

# DESIGN the LIFE YOU LOVE

a step-by-step guide  
to building  
a meaningful future

*ayse birsel*

# Design The Life You Love

**Ayse Birsal**



## **Design The Life You Love:**

Design the Life You Love Ayse Birsal, 2015-10-13 An interactive journal that serves as a joyful inspirational guide to building the life you've always dreamed of using the principles and creative process of an award-winning product designer. Life just like a design problem is full of constraints: time, money, age, location, and circumstances. You can't have everything, so you have to be creative to make what you want and what you need co-exist. Design the Life You Love is a joyful inspirational guide to building the life you've always wanted using the principles and creative process of an award-winning product designer. Through four steps that reveal hidden skills and wisdom, anyone can design a life they love.

Design the Long Life You Love Ayse Birsal, 2022-12-06 Design a long life full of love, purpose, well-being, and friendship at any age using the creative tools of an award-winning product designer, author, and world's #1 life coach Ayse Birsal. What does it mean to craft the life you want as you grow older? For industrial designer and author Ayse Birsal, the answer draws on key principles of design like optimism, empathy, collaboration, open-mindedness, and holistic thinking, as well as the experiences of older people on the pioneering frontiers of long life. Longer life is a thrilling modern opportunity, and like so many parts of life, it needs to be thoughtfully designed. Thinking about a long life is very exciting indeed. It's also a new phenomenon. Fifty years ago, living into one's seventies was considered the mark of a long life. Today, seventy feels young, eighty feels normal, and ninety is within reach. Birsal believes this new horizon of life is as important and exciting as the invention of moving pictures. Or that of automobiles, or even space travel. Her point is when a change this big happens, innovation follows. This book is for everyone who is interested in defining their long life using design thinking tools. It's an interactive book with exercises that will help you think creatively by asking you to visualize your life. It is full of insights learned from wise people who have lived the longest. It is organized into the four themes of Love, Purpose, Well-Being, and Friendship and contains insights that will help you love better, find purpose, practice well-being, and make friends. Drawing on Birsal's year-long co-design research with older people, Design the Long Life You Love offers readers of all ages, from those in their twenties and thirties just starting out to those in mid-life looking for a change to those in later life who are the experts for us all, thought-provoking questions, exercises for self-exploration, and interviews with innovative entrepreneurs and thought leaders to guide them on their own journeys of crafting the next phase of life. Focusing on four key areas: Love, Purpose, Well-Being, and Friendship, this book pairs life lessons from people who've lived the longest with design tools to help you plan your own long life, whether you're looking ahead to retirement, a home, post-children, or starting a new project that makes you come alive. Playfulness is key to creating a long life, and readers will find that reflected in this joy-filled book. Whimsical, two-color drawings illustrate interviews with thought leaders, and interactive exercises will put you in the mindset of a designer as you foster creativity and explore what your own long life can look like. When it comes to our lives, we are our own innovators, so let's begin to learn how to do just that. Welcome to Design the Long Life You Love.

**Design a Life You Love and Make It Happen: How to**

**Align Your Goals with Your Passions** Silas Mary, 2025-02-11 Your dream life won't happen by accident you have to design it This book guides you through the process of aligning your passions skills and goals to create a fulfilling and successful life Learn how to clarify your vision take intentional action and eliminate obstacles that stand in your way By following this roadmap you'll turn aspirations into reality live with purpose and create a lifestyle that truly excites you Whether you're looking for career fulfillment financial freedom or personal happiness this book provides the blueprint to making it happen

To Build the Life You Want, Create the Work You Love Marsha Sinetar, 1995-12-15 The author of the million copy bestseller *Do What You Love the Money Will Follow* now delivers a provocative sequel which shows readers how to embrace the seven inner qualities of effective fulfilled entrepreneurs a practical handbook for anyone who wants to do what they love for a living

**Reality Creation Quotes: Create the Life You Love with These Powerful Reality Creation Quotes that Will Change Your Life!** Monika Pavlickova, 2020-03-19 Create the Life You Love with These Powerful Reality Creation Quotes that Will Change Your Life Dear Reader my ex boss was a short blood sucking vampire His cold eyes and a steely glare that could kill a thing on the spot Many believed that he has been possessed by demons and attending demonic sessions When he asked you a question he would move his head to one side and ask weird questions and shout and scream I would work my ass off to get clients not only for me but also for his business He always wanted more and more clients and increased business revenue without wanting to spend any of his dimes on marketing and advertising On top of it the receptionist did everything she could to repel any good client and kept offering them her own services She was grimacing on virtually all clients Despite all of this I kept working hard did cold calling every day and invested my own money on getting the leads and draining my savings account I couldn't sleep at night from all the mental abuse and physical exhaustion Also at that time I was interested in a guy who promised me collaboration and promotion of my business Of course it didn't happen and worse than that he chose to help a prostitute get some work and promotion I had nobody to turn to so I turned to alcohol for help to soothe the pain I went through a mental breakdown and wanted to commit suicide many times I had no hope and didn't know how to get out the black magic possession One morning when I woke up in pain and covered in blood and emotionally spiritually and physically depleted with broken glass on the floor I knew something is gotta change NOW I couldn't get up and passed out I started to see the light at the end of the tunnel when I saw the flashing light of the ambulance Who did that I DID Who does that YOU DO Up to your eyeballs in debt Just to have your name on the business window The SS spiritual guru had a diamond ring I called it a blood diamond Because I knew every bit of the blood sweat and tears it took to get new clients for the business He would twist that ring around his finger the whole time he leered at me and talked down to you I lived with my neck under the SS boss boot until the day I discovered and applied the secrets mentioned in this book and my other books REALITY CREATION SECRETS and SWITCHWORDS MIRACLES Spending thousands of pounds on the law of attraction training and books did not work Applying ancient knowledge from my books and choosing my own preferred

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**How to Create a Wealthy Life You Love** Si Y Liew, 2021-10-20 This book lays a strong foundation to ensure your life has something solid to grow and nourish It provides the most effective and reliable way to help people breakthrough to success and higher achievement in life It doesn t matter who you are a young adult who is lost a single mother with two to three children a senior executive or an entrepreneur who may be confronted with challenges In this powerful transformation journey you will learn to Discover your soul purpose Define your dreams and gain clarity Learn to focus your energy in your desired goals Identify and release the subconscious blocks that are in the way from living your wealthy life Develop the willpower strong confidence and unleash your potential Increase resilience and adaptability to all circumstances in life

**Design the Life You Want** Anna Corry, 2017-01-30 This book teaches a philosophy of change a revision of life and a paradigm shift in thinking It encapsulates the essence of amendment providing a baseline of adjustment to thinking It stirs analysis of thinking and reeducates on the effectual influence of thought It teaches the science of thought and its phenomenal effects It teaches facile strategies to goal setting and a realization of your lifes design It will clearly cause the reader to design the life they want

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Modern Achievement: A New Approach to Timeless Lessons for Aspiring Leaders Asheesh Advani and Marshall Goldsmith,2025-04-10 Today s aspiring leaders are redefining achievement They understand achievement as a process for individual empowerment discovering who they are where they want to go and how they want to change themselves and the world around them That world is more global decentralized dynamic and diverse than ever before Rather than just setting goals for achievement today s graduates are focusing on the process of achieving goals resetting and pivoting to face new realities and finding happiness in the journey Classic books on achievement like those by Napoleon Hill Brian Tracy and Stephen Covey were written for a much different world Today s young leaders need a fresh approach for achieving success in their lives and careers Enter Asheesh Advani and Marshall Goldsmith In Modern Achievement JA Junior Achievement Worldwide CEO Asheesh Advani and celebrated leadership expert Marshall Goldsmith author of What Got You Here Won t Get You There offer thirty actionable lessons for personal and career success Each lesson is part of an innovative Fixed Flexible Freestyle leadership framework that helped Advani to lead JA Worldwide and propel the organization to annual recognition as one of the top 10 NGOs in the world Using vivid storytelling from the lives of Advani and Goldsmith as well as established leaders and young achievers they have met Modern Achievement empowers emerging leaders to claim their individual power to grow achieve and lead others

**Wake Up . . . Live the Life You Love, In Spirit** Steven E.,Lee Beard,2006 Three dozen of the world s contemporary leaders in Spirit explain the power of accepting your role in the Universe with new thinking and exciting viewpoints From church leaders to business experts the message is clear with the right guidance you can clear your life of needless worries and concerns that seem stunning now but can disappear in an instant Dr David Laughray Dr Wayne Dyer Dr Barbara King Terry Cole Whittaker and Rev Jim Chandler join the leading new thinkers In spirit

**Design the Life You Love** Ayse Birsel,2015-10-13

*Wake Up . . . Live the Life You Love* Steven E.,Lee Beard,2005 Teachers entrepreneurs successes and

stars come together in this volume to reveal their keys to personal success in relationships in business and in life From self realization guru Dr Wayne Dyer to basketball superstar Jerry Dr Memory Lucas each one of these contributors speaks to a slightly different perspective Overcoming obstacles perceiving your truest purpose finding the courage to be passionate about what you do best everyone can learn from these leaders in business training teaching and industry Success isn't a gift you have to seize it This is the manual

*The Power of Small Habits* Ahmed Musa,2024-12-20 Achieve big results with small steps in *The Power of Small Habits Transform Your Life with Simple Daily Changes* This inspiring guide reveals how tiny consistent actions can lead to meaningful and lasting transformation in every area of your life Discover the science behind habit formation and how to replace bad habits with positive ones Learn practical strategies for setting achievable goals staying motivated and building momentum with micro changes that compound over time Whether you want to improve your health boost productivity or enhance relationships this book provides the tools to help you succeed Perfect for anyone seeking to unlock their potential and create sustainable change *The Power of Small Habits* proves that you don't need to overhaul your life to make a difference just start small and watch the transformation unfold

*How I Learned to Quit Whining and Accept Life* Pasquale De Marco,2025-08-12 In *How I Learned to Quit Whining and Accept Life* Pasquale De Marco offers a practical guide to overcoming life's challenges and creating a life you love Drawing on personal experience and research Pasquale De Marco provides insights and tools to help readers Embrace the power of perspective Cultivate self acceptance Navigate relationships with grace Overcome obstacles and achieve goals Find purpose and meaning Cultivate emotional intelligence Develop a positive mindset Break free from limiting beliefs Create a life you love *How I Learned to Quit Whining and Accept Life* is more than just a self help book It is a roadmap to a more happy and fulfilling life Pasquale De Marco's insights and practical tools will help you overcome the challenges you face embrace your true self and create a life you love If you are ready to make a change in your life *How I Learned to Quit Whining and Accept Life* is the book for you Pasquale De Marco's wisdom and guidance will help you on your journey to a more happy and fulfilling life *How I Learned to Quit Whining and Accept Life* is perfect for Anyone who wants to live a more happy and fulfilling life People who are struggling with negative thinking self doubt or limiting beliefs Individuals who want to improve their relationships with others People who are facing challenges and obstacles in their lives Anyone who wants to create a life they love *How I Learned to Quit Whining and Accept Life* is a must read for anyone who is ready to take control of their life and create a future they are excited about If you like this book write a review

**Live the Life You Love** Barbara Sher,2013-10-23 No matter how long it's been since you've dreamed it No matter how unrealistic it seems Your impossible dream may not be impossible anymore If you've been waiting for a job that rewards you with more than a paycheck or for the perfect moment to take that long lost dream off hold it's time to stop waiting and start creating a life you can truly love In this life altering follow up to the sensational New York Times Bestseller *I Could Do Anything If I Only Knew What It Was* Barbara Sher shows

you how to break free from a career that doesn't cut it, tailor make a meaningful rewarding life to your personal specifications and create a foundation for a success that's strong enough to support your heart's desire. With wisdom and warm reassurance, this step by step guide to personal and professional fulfillment teaches you the practical strategies you need to make your impossible dreams possible, reachable and real. Discover How to use outcome thinking to plot a positive path to your lifelong goal. What your favorite childhood pastimes tell you about what it takes to be a happy adult. How to use your natural curiosity, talents and resources to turn your thinking and your luck around. Why one size careers do NOT fit all. Foolproof techniques for leaping over the hurdles between you and your dream. How to do what you love and love what you do for the rest of your life. 1997      *In Life's Tumultuous Journey, Healing Is the Compass* Pasquale De Marco, 2025-03-17

In the tapestry of life we all encounter moments of adversity, challenges that test our resilience and shake our foundations. It is in these moments that healing becomes our compass, guiding us toward a life of purpose, peace and enduring joy. This book is an oasis of hope and guidance for those seeking to navigate life's tumultuous journey. Through poignant stories, practical wisdom and thought provoking insights, we will explore the art of embracing uncertainty, finding purpose, cultivating inner peace and building strong relationships. Together we will delve into the transformative power of forgiveness, learning to release the burdens of the past and open our hearts to healing and liberation. We will explore the importance of finding our life's purpose, setting goals and making a meaningful contribution to the world. In the face of obstacles, we will discover the strength within us to overcome fears, break through limiting beliefs and embrace change with courage and resilience. We will learn to cultivate joy and positivity, finding happiness in the simple pleasures of life and celebrating our successes along the way. As we navigate life's transitions, we will discover the resilience to adapt to change, heal from loss and grief and find new beginnings after setbacks. We will learn to leave a legacy, shaping the world around us through our actions, inspiring others and preserving our memories. Join us on this transformative journey of healing and self discovery. Let these pages be your compass, guiding you toward a life filled with purpose, peace and enduring joy. If you like this book, write a review.      [Be Solid Gold: Transforming Your Fear & Living a Life You Love](#) Lanie Smith, This book is about play. It is also about self permission and spiritual as well as emotional evolution. This book is an invitation for you to find your own resourceful nature and power through curiosity and an attitude of play to live life as a work of art and adventurous game. It has bits and pieces of my journey weaved throughout with inspiration and activities for you to design a life you love. Like a sad puppy waiting to be loved, the inner child longs for more expression and so this was a gift of creation to her previously denied by the inner perfectionist, not willing to take the risk of failure, which of course is an illusion. To move past this insidious pattern, I granted myself the space and permission to do less of what I thought I should do and more of what I wanted, thus changing my life for the better. I am no longer the person who sat down to write her first book, a book about the freedom to be fully expressed. May it inspire the same transformation for you.      **Wake Up...Live The Life You Love, Finding Your Life's Passion**, 2004-10



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