

3 STEPS TO  
DESIGNING A  
LIFESTYLE YOU LOVE

PLAN  
ACTION  
WIN

BY POPPY FILOPOULOS



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Hello beautiful soul  
Welcome!

You are here for a reason, it's because you are on a journey to designing a lifestyle you love. It is my mission to help you clear out fear and limitation and create a mindset that will help you to live the life of your dreams.

I am your guide,  
I am here to help  
you align your  
mind, body and  
spirit.



**BY POPPY FILOPOULOS**

# My Journey

My own journey and seeking to change my life started over a decade ago when I was working in soul destroying jobs and my personal life was a mess. The first stage was finding the courage to leave a toxic relationship after many years. The day I left, I made a promise to myself that I was going to continue learning and studying to improve myself and to change my career. It hasn't been easy and I have spent many years on my personal development with many challenges and obstacles along the way. I want to share my knowledge, experiences and my passion to help people overcome their own obstacles and WIN in their life.

***With Love and Light***

***Poppy***

**BY POPPY FILOPOULOS**

# About You!

Congratulations for wanting to improve your life! Your heart, energy has led you to my ebook and website. Are you tired of living a mediocre life? Are you in a soul destroying job, are your relationships a mess? Are you feeling stuck in your environment, feeling exhausted like there is no way forward and no one seems to understand you?

I totally understand, I've been through it all! No matter where you are in your life at this moment, know that with patience and learning the tools to change, your life CAN improve. YOU create your world and you always have a choice on working towards changing your life.

***YOU DECIDE EVERYTHING!***

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# Plan

What do you want to achieve in your life? You cannot change the past, it's over, done. Forgive yourself, the people that have hurt you, let go of everything that is negative energy in your life.

- **IDENTIFY YOUR VISION AND MOTIVATION**

Start planning your future, what do you want your future to look like? You have achieved so much already, make a list of all the positive things in your life. Now you want more, that is why you are here! Allow your imagination to run freely. Where do you see yourself? What makes you thrive?

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- **DECIDE YOUR GOALS**

Where are you on your journey? Have you set your goals or are you finding obstacles as you try and move forward? Are you trying to do too much and other areas of your life are suffering? Are your goals realistic for your schedule? Remember that a goal without a deadline is just a wish, set smaller goals to achieve the bigger goal.

Start brainstorming ideas until you find a solution. At this stage your mind will tell you all the stories of WHY it's not possible to achieve your dreams. Continue to move forward past the FEAR and realise that its just a thought. Once you decide your goals, write them down and you are now ready for ACTION!

# ACTION

Once you have decided your goals, you need to take action on moving forward to achieving them. You might not have all the resources needed to achieve them, but you can start where you are with what you have.

- **QUESTIONS TO ASK YOURSELF**

What are your strengths, do you need to complete a course to gain the necessary skills for your goal or can you learn the skills yourself?

How much time can you schedule each week to work on your goals? Can you work part time in your day job to have more hours to building your dream?



# With

You are on the way to designing your dream life. Most people give up before they reach the final stage as it can take many years to achieve your dream. You will need a lot of patience as this is just the beginning and not the final stage of the journey, but now you have strategies in place and you know what works and doesn't work.

You might need to review your plan along the way and make some changes but if you continue working with your strengths and learning as you progress in your journey you will move past your limitations. Realise that FEAR is just a thought and you can WIN in the game of life. You always have a CHOICE, your actions can impact your life. Choose wisely.

**BY POPPY FILOPOULOS**

Thank you for  
reading my ebook!



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***Do you have  
questions on  
my unique  
coaching  
programmes?***



**Let's connect!**

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