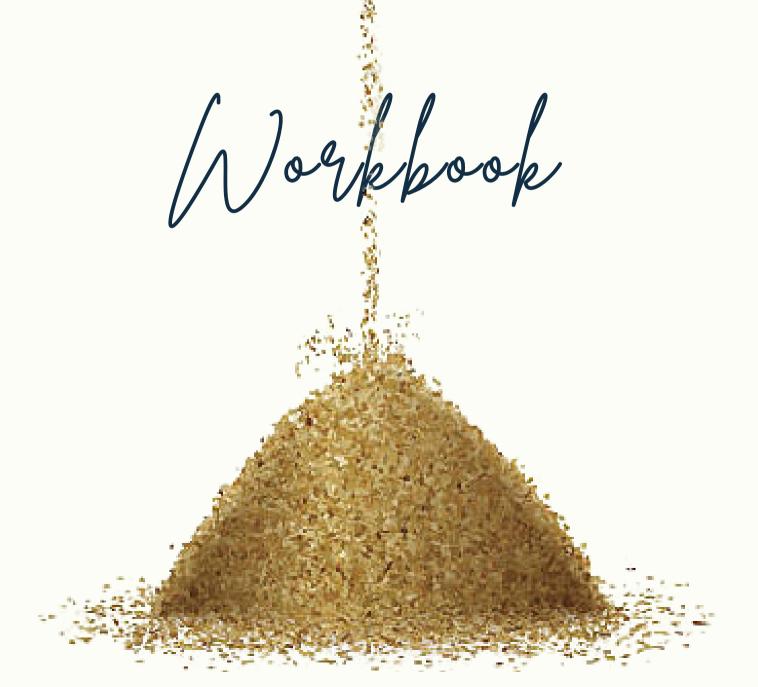
The ILLUSION of TIME



LESSON 1: WE ALL DIE EVENTUALLY

I know it's not a sweet thought, but it is reality. Not much you can do about it except to be aware of your mortality and decide to make the best out of your life today!

My first challenge for you is to think about what it would be like to die and attend our own funeral. Sounds a bit creepy, I know; bare with me, there is a purpose. Let's do a visualization exercise: you are at the end of your life, and you look back:

Where did you live? What were your hobbies? What did you enjoy doing in your 20's and 30's? What did you enjoy doing with your family? What kind of relationships did you have? Did you get married? How many friends did you have? What did you do for work? Did you win any awards or accomplish any noteworthy feats? What was most memorable about you? What was it about you that people admired most? What will people miss most about you?...

Now it's time to write your eulogy. Start with a sentence that would summarize your life, then go on describing your greatest achievements, your life's passions, and what's brought you the most joy.

NOTES:	

Great! Now let's go backward. To make this happen:
I MUST BE
I MUST DO
I HAVE TO STOP DOING
THE WAY I WILL BE MORE INTENTIONAL AND REMIND MYSELF IS
IF I DON'T CHANGE ANYTHING, MY EULOGY WILL SOUND LIKE

LESSON 2: DON'T DIE WITH A TO-DO LIST

Death is an inevitable part of life, and none of us knows when it will come. That's why it's important not to wait to live your best life and do the things that bring you joy and make you feel alive. Many people hold back because they don't know exactly what their ideal life looks like. Now is the time to start thinking about it and taking steps toward creating it:

I FEEL ALIVE WHEN		

Instead of making a bucket list, answer these 3 most important questions¹:

- What do you want to experience?
- What do you want to learn?
- How do you want to contribute?

EXPERIENCE	GROWTH	CONTRIBUTION

1. Exercise from Vishen Lakhiani, founder of Mindvalley.

LESSON 3: SUFFERING IS OPTIONAL

Reflecting on your past, can you see how difficult events and situations ultimately served a purpose and helped you grow? Consider five challenges or hardships you've experienced and what you learned from them. How did they shape you and make you stronger?

Painful event: I learned that:			
Painful event: I learned that:			
Painful event: I learned that:			
Painful event: I learned that:			
Painful event: I learned that:			

It's easy to get caught up in trying to control or change things that are beyond our control, but this often leads to unnecessary stress and frustration. Instead of resisting what you can't change, what if you chose to trust that life will give you what you need, even if it's not exactly what you want? Make a list of things you have been worrying about in the past and consider how a more trusting and accepting attitude could benefit you (see next page).

MY WORRY LIST:

Now put a star in front of the things that turned out well and strike through those that didn't happen.

As you reflect on the previous exercises, what lessons can you learn? Do you see that many of the things you worried about either didn't happen or turned out okay in the end? Can you see that even the most challenging or painful events in your life had a silver lining and contributed to your growth and development? Take some time to appreciate the ways in which your struggles have shaped you and helped you become the person you are today

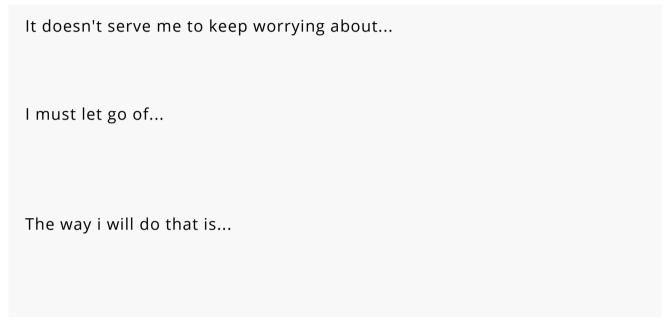
NOTES

Imagine how freeing it would feel to trust life more and let go of the things that are outside of your control. Focusing on what you can change and accepting that life will give you what you need, can help you stop suffering and find peace. It's important to note that acceptance doesn't mean validation or agreement with a situation and doesn't necessarily remove the pain. But it does allow you to move forward and find a way to cope with and navigate difficult circumstances.

"Trust the timing of your life"

LESSON 4: YOU HAVE MORE CHOICES THAN YOU THINK

Remember that it's always a choice to change our perspective and ask ourselves better questions. This is a powerful way to shift our mindset and create a more positive psychology. Based on the previous exercise, what worries or concerns do you need to let go of when you look toward the future? Consider how adopting a more accepting and trusting attitude could benefit you.



The future does not exist; if you stop worrying so much about it, you create a better present that leads to a more fulfilling life. Instead of worrying excessively about what may or may not happen, focus on creating a fulfilling life in the present moment. It's normal to experience ups and downs, and it's okay to fully express your feelings. However, you should be mindful not to get stuck in negative emotions. To make sure you bounce back as fast as possible, you must put in place strategies:

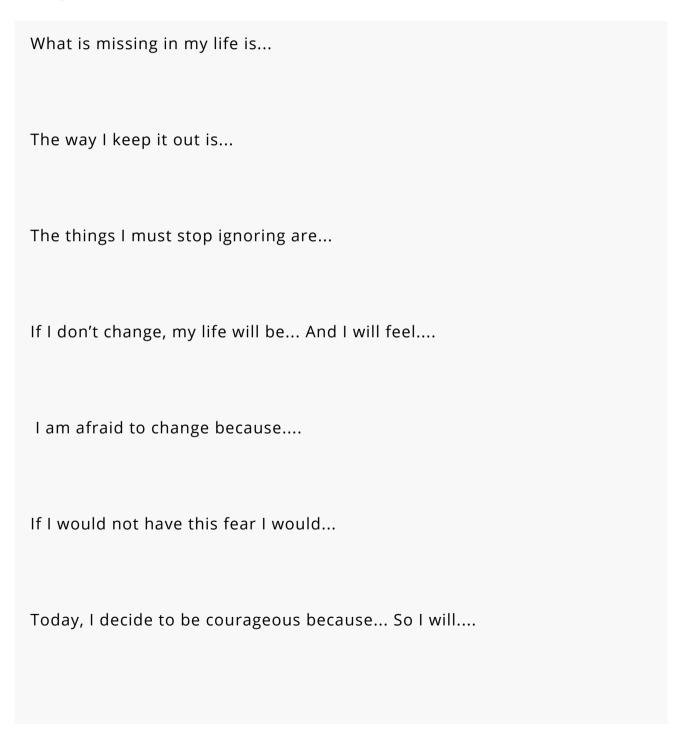
A habit I can adopt to bounce back when I feel low is...

Simple things that give me joy are...

"The past is history. The future is a mystery. All we have is a gift of now; that's why we call it present."

LESSON 5: DON'T BE AVERAGE

It's possible to create a better future while living a fulfilling present. But if you don't make conscious choices about your life, you leave it up to others to decide for you. The status quo is a powerful force that keeps you stuck in patterns and routines. So, be honest with yourselves: what is missing in your life right now?

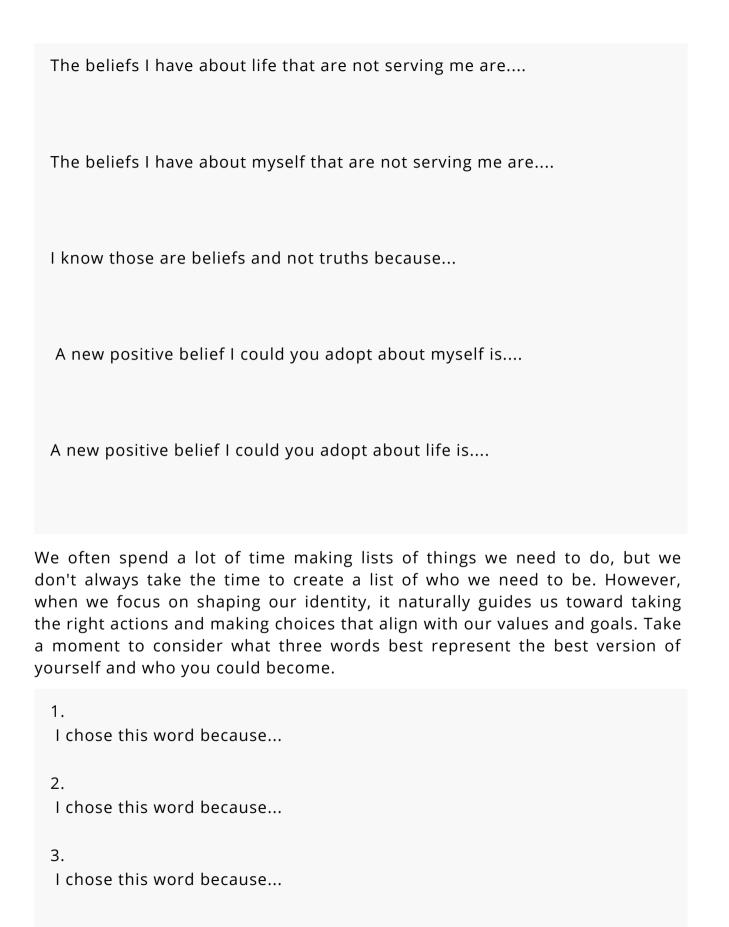


LESSON 6: THE MIND GAME

Unhappy and unsatisfied people live a life full of wishes and die with regrets. Successful and fulfilled people transform their wishes into goals and work their way to accomplish them. Achieving success requires overcoming mental barriers and deeply connecting with your goals on an emotional level. Only by making a strong emotional connection with your goals can you stay motivated and focused on achieving them. Read back your answers to the exercises from lessons 1 & 2 before answering the following questions:

It is important to me to live my best life because.... "You either control your mind, or it controls you." Napoleon Hill It is very exciting because... I know it will make me feel... The cost of not doing it is.... When I will face a challenging situation, I will remind myself that....

Our perspective and beliefs shape the way we see the world and ourselves. By changing our thoughts, we can change our behavior and actions. So it's important to be mindful of our thoughts and choose them carefully, as they have a powerful impact on our lives.



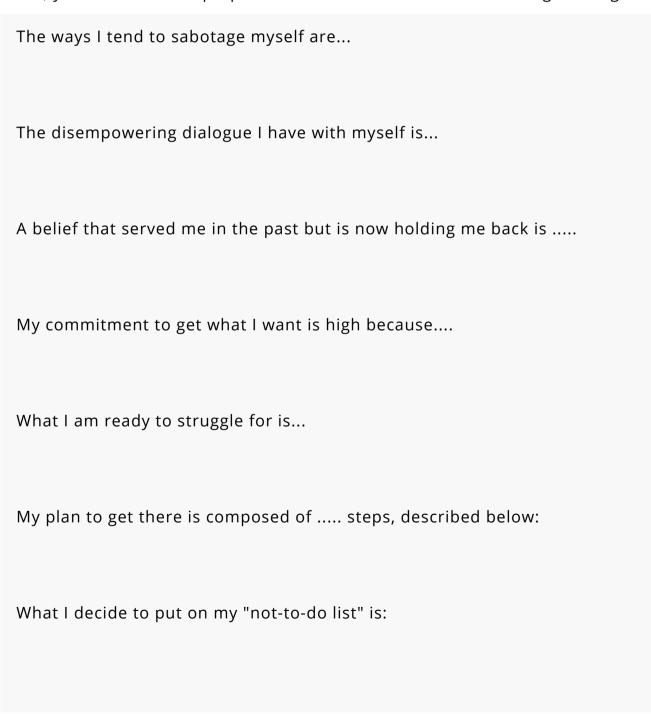
LESSON 7: DREAM BIG

People don't chase what they want; they go after what they think they can get. It's time to stop limiting yourself or setting smart goals. What about dreaming bigger than you've ever had? Don't worry; it doesn't hurt! Read back your answers to lessons 1 & 2. Are you dreaming big enough? Does it make you smile and slightly uncomfortable when you look at it? (Hint: IT SHOULD!)

WHAT IS SOMETHING THAT SEEMS TO BE IMPOSSIBLE RIGHT NOW BUT IF YOU COULD MAKE IT HAPPEN WOULD CHANGE EVERYTHING?
TO MAKE IT POSSIBLE, WHAT WOULD YOU HAVE TO DO?

LESSON 8: HARDSHIP IS TEMPORARY

It's important to remember that difficulties, no matter how overwhelming they may seem, are always temporary. Eventually, you will find your way through and come out on the other side. It's natural to have doubts or fears about failing, but the key is to recognize them and be proactive in addressing them. By anticipating potential challenges and developing strategies to overcome them, you can be better prepared to face them head-on and emerge stronger.



LESSON 9: BE GREAT OR MAKE EXCUSES

You're not here to be average; you're here to be awesome! But to be awesome, you'll have to stop making excuses and do the work! Every time you choose comfort over growth, you step away from greatness. When did you choose to play small without taking responsibility for it? When did you blame someone else? It's time for a reality check. It's time to own it.

The excuses I made in the past are
To me, being courageous means
3 bold actions that I decide to stop postponing and do now are
1.
2.
3.
To choose long term fulfilment instead of immediate pleasure I need to remind myself that
The reason I want to achieve that goal is
I need to ask for help/support/mentorship/ in the following areas:

LESSON 10: MONEY FANTASY

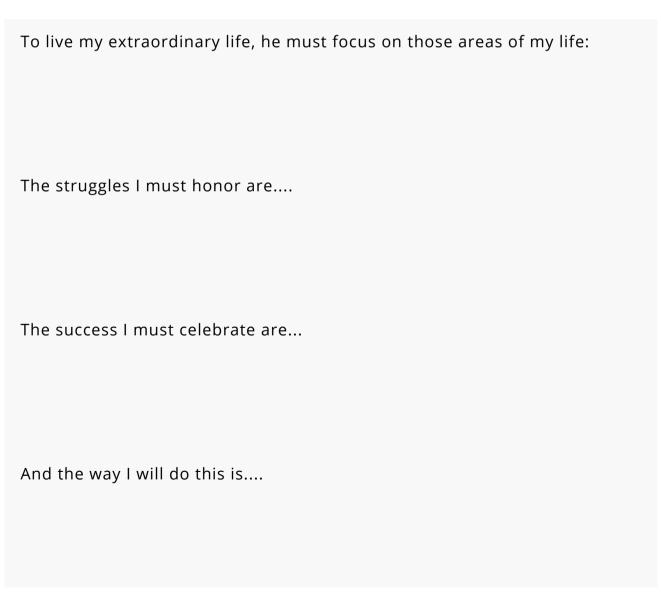
Making money is a fun game to play as long as you keep seeing money as it is: a tool, not an end goal. So why do you need this tool for? If you don't define success for yourself, you'll let external influences dictate your priorities and values. Take the time to reflect on what is truly important to you and ensure you are pursuing the right things:



LESSON 11: LIVE A CREATED LIFE

There are two ways to go through life: you can either try to minimize the struggles or maximize your experience. Minimizing the struggle is the default setting. To maximize your life experience, you must discover what is important for you, create a plan, build self-discipline and win the mind game. It is not the easy way, but it is the most rewarding one.

Challenges are an inherent part of the journey, so it's important to remember your accomplishments and the progress you have made. Don't forget to celebrate your achievements, big and small, and take time to reflect on where you come from. This helps to keep perspective and motivation as you continue on your path



GOOD JOB!

I want to acknowledge you for putting yourself first and taking the time to rethink your life! This is a first step toward a created life!

I would appreciate it if you could leave a review on https://amzn.to/3tgDmrl. Your feedback will help other readers decide if this book is right for them.

Don't hesitate to share with me your thoughts and your biggest insights, or just say hi: hello@francoisdeneuville.com or follow me on Linkedin: https://www.linkedin.com/in/françois-de-neuville/

IF YOU WANT MORE...

If you enjoyed this book and want to continue your journey together, I invite you to visit my website <u>www.francoisdeneuville.com</u>. You are just one powerful conversation away from creating an amazing life.

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To your success,

François

