

A unique blueprint for successful and purposeful living.

Building a Life Structure for Success: Creating a Blueprint for Purposeful Living

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By

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- ONE -

QUALITY

The quality of your life can be determined by looking closely at Space-time. Simply, your sense of integrity and well-being can be known by observing how you spend your TIME, and who and what are in your SPACE. We don't often look at life this way because space and time are understood. They are so engrained in the fabric of living that often we don't notice space and time until something is *different* about them.

Take a look at this visual:



We can observe three basic structures within this visual: The foundation, the pillars and the roof. If you were to attempt to build a sturdy structure, which of the three would you spend the most time developing and insuring that it would stand the test of time? Think of your own home: which structure would be more costly if it were to fail?

The foundation is the connection to the earth—what is true, balanced and consistent. The structure encloses and defines the space and provides support for the roof. The pillars serve the purpose above similarly to what the foundation serves below. The pillars help us to reach higher and keep the integrity of the space within.

Remember that you can understand the quality of your life in terms of space and time. Funny thing is that using this model, most people spend their space and time on the roof. Sure you may get a good view of what is going on elsewhere, but how secure is it standing on the pitch? How much can you get done? Would anyone visit? How would you stand up to the elements?

Yes, this is simplified, but let's take the same structure and label it a bit differently:



The Structure now represents three levels:

1. The Foundational Level
2. The Process Level
3. The Product Level

Again, this is simplified, but that is the point. We will look at these three levels as means to gain all the benefits mentioned in the preface:

- A deeper sense of clarity
- A deeper understanding of what truly matters to you
- A heightened sense of focus
- A sense of calm and control
- A sense of balance
- A compass to aid in decision-making
- A daily sense of accomplishment
- Deeper and truer relationships
- A sense of confidence, and you will find you want and need less...
- A heightened sense of meaning and direction

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