

The background of the central text area is a faint, light-colored architectural blueprint. It shows various room layouts with labels such as 'LATER KITCHEN', 'BED ROOM - A', 'BATH', 'BED ROOM - D', 'BED ROOM - C', 'HALL', 'EAST HALL', 'WEST HALL', 'WEST PARLOR', 'SECOND FLOOR', and 'CLASS 153'. The blueprint lines are thin and light, creating a subtle grid and structural pattern behind the text.

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

John C. Panepinto, PsyD

Building a Life Structure for Success:

Creating a Blueprint for Purposeful Living

By

John C. Panepinto, PsyD

Copyright © 2008-16 John C. Panepinto, CEO, President, DX Sports and Life, Inc.
All rights reserved. No replication or reproduction without author's permission.

Copyright © 2008-16 John C. Panepinto, CEO, President, Dx Sport and Life, Inc.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

DISCLAIMER

This book is for consumer educational use only. Nothing contained in the book is or should be considered or used as a substitute for medical advice, medical diagnosis or medical treatment from a medical doctor or other mental health professional. The information contained herein does not constitute certified medical or other professional health care advice or diagnosis. Always seek the advice of your doctor before beginning any new health, wellness or exercise plan.

The information provided in this book is intended for general consumer understanding and education on various developmental issues. Utilizing the advice in this book is voluntary and at the sole risk of the reader.

- 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 repre

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