



CREATE a LIFE YOU LOVE!

3-PART VIDEO Series

Video 3 Action Exercises: "Where are You Settling?"

And

9 Core Principles for Creating a Life You Love

The Cost of "Settling" for an Uninspired Life

Did you know that 53% of the population feel deeply dissatisfied with their jobs? But, instead of reaching for bigger and better things, they choose to stay stuck right where they are. Another way this shows up is in our programming. So we may think something like this: "I have it pretty good. I should be satisfied with what I have." Often individuals settle for GOOD when they could have GREAT!

Whether it's your job, your relationship, your health and fitness, or your finances....if you want to create positive, lasting change in any area of your life, you have to be willing to stretch yourself and to step outside your comfort zone. But doing this can feel scary!

So out of fear of the unknown, most people spend years settling for a safe, comfortable life filled with lackluster results...and if enough time passes, your soul's

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longing for more can manifest itself in the form of stress, fatigue, overeating, and even chronic medical conditions.

Question: Can you think of a time where you "settled" for what was safe, comfortable and familiar in a particular area of your life...instead of stretching yourself and going after whatever it was that you REALLY wanted? Write your thoughts about that time in the space provided below.

Question: How did settling for less than you really wanted make you feel about yourself and your life? I invite you to take some time right now to reflect on this to help you become aware and present with the cost of sticking with what was safe versus going for what you would LOVE - going after your DREAMS! Going for what would make your Heart Sing! - Your Soul's Calling!

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It's important to keep in mind that there's no shame in "settling" for what's safe and familiar, because we have all done that at one point or another! But your future is still unwritten and YOU are meant for MORE!

9 Core Principles for Creating a Life You Love

Below is a list of 9 core principles that can help you achieve a quantum leap into a life of greater abundance, more joy, happiness, purpose, peace of mind and fulfillment, faster and easier than you ever imagined possible.

Keep in mind that you don't have to master all 9 of these principles to be successful...as you go down the list, just notice which one or two principles really resonate for you. These are the ones to consider first. Pay attention to these in your life right now.

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1. **Notice What You are Noticing:** The Number One Life Mastery Skill is to Notice What You are Noticing! Become the observer of your thoughts notice what you are noticing and notice the thoughts that are running through your mind so that you can CHANGE the thoughts. Everything in the universe was at first a thought - THOUGHTS are Powerful.

2. **Pay attention to your longings and your discontents:** Because they are calling you to your greatest self yet to be. They are calling you to Greatness. Listen to this recording entitled "[Your Call to Greatness](#)" by clicking on this [link](#)

After listening to the recording, become quiet for a few moments and tune into your Passion and Purpose in life. Listen to the call again if you need to and then become clear on what it is you truly want to be, do, have and create in your life, free from the opinions of others. Remember, "if you don't know where you are going, you will likely end up somewhere else" (Zig Ziglar - American author, salesman, & motivational speaker).

3. **Have a Crystal Clear Written Vision:** of the Life you would Love living. Be specific. The Universe loves specificity. Put it in writing and when you do, be sure that what you are writing is in harmony with your Core Values. Also, be sure to write it as if you were actually living it right now.

4. Decide: Make a Decision for the life YOU would love to Live

There is a single mental move you can make which, in a millisecond, will solve enormous problems for you. It has the potential to improve almost any personal or business situation you will ever encounter ... and it could literally propel you down the path to incredible success. We have a name for this magic mental activity ... it is called

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DECISION. Here is part of one of the best articles I have ever read about decisions written by Bob Proctor.

"Decisions, or the lack of them, are responsible for the breaking or making of many a career. Individuals who have become very proficient at making decisions, without being influenced by the opinions of others, are the same people whose annual incomes fall into the six and seven figure category. However, it's not just your income that is affected by decisions; your whole life is dominated by this power. The health of your mind and body, the well being of your family, your social life, the type of relationships you develop ... all are dependent upon your ability to make sound decisions.

So, how is a person expected to develop this mental ability? Quite simply, you must do it on your own. However, I think it's important to understand that it's not difficult to learn how to make wise decisions. Armed with the proper information and by subjecting yourself to certain disciplines, you can become a very effective decision maker.

You can virtually eliminate conflict and confusion in your life by becoming proficient at making decisions. Decision-making brings order to your mind, and of course, this order is then reflected in your objective world ... your results.

James Allen may have been thinking of decisions when he wrote, "We think in secret and it comes to pass. Environment is but our looking glass." No one can see you making decisions but they will almost always see the results of your decisions. The person who fails to develop their ability to make decisions is doomed because indecision sets up internal conflicts which can, without warning, escalate into all out mental and emotional wars. Psychiatrists have a name to describe these internal wars, it is ambivalence. My Oxford Dictionary tells me that ambivalence is the co-existence in one person of opposite feelings toward the same objective." ~ **Bob Proctor**

5. **Commitment:** Commit to the Dream - to the Vision - to Creating and Living a Life YOU Love! Advance confidently in the direction of your dream! My short formula for success is this: Decide, Commit, Take Action! and Persevere! And, NEVER,



NEVER EVER GIVE UP!! NEVER~! Because if you give up, there is no longer any change that you will WIN!

Here are the full quotes that I shared in the video:

"Inspiration without action is merely entertainment." ~ **Mary Morrissey**

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. He will put some things behind, will pass an invisible boundary; new, universal, and more liberal laws will begin to establish themselves around and within him; or the old laws will be expanded, and interpreted in his favor in a more liberal sense, and he will live with the license of a higher order of beings." ~ Henry David Thoreau

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans (and it is this): that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now."

~ **William Hutchison Murray**

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6. Mastermind Principle: Embrace the mastermind principle. The nature of the mastermind principle is that it consists of two or more people who work in harmony for the attainment of success in realizing a DREAM/VISION. This is the principle through which you can borrow the education, knowledge, experience, skills, influence, and perhaps the capital and resources of others to carry out your own plans in life. Through this principle you will be able to accomplish more in one year than perhaps in a lifetime on your own.

7. Partner with a Coach or Mentor: Get the support you need. You will likely experience periods of fear, doubt, worry, self-doubt, anxiety and other roadblocks or challenges on your journey to creating a life YOU Love. There will be periods when perhaps you feel lost or simply cannot figure out what is blocking you. Sometimes it is hard to see the picture when you are in the frame. Therefore, having a Mentor and Being in a Structure of Support is key to your Success. Put yourself in a structure of support as soon as possible! Partner with a Coach or Mentor.

8. Persistence and Determination: Don't let failure or adversity stop you as they are simply a part of the journey. Instead use failure to propel yourself higher. Every adversity has within it the seed of an even greater opportunity. So if life deals you a blow or failure, look for the opportunity in it. Use failure as a stepping stone to success.

“Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan Press On! has solved and always will solve the problems of the human race.” ~ Calvin Coolidge



9. Live in joy and gratitude: gratitude is the frequency that is harmonious with abundance. Happiness is not a station we arrive at in life but a method of travelling. ~ Margaret Lee Runbeck

Practice gratitude on a daily basis and throughout your day and see the difference it makes in your life.

I practice thinking of all that I have to be grateful for first thing when I wake up in the morning, throughout the day and before I go to sleep at night. One way of getting into the habit of practicing gratitude throughout your day is to DECIDE that you will think of something you are grateful for every time you wash your hands.

NOTE: Out of the 9 core principles for transformation listed above, which 1 or 2 principles resonate with you the most? Please post them in the comments section below the video. And note that these are the ones to consider paying more attention to in your life at this time!



BRAVO! BRAVO! You have made it to the end of Video Three and you have COMPLETED the 3-Part Video Series COURSE!

CONGRATULATIONS! I am so Proud of YOU!! For staying the Course!

Continue to follow through on all that we have covered and all that you have learned and put it into practice every day, and you will see Changes occurring in your life and You WILL begin to Transform your life, and **Create a Life YOU Love!**

Remember, if you have any questions about anything we have covered in this Course, I would Love to hear from you. And, if you would like to explore having my support you can contact me at floencerickards@shaw.ca

How to Create a Life YOU Love - FREE 3 Part Video Course - Video 3 Exercises - Jan 30-2023

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