This workbook is to be used in tandem with the book, *Living Life from the Inside Out*. It is for those individuals who are serious about effecting a change in their lives. If you are truly committed to change and are willing to engage in a thorough self-examination from the ground up, this guide will help you achieve tangible, measurable, real world results. The workbook will raise important questions for you to answer and help you create an action plan for change. By doing a complete, personal internal inventory, you will be able to assess your strengths and weaknesses, develop a plan for effecting lasting change, and, if you are committed and focused on carrying out your plan, you can produce lasting change and a fulfilling, purposeful life from the inside out. Just as a house is designed with a vision and a blueprint, built from the foundation upward, you can design and build a life based on your own vision and design. This guide will take you through the steps that will ultimately lead to happiness. Remember, happiness cannot be directly pursued; it results from a life well lived.

**A Balanced Life**

Is your life balanced? What does that mean to you? What areas feel out of balance? Do you know what to change to create balance?

*Designing the life you want is like building a house – you need to create a blueprint that outlines all your desires, plans and vision. In “Living Life From The Inside Out” you will learn how to make sure your values, principals and behaviors are in alignment and help you create balance in your life.*

1. Picture the life you want, see it clearly in your mind, write it out in detail.
2. Ask yourself:
   a. What is the purpose of my life?
   b. What are my core values?
3. Develop a mission statement that includes your life purpose and your values.
4. Keep in mind that a house has many rooms, so does a life, e.g., career & job, recreation, spiritual, community service, health & fitness, family & friends, personal growth, and finance.
6. Remember it often takes a year to design a major wedding, and that is only a one-day event. Designing a house can take several years. Be patient and take your time. This is your life.

**Success**

There are so many different definitions of success – most not nearly comprehensive enough – that it can be difficult to evaluate your own success in life.

How do you define success? True success is achieved when you live life from the inside out. What does that mean to you?
Define your success based more upon living your inner values than about material success. Material success, e.g., money and possessions, can easily be lost.

*Learn how to better evaluate your successes in life by using the Balance Wheel and evaluating 8 crucial areas of your life instead of just one or two (money, career etc).*

**Conscious Living**

What is *conscious living?* What does it mean to you?

Maintaining awareness of yourself and the world in which you live will help you live purposefully rather than simply falling into a life of habit, i.e., living like the plow horse going back and forth in a rut.

*Discover the meaning of conscious living and learn how to find something symbolic that will help you live consciously.*

**Integrity**

What does integrity mean to you? What are your transgressions and ways you aren’t living fully in integrity? What can you do to change them? Think of integrity as honoring your values. How well do you live according to your values on a daily basis? What would the person in the mirror say about you?

**Forgiveness**

What does it mean to you? Who do you need to forgive in your life? How do you really forgive? It has been said that living with resentment is like swallowing poison and expecting the other person to die.

How do you differentiate between forgiving and forgetting? Does one have to forget in order to forgive?

*Learn the 5 steps to forgiveness (pages 44-46)*

**Courage**

What does it mean to you? Do you live life with courage? How is it that some people experience a tragedy in life and come out of it stronger than before while others fall into despair? Some people view challenges in life as opportunities to grow, while others simply give up. Where do you stand on this issue?

We can train ourselves to be courageous. This book will help you find your inner courage.

*Discover lessons from stories of courage.*

**Love From The Inside Out**

What does the phrase “love from the inside out” mean to you?

*You’ll be amazed at the power of this simple concept and will discover the 5 steps needed to love from the inside out.*
Tackling Problems

When there are problem areas in your life, how do you tackle them? What plans do you have in your life right now to achieve goals? What are the steps?

Remember that there is a difference between a dream and a fantasy. Dreams can be made to come true by planning, setting goals, and acting in ways consistent with those goals. Fantasies are temporary and fleeting, designed to make you feel good for a moment.

List a few problems that you have to face in your life. Next to each one, see how many different ways you can go about solving them.

*Learn how to go against everything society enforces and find the steps to achieving all your goals.*

Your Story

What is the story you tell the world about yourself? Take 2-minutes and tell yourself your story. Do you like what you hear?

There are many different ways to tell the story of our life. We can weave the events of our life to sound pitiful or courageous. We can tell a story that inspires or one that is cynical. The events do not change, but our interpretation of those events can change.

Challenge yourself to write a story that is consistent with the events of your life but is written by the adult that you want to be rather than the child you once were.

*Identify the ways your story isn’t working for you and learn how to change your story.*

*Living Life from the Inside Out: Who You Are Matters* will assist you in living a life that is consistent with your values and will impel you forward to achieve your goals. *Not only will you be inspired, you will be empowered.*

Just as the foundation of a house survives a tornado even if the house collapses, building a life from the inside out gives you the power to survive economic disaster, physical trauma, and emotional chaos.

*Living Life from the Inside Out* strengthens your core. Just as yoga and the martial arts strengthen your physical core to help you resist external attack, *living life from the inside out* strengthens your psychological and spiritual core to overcome the challenges of living in an ever-changing world.

Just as acquiring a black belt in the martial arts requires time and patience, building a life from the inside out does not happen overnight. It takes sincerity and commitment, intent and action. It requires focus, discipline, and persistence.

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I love the simplicity of this book. But don't be fooled by the simplicity. The messages and exercises are powerful. But the author keeps it simple, easy to understand and most importantly easy to put into action to get results. It feels real, down to earth and I could very much relate to the messages and lessons. I saw myself so much in the book and learned a lot about what I want to change. I love that it's a quick and easy read - I actually made time to read this book (which I don't always do). Thanks for making it so easy. Very timely with everything going on in the world and in my life. -JJ Henry, California

Order *Living Life From The Inside Out* TODAY. Use this worksheet and the book to create real & lasting change in your life. **PROCEEDS GO TO CHARITY!**


Dr. Dreyfus de-mystifies the meaning of life. Thoughtful, practical chapters that instruct the reader on "how to" incorporate useful "hands on" tools to achieve contentment, happiness, well-being. Refreshing-ly simple read, yet profound & powerful. It's "stuff" we all know but don't always apply! If you haven't read a self-help book in awhile, this one will kick start your motivation for change. -Diane Dickey

Living Life From the Inside Out is a wonderful, insightful book that can help anyone learn how to live a happier, more fulfilling life. If you're ever wondering what's holding you back from being truly happy, read this! It will provide you with simple tools to improve your life. I highly recommend it. -RLSD