

DIAMOND OUTCOME PRESENTS

FREE BOOK!



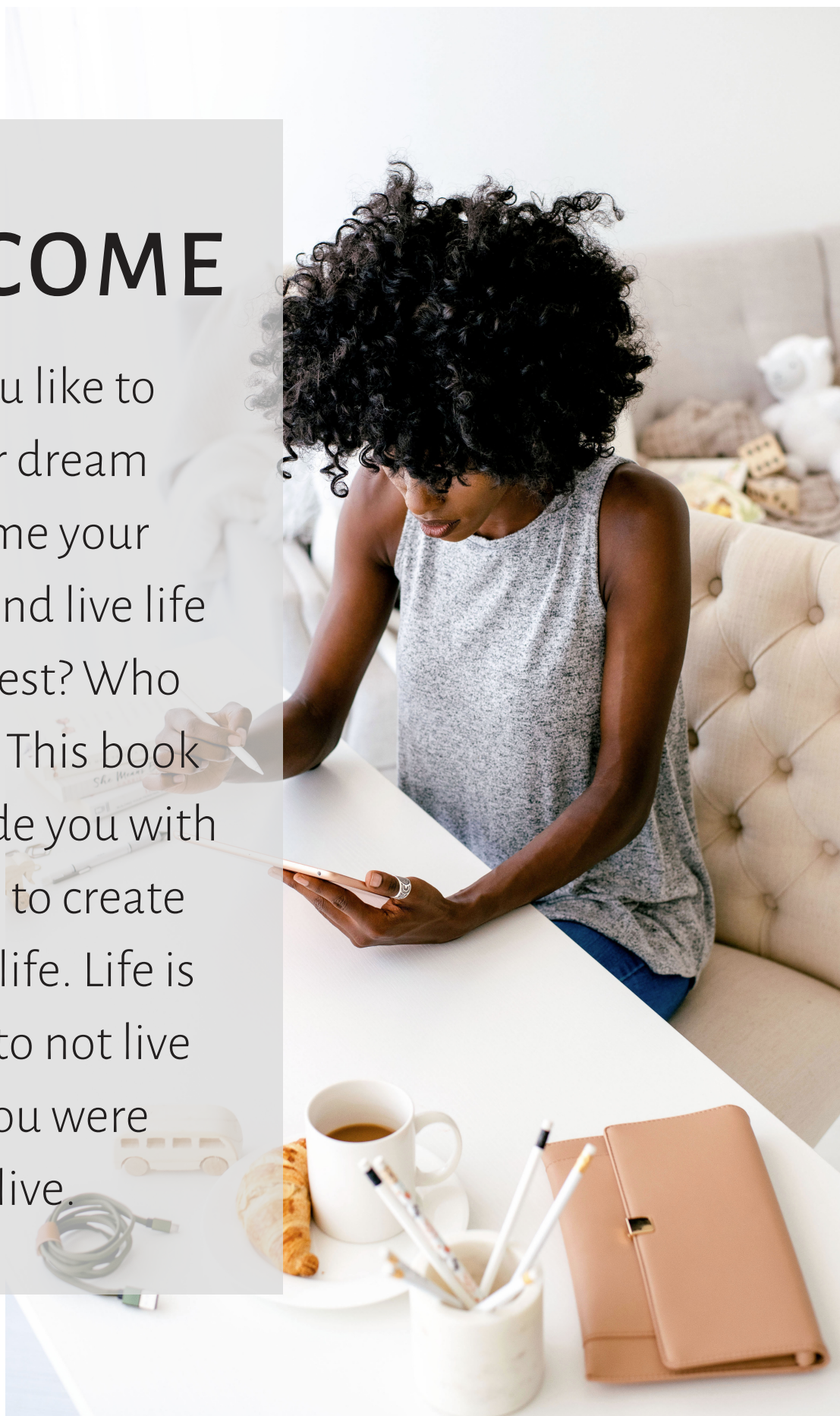
By Elfriede A.

HOW TO LIVE YOUR BEST LIFE

3 Pillars To Living Your Ideal Life

WELCOME

Would you like to build your dream life, become your best self and live life to the fullest? Who wouldn't? This book will provide you with the recipe to create your best life. Life is too short to not live the way you were meant to live.





DISCLAIMER

Please, note that I am not licensed to practice psychiatry, counseling or therapy. My advice is based on life experiences, personal philosophies and personal research, and is not used in replacement of psychological or psychiatric counseling. This advice is provided with the understanding that if legal or other assistance is required, the service of a competent professional should be sought.

ABOUT ME



ALL ABOUT ELFRIEDE

I have been working with clients as a life coach since 2020. After obtaining my coaching certification from Transformation Academy, and other training schools, I began coaching online with clients pursuing goals related to personal development. My approach to life coaching is based on helping clients live their best lifestyles.

I truly believe that helping people live their best lifestyles is my life purpose.

I find helping my clients to obtain important goals in their lives using proven, powerful tools and techniques extremely fulfilling. As a coach, I'm driven by the fact that people are often able to push through obstacles to reach their full potential once they are given the tools and accountability needed for their specific goals and personalities.





CONTENTS

07

INTRODUCTION

Introduction to the how to live your best life.

08

PILLAR 1

The first pillar to living your best life.

18

WORKSHEET

Worksheets to go with the first pillar.

23

PILLAR 2

The second pillar to living your best life.

30

PLANNER

Planner to go with the second pillar.



CONTENTS

35

PILLAR 3

The third pillar to living your best life.

41

CHECKLIST

Checklists to go with the threes pillar.

46

BOOK SUMMARY & NOTES

Conclusion and notes.

50

THANK YOU

My appreciation.

51

CONTACT US

How to get in touch with us.

INTRODUCTION

"Ultimately, there's one investment that supersedes all others: Invest in yourself."

A time comes in every person's life when they reach their breaking point. The point where they decide that they're tired of their current life. They desire to pursue their dreams, to finally do the things they always wanted to do, etc. That's when they seek some form of personal breakthrough.

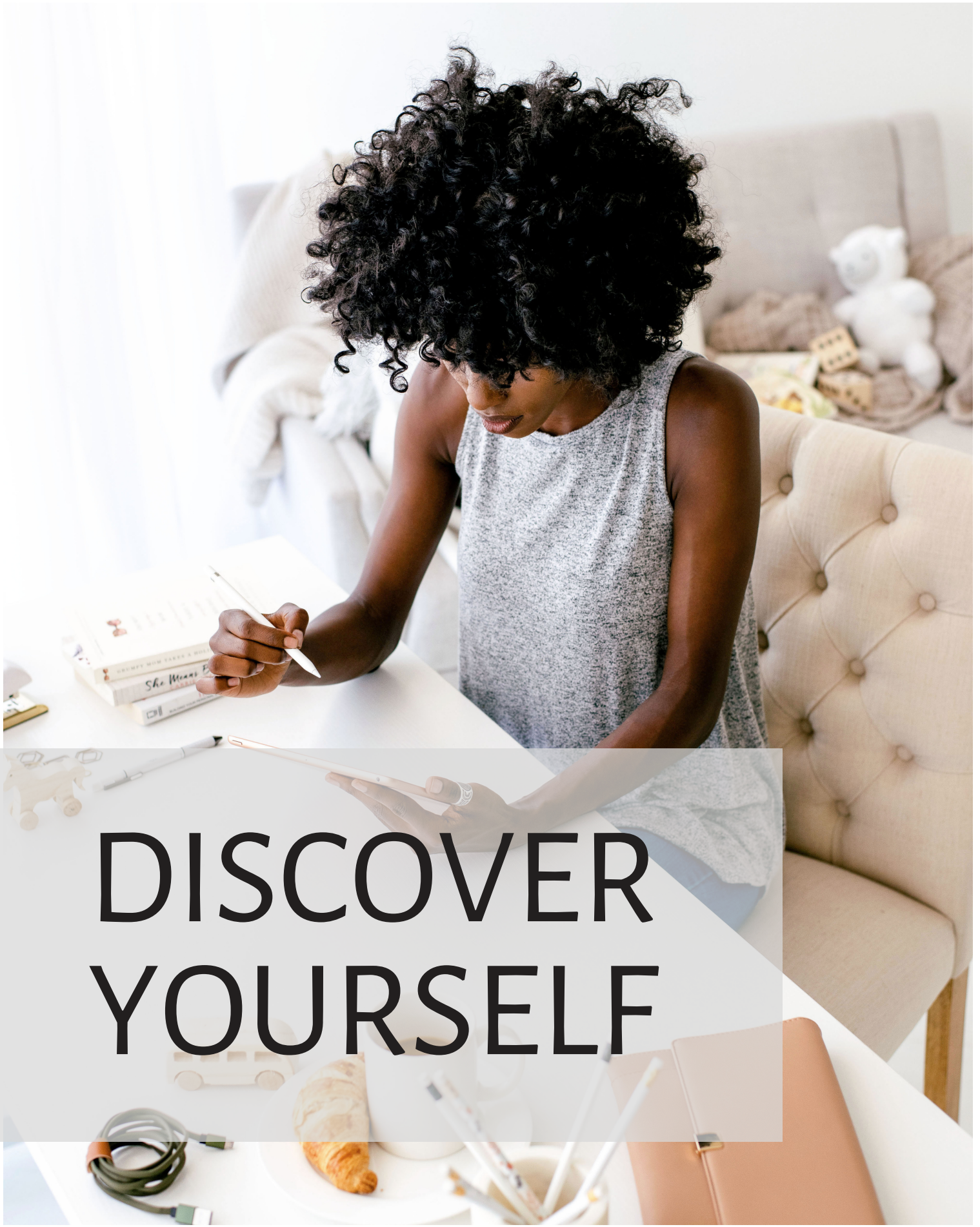
Does this sound familiar? Have you felt like this a few too many times? You're not alone because I've felt this way too. I have good news for you! There's nothing wrong with this feeling. It happens to everybody and it's definitely a good thing. It's a good thing because it means you want to level up. You're tired of settling, dreaming, wondering, tolerating, and all those other signs that show you're not where you really want to be. It means that you seek to be happy and fulfilled. It means you want to live your best life.

I understand everything you feel. This is the reason I've come up with a simple 3 step process that would help you design your perfect life, become your best self and live your life to the fullest.





PILLAR 1



DISCOVER YOURSELF

DISCOVER *yourself*

Discovering yourself, on the one hand, implies accepting the fact that you are yourself with your personality and your qualities that make you unique, different, and valuable. The more you know and accept yourself, the easier it will be to live a happy life.

YOU ARE NOT WHAT OTHERS THINK OF *you*

This is what is called social conditioning. Throughout your life, the influences of your parents, friends, and co-workers have affected the way you see the world and how you see yourself. This is part of human nature and it is not a negative thing, but to live a satisfying life, you must put aside social conditioning and get in touch with the authentic you.

In reality, you are not what your parents, your friends, or your partner would like you to be, you are not that "ideal self" that you have formed from all the beliefs that other people have sown in you when they said "you should do such a thing" or "the people who do such a thing are the best." You instinctively tend to want to be that version of yourself that other people have created for you but deep down you know that this is not the real "me."



GET TO KNOW YOURSELF *better*

I challenge you to do a series of exercises to start enjoying the benefits of knowing yourself right now. I know that it is not easy to start investigating within yourself since you can find things that in principle you do not like very much. But I promise you that the benefits of doing these exercises can far outweigh how uncomfortable doing them can be.

If you don't have time to do the exercise right now, mark this page to do it later.

HOW TO GET TO KNOW *yourself*

1. Make a list of your strengths and your weaknesses

Start by taking a sheet of paper or create a text document on your computer. Make two columns, Strengths and Weaknesses.

First, write absolutely everything that comes to mind without judging it. When you finish, analyze each of your answers, asking yourself if each strength or weakness that you have pointed out is true or is it prejudice that you have about yourself.



2. Make a list of your passions

Make another list but this time write everything that motivates you, makes you passionate, amuses you, what makes you enjoy life, write everything you can think of, now! Again, analyze what you have written to see if it is what you are passionate about or what you think you should be passionate about.

Hint: if you have any doubts about whether something motivates you or not, it surely means that your motivation is not authentic.

HOW TO GET TO KNOW *yourself*

3. Analyze the different areas of your life

What do you feel about the different parts of your life? If there is any area where you feel like you are not achieving what you would like to achieve, it is probably good for you to know yourself better.

I PROPOSE A SERIES OF QUESTIONS ABOUT THESE 6 AREAS:

Happiness

- ❖ How do you define happiness?
- ❖ In what period or periods of your life have you been happiest? Why?
- ❖ Are you happy right now? Why?
- ❖ What personal achievements are you proud of? Why?

Social

- ❖ How do you define a friend?
- ❖ What qualities must a person have for you to enjoy spending time with them?
- ❖ Do you enjoy being with your friends or are you staying with them because you can't find the kind of people you would like to be friends with? Why?
- ❖ You feel lonely? Why?
- ❖ Are you actively looking to meet new people or do you hope that your life, work, studies will lead you to meet new people?
- ❖ What would you improve regarding your social skills? (be outgoing, authentic, listen better, know how to break the ice, etc.)

Partner

- If you are not in a relationship
- ❖ Specifically describe the essential characteristics of your ideal partner.
- ❖ What are you doing to find the person you just described?

- ❖ Do you think you have the qualities that your ideal partner would look for in his partner?
- ❖ How would you feel if you had to live the rest of your life without a partner? Why?

➤ If you are already in a relationship

- ❖ Are you fully satisfied with your relationship? Why?
- ❖ What qualities of your partner do you like? Why?
- ❖ What would you like your partner to change? Why?
- ❖ Do you think you contribute enough to the relationship?
- ❖ Have you ever considered ending the relationship? Why?

Emotional

- ❖ How do you define love?
- ❖ What negative emotions do you normally feel? Why?
- ❖ How do you define fear?
- ❖ What scares you the most? Why?
- ❖ Can you recognize and control your emotions or get carried away by them?

Work

- ❖ How do you define the word work?
- ❖ Are you satisfied with your current occupation?
- ❖ Do you feel that your skills are being used well?
- ❖ How did you choose to dedicate yourself to your current profession or career?
- ❖ How did you get to the job you currently have?
- ❖ Would you dedicate yourself to something else if you knew without a doubt that you could earn the same money that you currently earn?

Money

- ❖ Would you like to earn more money? Why?
- ❖ Do you think you could earn 10 times what you earn now? Why? Why not?
- ❖ What does money represent to you?
- ❖ Do you save money at the end of the month?

HOW TO GET TO KNOW *yourself*

4. What is your purpose in life?

A purpose is the main motive that moves a person's life. Do you have a reason to get up every morning or do you feel like your life is running on autopilot? If you feel like your life is slipping out of your hands, maybe it's time to create your purpose.

5. Ask someone for an honest description of you

Ask a friend to tell you about how he or she sees you without cutting a single hair. Assure him that you want to know the whole truth and that you will not take anything they say wrong. If you do this, be prepared to receive a good review but analyze the comments well since you could discover something about yourself that you had overlooked.

***PRO TIP: TAKE MULTIPLE PERSONALITY QUIZZES. THEY GIVE YOU INSIGHT ABOUT THE THINGS THAT SUIT YOU MOST.**

6. Write a journal

Use a journal to reflect on everything that has happened to you during the day and try to know yourself better. Keep asking yourself questions every day that lead you to improve a little more each day and soon you will realize that you are taking one more step towards a happier life each day.

Make the world happy by making yourself happy first.



REALIZE YOUR TRUE POTENTIAL



"WHEN I DISCOVER WHO I AM, I'LL BE FREE."

HOW TO REALIZE YOUR *potential*

To discover your true self and move forward, you have to realize your true potential. Those who do not do their best and do not leave the comfort zone let opportunities slip by. The bad news: Have you come short of your potentials? With that comes the good news that you have not yet reached the limit of your potential and can be better.

However, there is also a downside: expectations that are too high stand in the way of your potential. They block and can even lead to persistent failure. Achieving great goals with your potential is desirable, but it should not be unrealistic. I will show how you can tell that you are not reaching your full potential and give numerous tips on how to get the most out of your possibilities.

REFLECT ON

yourself

Determine your core values in life. To reach your full potential, you need to know your core values in life and live by them. These are the values that shape your image of yourself, others, and the world around you. Research confirms that your life will become more meaningful and you will experience greater well-being if you live in harmony with your values.

EXAMINE YOUR THEMATIC *reactions*

Study your reactions and try to highlight specific themes or patterns. For example, you might admire your mother's dedication and empathy, and your brother's work ethic. Perhaps you would be saving family photos, a wedding dress, and a memento. This would mean that one of your core values is your relationship with your family.

These are your values, and they are not "more" or "less" important to the values of others. Someone highly values competitiveness, and someone - cooperation. There is nothing "wrong" with this.



DETERMINE WHAT IS INCOMPATIBLE WITH YOUR *values*

If it seems to you that you cannot reach your full potential, then this may be because some aspects of your life do not correspond to values. You may have been raised to be humble, unable to be proud of your accomplishments, but recognition is a key value to you. Your potential may not be fully realized if you do not acknowledge your achievements, and also do not receive recognition from others. Think about aspects that do not align with your values, and then decide what can be changed.

IMAGINE WHAT IT IS LIKE REALIZING YOUR *potential*

With an understanding of the core values and those aspects of life that require change, it's time to think about how you envision unleashing your potential. Is this self-development? Career achievements (and even job changes)? Want to devote yourself to a relationship? If you find aspects that do not align with your values, then start with them.



IMAGINE WHO YOU WANT TO *be*

Consider what it means to you to reach your potential. Is this a way of life? Providing a certain level of income? The ability to play the violin? For each person, this is something different. It's important to find your niche. The final decision must involve knowing what is most important to you.

It's okay to change your views after you understand yourself better. Think and ask yourself why you presented this version and how achievable it is in theory. If you lose sight of this, you can lose the chance to redefine your potential, as well as lose all the accompanying joy and significance.

BE PATIENT AND KIND TO *yourself*

Unlocking potential takes time and effort. It's even more important to have self-compassion. Recognize your skills and strengths, as well as the aspects that need to be developed. Appreciate the daily effort to reach your true potential.

LIFE

purpose

QUESTION 1 What's your favorite natural talent?

QUESTION 2 What's your top passion?

QUESTION 3 What skills have you developed?

QUESTION 4 What's a good opportunity you have access to?

STRENGTHS

finder

What can you do easier than most people?

What can you do better than most people?

When do you feel “flow”?

CHILDHOOD *dreams*

LIST 2 OF YOUR BIGGEST CHILDHOOD DREAMS.

CHILDHOOD DREAM 1:

CHILDHOOD DREAM 2:

TOP *qualities*

LIST 4 QUALITIES PEOPLE TELL YOU YOU'RE GOOD AT.

QUALITY 1

QUALITY 2

QUALITY 3

QUALITY 4

ADDITIONAL NOTES

PICK *one*

FROM YOUR PREVIOUS ANSWERS, PICK THE ONE THAT STANDS OUT TO YOU THE MOST AND START DEVELOPING IT.

WHICH SKILL DO YOU WANT TO DEVELOP?

***PRO TIP:** PICK YOUR MOST COMMON ANSWER. FOR EXAMPLE, IF YOU OFTEN ANSWERED NURSING, YOUR LIFE PURPOSE MIGHT BE NURSING.

HOW DO YOU PLAN TO DEVELOP THIS SKILL?



PILLAR 2



SET YOUR GOALS

SETTING *goals*

If in your life, you come to such a stage as to look into your future for three or five years ahead, then you will agree that setting goals sounds like a pleasant and useful activity for you. If you have already thought about it, then it means that you are on the right track.

Note that the further a person looks ahead and plans, the more successful they are likely to be.

If you come to the idea that you need to set goals correctly, then consider these seven steps that will give you a powerful boost at the start.

- Determine exactly what you want
- Write down your goals
- Set a clear deadline
- List everything that will help you achieve your goals
- Organize your list
- Think about your goals
- Do something every day



Interesting? Then let's get started.

DETERMINE WHAT EXACTLY YOU *want*

It is difficult to achieve your goal when you don't really know exactly what you want. With this approach, your goal will be a blur in the sky and not a clear target on the stand.

If you have this problem, you need to formulate your goals, and to do this you must be authentic and at the same time be realistic with your thought. Brainstorm what you would like to see in your life.



WRITE DOWN YOUR *goals*

Many, having made a resolution for New Year's, forget about their goals the following week. Some, during the first month of the year, think it's time to do something, but their daily routines overwhelm their desires and their goals go nowhere. Unfortunately, this is because only a few percent of people write down their goals.

I'm not saying that by writing down your goals on a piece of paper, your life will immediately get better and the job will be done. But the magic about writing down your goals is that it will motivate you to take action.

SET A CLEAR

deadline



Timing creates a sense of urgency. When you have a deadline, you realize that it needs to be done by a certain date. A specific date grabs your attention and makes you move towards that goal. This deadline makes you realize that you have to get down to business.

By setting specific deadlines for goals, you can balance your workload. Since you cannot do everything at once, by setting deadlines, you can complete the most important tasks first.

LIST EVERYTHING THAT WILL HELP YOU ACHIEVE YOUR *goals*

This stage is the most creative. This is where you make a list of everything that can help you achieve your goals. You should keep filling this list until it is enticing and exceptional to you.

An interesting list will motivate you to pursue your goal because where there is no interest, there is no effort.



ORGANIZE YOUR *list*

If you have a lot of goals and/or tasks, list them out one by one, and then reorganize them by priority. As if you are solving a puzzle, it's a fun process. Organizing your list is about identifying the most important, tasks that will give you the most powerful boost.

To identify the most important tasks, ask yourself the following question: "Which task would make me the happiest and most relieved if I could complete it today?"



THINK ABOUT YOUR *goals*

Thinking and presenting images and pictures from your future life as if already fulfilled acts like a magnet. It may seem incredible but by thinking of and visualizing your dreams and the results of your goals, you turn on a powerful mechanism of attraction.

You begin to attract people, events, and circumstances to you that help you achieve your result, goals, and success in general.

DO SOMETHING *everyday*



EDUCATE YOURSELF



PRACTICE

Act every day to get closer to your goal. It makes a big difference when you do at least one thing daily that will bring you closer to your goal because they add up.

To make this step easy for you, you need to create daily habits that will support you and your actions. Develop habits that will take you closer to your goal without even realizing it. For example, if your goal is to be a great author but the thought of writing a book terrifies you, write a paragraph a day. Before you know it, you have a complete book.

LIFE FOCUS

planner

PICK 1 BIG CHANGE THAT YOU WANT TO SEE IN YOUR LIFE AND WRITE IT AS YOUR MAIN FOCUS.
BRAINSTORM THE GOALS YOU'LL NEED TO ACHIEVE TO GET THERE AND WRITE THEM AS YOUR
ACTUAL GOALS.

MAIN FOCUS

ACTUAL GOALS

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

NOTES

<p><i>"what gets scheduled gets done."</i></p>	
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TOP 3 *goals*

GOAL 1:

DUE DATE:

--

GOAL 2:

DUE DATE:

--

GOAL 3:

DUE DATE:

--

MONTHLY

planner

PLAN YOUR MONTH AHEAD.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEEKLY *planner*

PLAN YOUR WEEK AHEAD,

MONDAY	TUESDAY	WEDNESDAY
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
THURSDAY	FRIDAY	SAT/SUN
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

DAILY *planner*

GOALS

PRIORITIES

TO-DO LIST

<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>

MORNING

AFTERNOON

NIGHT



PILLAR 3



BRING YOUR BEST SELF FORWARD



"THE MOST BEAUTIFUL THING
YOU CAN WEAR IS
CONFIDENCE"

HOW YOU SHOW UP TO THE *world*

The act of improving oneself by one's actions is self-improvement. Individuals interested in self-improvement create opportunities for themselves.

Some ways to improve yourself are:

BE *focused*



Being focused means having clear goals and objectives, and your work is dedicated to achieving those goals and objectives. When you decide what to do at a given moment, your decision is based on achieving maximum progress towards your goals with the time and resources available.

HAVE *confidence*

Confidence means trusting yourself and your abilities, not in an arrogant way, but realistically and confidently. Trust is not about feeling superior to others. It is an inner silence to know what you are capable of. Safe people: they know they can rely on their skills and strengths to handle whatever comes up.



DEVELOP POSITIVE *habits*

Develop habits that will give you your best life. For example, if you want to be financially successful, you should make things like taking finance classes a habit. There are habits that are generally good for you regardless of your goal. Habits like waking up early, exercising, eating a good diet, positive thinking, etc. These habits will only work to your best interest.



EXPRESS *gratitude*

Showing appreciation is a little move that goes a long way. It's a nice gesture whenever you receive something. The giver feels appreciated and sometime, wants to do more. Expressing gratitude makes you a better person.

Being grateful for the things you have makes you feel more content for what you have. Instead of thinking of the things you don't have, you feel blessed for what you have. This is a happiness booster.

There are many ways to express gratitude. Here are a few of them:

- Say a kind word
- Send a "thank you" note
- Give a hug
- Write it in your journal

SELF *care*

Self-care describes a conscious act to promote one's physical, mental, and emotional health. There are many forms that self-care can take. It could be making sure you get enough sleep every night or going out for a few minutes to get some fresh air.



INVEST IN *yourself*

Self-investment is one of the best investment returns you can have. Whether it's learning a new skill, developing yourself personally or professionally, harnessing your creativity, or hiring a coach, you must first give yourself before you can give to others.

INVESTING IN *myself*

CHECK THE DIFFERENT WAYS YOU INVEST IN YOURSELF.



I read often.



I listen to podcasts.



I have a coach/mentor.



I keep journals.



I take courses to develop my skills.

CONFIDENCE

checklist

HERE ARE SIX STRATEGIES TO BOOST CONFIDENCE.

- Do something outside your comfort zone each day.
- Keep positive self-talk.
- Take action.
- Dress and act the part.
- Breath deeply and consciously.
- Reward yourself and acknowledge when you do something well.

SOMETHING IMPORTANT TO ADD?

SELF-CARE

checklist

BODY:

- Stretch your body and release the tension.
- Reconnect with nature.
- So something that makes you laugh.
- Eat your greens.

MIND:

- Do a brain dump.
- Meditate in a quiet space.
- Unplug by a certain hour of the day.
- Stay off the screen upon the first hour of waking.

SOUL:

- Start a gratitude journal.
- Say no to negativity.
- Surround yourself with positive people.
- Stop comparing yourself to others.

PERSONAL *checklist*

THE FOLLOWING CHECKLIST IS A SELF-COACHING TOOL, USEFUL FOR HIGHLIGHTING AREAS OF STRENGTH AND AREAS IN WHICH TO TAKE ACTION.

PERSONAL DEVELOPMENT

- I know and live my values.
- I know and live my purpose.
- I take responsibility for my results and future.

WORK & CAREER

- My work stimulates and fulfills me.
- I am proud of what I do for a living.
- My work and career supports my life design.

PRODUCTIVITY

- I manage my time well.
- I do not overcommit.
- I am satisfied with my overall levels of productivity.

PERFORMANCE

- I am an excellent communicator.
- I am comfortable to receive good and bad feedback.
- I am committed to continuous improvement and learning.

NOTES

9 DAYS OF GRATITUDE

challenge

I CHALLENGE YOU TO FIND SOMETHING NEW TO BE GRATEFUL FOR IN 9 CONSECUTIVE DAY.

<input type="checkbox"/> DAY ONE	<input type="checkbox"/> DAY TWO	<input type="checkbox"/> DAY THREE
<input type="checkbox"/> DAY FOUR	<input type="checkbox"/> DAY FIVE	<input type="checkbox"/> DAY SIX
<input type="checkbox"/> DAY SEVEN	<input type="checkbox"/> DAY EIGHT	<input type="checkbox"/> DAY NINE

BOOK *summary*

So, discovering yourself, setting goals and taking action to achieve them, and making continuous effort to better yourself are very important to a achieving your best life. You have to start working on yourself to achieve your best life. Timely execution of an action plan with a proactive attitude is the key to success. Pair them with personal development and you'll be living your very best life.

Remember the method:

- BE YOURSELF**
- REALIZE YOUR TRUE POTENTIAL**
- SET YOUR GOALS**
- BRING YOUR BEST SELF FORWARD**



NOTES

WRITE YOUR *notes page*

Write some takeaways and changes you plan to make that will improve your life.



NOTES *page*





”

*We cannot solve our problems
with the same thinking that we used
when we created them”*

-ALBERT EINSTEIN

I'M GRATEFUL *thank you*

I hope you enjoyed reading this book as much as I enjoyed writing it. With this, you should have a good head start on living your best life. Diamond Outcome is a community that encourages a happier, more authentic and fulfilling life.



Connect with us on social media! Please leave a review and tag us @diamondoutcome for a chance to get featured on our page. Thanks again.



HOW TO *get in touch*

OFFICE HOURS

Monday: 8am - 6pm
Tuesday: 8am - 6pm
Wednesday: 8am - 6pm
Thursday: 8am - 6pm
Friday: 8am - 6pm
Saturday: 8am - 6pm
Sunday: Closed



Location: Online.

HOW WE CAN COMMUNICATE

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website: www.diamondoutcome.com

social media: [@diamondoutcome](https://www.instagram.com/diamondoutcome)



MY BEST *lifestyle*

At Diamond Outcome, we offer a coaching program called My Best Lifestyle, which helps clients build their dream lives, become their best selves and live life to the fullest. This book is a downgraded version of our program. If you want to know more about the complete program, you can contact us. If you want coaching, you can book a free, 30 minutes discovery call to get started.

BOOK A DISCOVERY CALL