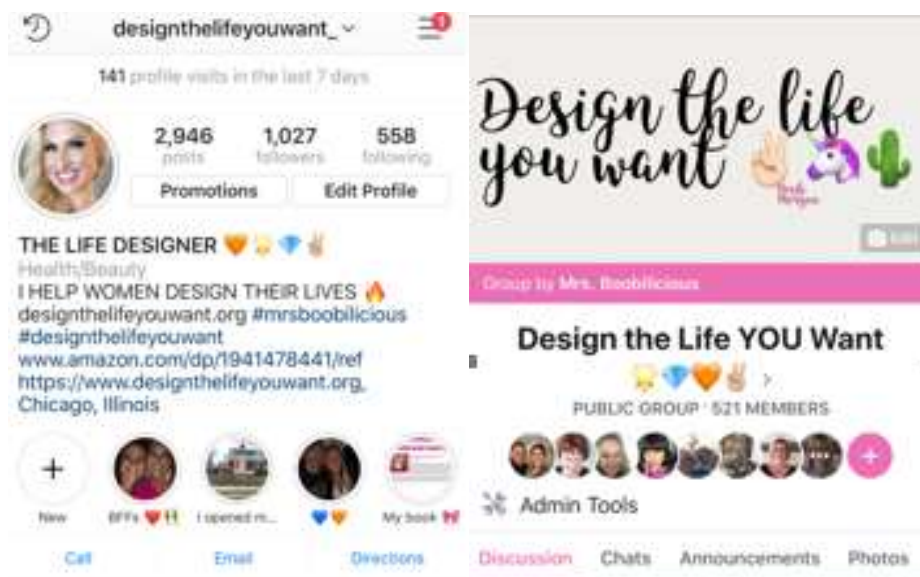
## Dedication

I would like to dedicate this guide to all women who are in this universe. We are exotic, intelligent, worthy, amazing, beautiful beings each in our own right. We all have something special to offer to this world, but mostly we need to offer the best lives to ourselves. When we are living our best lives, we radiate LOVE. This guide is for you, GORGEOUS WOMAN!

# I LOVE YOU!!!

## Social Media

For more daily inspiration and life tips & tricks, please follow me on Instagram @designthelifeyouwant\_ and join my Facebook group- Design the Life YOU Want ... selfcare and selflove is the FUTURE! I am your servant guide and teacher. Please use my favorite hashtag #designthelifeyouwant when posting and sharing your miraculous life designing adventures on social media!



## Thank You 😊

Thank you for realizing your own self-worth and that your life is important. Be proud of yourself for taking the first step into becoming your very own LIFE DESIGNER. This is just the beginning stage of creating your very own dream life filled with happiness, fun and constant fulfilling purpose. You've soooo got this, babe and I'll be cheering you on all the way!!!

With Love and Light,



Heidi M. Morgan

THE LIFE DESIGNER

Owner and CEO, Design the Life You Want, LLC

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**I GOT YOU BABES ... I GOT YOU!**

**XOXO**

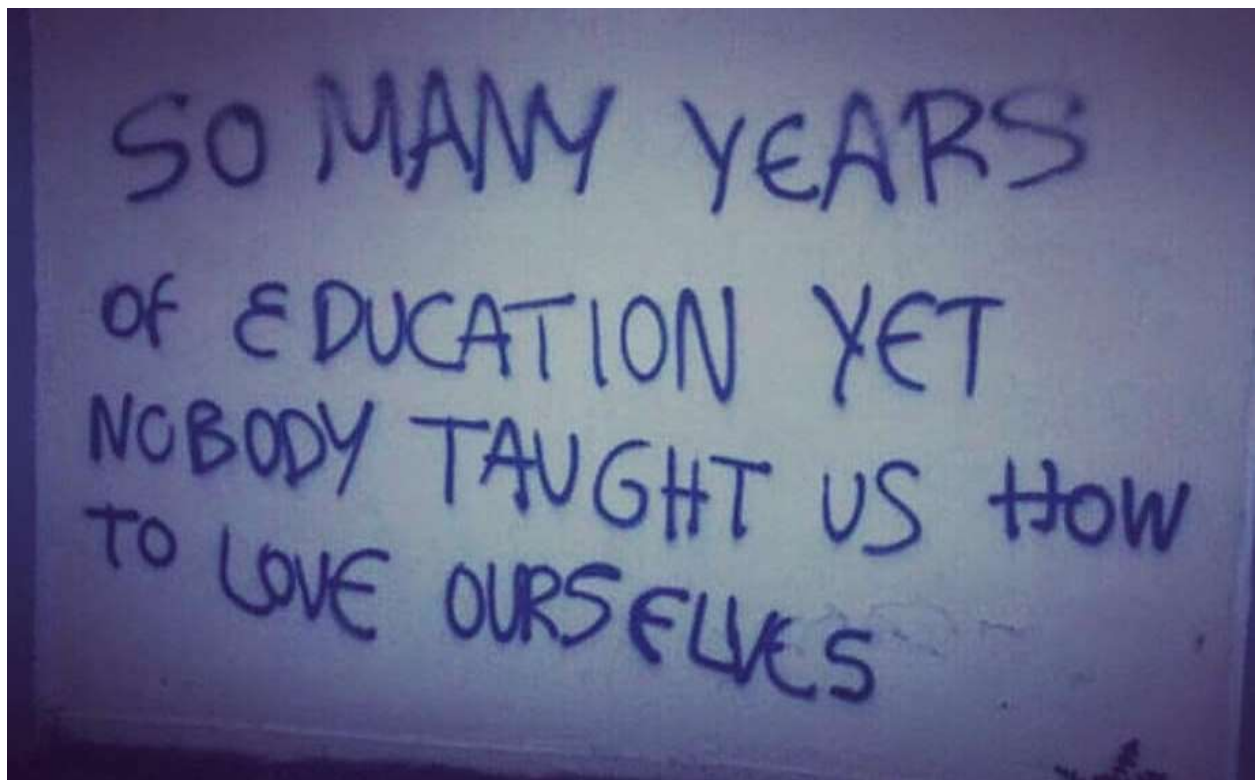
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You are important!!!

We are important!!!

Your life is important!!!



You are the designer!!!

It is your time!!!



***THE GREATEST  
GIFT YOU CAN GIVE  
YOUR FAMILY IS  
A HEALTHY AND HAPPY YOU.***

The Morgan Family is much better-off and has a lot more fun with a happy, healthy mom/wife full of purpose and intentional daily spirit. Life Designing is the glue that holds her family together.

**#designthelifeyouwant**

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Notes:



Notes: