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# LIFESTYLE

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## Start Living Your Best Life Now



Today is the first day of the rest of your life. Today is a mile marker along the journey we call LIFE. No matter what has happened in your past - whether you own the biggest mansion on the highest hill, or you're living in your car and buy groceries with food stamps - you can decide that today marks a new beginning.

**The life of true FREEDOM that you've always wanted starts TODAY!**

How do I know this? Because I too have struggled with doubting my potential, wondering if I am good enough, feeling like people will only love me if I perform up to their standards.

I've had the opportunity to sing in several large music halls, and out of an entire song, missed one note. Everyone heard it, and it crushed me, because I wanted the song to be "perfect". I've tried to be a best friend, and failed. I've built my own business, and failed being the perfect leader. I've put 4 months into planning a huge event, and no matter how many details I thought of ahead of time, there were elements that didn't go as planned on the day of.

Time and time again I've had to sit down, even get down on my knees, and pray in desperation. Out of those moments, I realized one thing. I was created to do more than just survive! I was created to THRIVE!

# Lifestyle

When you think of your life, how do you feel? Are you happy, fulfilled, longing, sad? Is something missing but you just don't know what it is? Or do you know what you're missing and you're not sure how to obtain it.

Do you have hobbies, things you like to do outside of working hours? Does your work allow for you to have hobbies - *free hobbies* like going to the lake, or *expensive hobbies* like owning a boat on the lake?

No matter what your hobbies and interests are, there is one thing that will enable you to live the life of your dreams \_ MINDSET!

It takes *finances* to pay for the lifestyle you want, *time freedom* away from a J.O.B, *determination* that keeps you going when the going gets tough, and the *mindset* that you were created for greatness.

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## Today is the first day of the rest of your life.

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A few years ago I came up with the hashtag #PassionPotential. The theory behind it goes like this ... To the degree that you are passionate about a thing, you have the same potential to achieve it.

***Have a little bit of passion  
... achieve a little***

***Have a lot of passion  
... achieve a lot***

The reason I bring this up is because I have met so many individuals who just aren't passionate about much of anything. They go about their every day lives doing what they *think* they *have to* in order to pay the bills, provide for their family, and be a good person.



That's just not enough though! It lacks the mindset that we were created to THRIVE! We were created to CREATE. We were created to LOVE and be loved.

## THRIVE CREATE LOVE

There is so much more to life than just working from 9am-5pm, getting married, having children and living the American Dream! What about traveling the world, or running for Congress, or writing History books, or taking a new invention to market?

When you think about your perfect life, what does it look like? What does it feel like? Do you feel fulfilled, like you have a purpose, like you are part of a larger family of like-minded individuals.

## Discovering Your WHY

In order to mastermind your perfect lifestyle, you must first get into the right mindset. Your mindset either tells you to be *average* and *ordinary*, or GREAT and EXTRAORDINARY. The difference between these two mindsets is your WHY.

Your personal WHY is the foundation for the lifestyle you are creating. It is the fortified concrete that your life is built on. Imagine your life like a house. Without a firm foundation, your house will crumble, no matter how many times you try to pick up the pieces and start over again. If the foundation of your WHY isn't strong enough to hold the weight of your master plan, the house will crumble and your efforts will not produce your perfect lifestyle.

Let's start discovering your WHY! Go ahead and write down the answers to these questions.

- **WHY do you do what you do?**
- **WHY do you work the job you work?**
- **WHY do you get out of bed in the morning?**

If you can answer those questions then you're farther along the journey than most people!

Many individuals that I talk with, ranging all the way from age 10 to age 70, simply don't know their WHY.

It's a dangerous thing to go throughout life not knowing your WHY. Even if you are a well functioning human being and you think you're doing good in life, chances are, you're not living up to your Highest Potential if you don't know your WHY.

Your WHY is what motivates you, what drives you to keep going when the going gets tough. It keeps you on track when others try to derail your destination.

Bottom line ... other's may think they know what's best for your life. But YOU make the final decision! YOU are the author of your life, your destiny, and YOU write the story.

## LEGACY

What do you want to be remembered for in 100 years?

That's a loaded question, right! Maybe it has never crossed your mind before this moment.

There is one thing I know for sure. People will either *know* your name 100 years from now, or they *won't know* your name 100 years from now. It's that simple.

If you could leave a legacy behind when you leave this earth, what would it be? What is one thing that will live on long after you are gone?



# QUALITY OF LIFE

## LIFE = Living Intentionally in Freedom & Excellence

Have you been falsely educated to believe that freedom is your individual right to just do whatever you want, whenever you want, without there being a system of checks and balances? Have you ever told a lie and then it came back to bite you? Maybe you've done a good deed, helped someone in need, and you noticed a blessing come back in return.

### **The system of checks and balances says that what you sow you will reap.**

For this reason, Freedom is NOT Free. Freedom comes with a price. Freedom is most enjoyed when regarded as a gift that was bought and paid for by yourself or by someone else. Those who went before you paid the price for you to have the freedoms you have today, especially in America. You pay a price to use the freedoms available to you. There's a reason America is named "The Land of the Free, and the Home of the Brave".

Just as those who have come before you set up systems of business, commerce, cities, transportation, modern 21st century luxuries, it is now up to YOU to leave a legacy of freedom for your children and the generations who will come after you. For these systems to continue functioning well they must be governed by a moral code. Quality of life never increases when lawlessness, hatred and immorality are the societal ideals. Quality of life is sustained while living righteously, knowing your identity has a human being, and not compromising the sanctity of life.

### **Living each day intentionally is the key to your freedom.**

For instance, If you don't intentionally write a grocery list and go to the grocery store, you won't have food on the table for dinner. If you don't intentionally save up for a home, or at least the downpayment for a mortgage, then you will be renting your entire life. If you don't intentionally reach out to friends and grow deep, meaningful relationship, it may feel like you don't have anyone when you need support the most. After all, *you become like the 5 people you spend the most time with.*

### **Creating the lifestyle you desire requires doing every day things in *excellence!***

Yes, the easy way out is to be average, ordinary, status quo. Putting in the least amount of effort will rarely get you a promotion or praise from others.

True leaders seek to be *excellent* in everything they do. If a job requires X amount of hours, put in X+2. If you serve people in your line of work, why not serve them with excellence and honor so that they walk away with a happy heart.

In order to create the *freedom* and the *lifestyle* you desire, the neural pathways of your brain must be trained to function in a mode of *excellence*. Your *mindset* must be focused on your ultimate goal ... to THRIVE!

**Remember ... you were create to THRIVE ... not just survive.**

**Now is the perfect time to start creating the Legacy that you wish to be remembered for 100 years from today!**

ELIZABETH ROSE

If you feel that you are well on your way with the previous things we have talked about, then may I just say a big huge Congratulations!!!

What an amazing accomplishment it is to know your WHY, to know your PURPOSE, to be living INTENTIONALLY, and to be functioning in a mode of EXCELLENCE.

**The world is longing for men and women to step up and take their rightful place as leaders and influencers. Now is your time!!! There is no time better than the present! This is your time to live in the fullness of who you were created to be.**

**You are writing history TODAY, and you are creating your legacy TODAY!**

Whether your “stage” is the dining room table educating your children during meal time, or you have an online platform, or you get up in front of hundreds or thousands of people, or you’re an amazing friend to your friends, YOU have a stage. Don’t think for a second that because you’re not already at the level of a John Maxwell or Tony Robbins or Darren Hardy, that you don’t have influence!

Their influence has grown over time, one person at a time. They chose to give massive amounts of value to individual after individual. In turn, many of those individuals grew to be influencers and attributed their success to their mentors.

Much of today’s fame and success is attributed to mentorship. Why do I say that? Human beings have the innate desire to continually be growing and learning. The challenge then becomes, how are you growing and who are you learning from.

Are you growing in your understanding of pop culture and learning about your worth from TV show hosts, movie stars and music artists? Do you view your physique through the lease of Barbie, Wolverine or Captain America? Do you look in the mirror and judge your body according to those made up characters, or do you see yourself through the lease of the God who created you and gives you life each and every day?

Are you growing in wisdom from a moral and ethical source, or are you growing in the wisdom of the world. Often times the world’s wisdom says that there is no price to pay for freedom, there is no system of checks and balances, there is no right or wrong. In fact, the world today will often times call right wrong, and wrong right.

When considering what kind of legacy you desire to leave, I challenge you to take into consideration the ethical and moral value that you give to those that follow you. If what you team them was duplicated 100 times over, what would be the outcome?

This is a very real fact. However to lead, train, educate a person will be the same way that they go out and duplicate it. *Be sure you are leaving a legacy that you wish to be duplicated.*

# Success

What is it and how do you obtain it



**No one ... no one ... is an overnight success. It takes YEARS and YEARS and YEARS to become your best self, hours and hours of studying and being mentored, reading books, attending conferences, succeeding and failing, all before you reach the level of the influencers you look up to.**

Heidi Baker once told me, “The most important person to me is the person standing right in front of me.” She is the very best I know at acknowledging and giving time for “the one”.

Although she grew up living in Beverly Hills, surrounded by the wealthiest of the who’s who, Heidi now works with the needy and has rescued thousands of children from garbage dumps in Mozambique, Africa. She is known around the world as Mama Heidi and now has more influence than many of the rich and famous she grew up around. She is known for her love!

Now please don’t hear this as a case for saying that being poor is better or more holy than being rich and famous. In fact, I believe that wealth in the hands of good people who have hearts to serve and create better living conditions does far more good than when used by corrupt individuals who are in it for their own gain. Money is indeed a means to gain influence and power. It is up to the beholder as to how he or she will use that power.

The main point I’m making here is that success can take many forms. What matters most is the heart and the motivation behind *WHY* you do what you do. If your *motivation* for *success* causes you to *bless* others and *serve* well, then you are indeed leaving a *legacy* to be remembered by future generations.

**Note From The Author:** I hope you enjoyed this work of love. Please visit my website at [LifeWithRose.com](http://LifeWithRose.com) for more great content, or contact my office at 833-357-5777 to schedule a lifestyle, business or health coaching call. Sincerely, Elizabeth Rose