

# 3-STEPS TO LOVING YOUR LIFE



I'VE GOT YOU!

**Hello and welcome!**

I'm so glad you downloaded this free resource.

I created it just for you based on my own two year journey to **LOVING** my empty nest life and it's the basis for my **3-Step Love Your Life Program** I use when working with clients one-on-one.

**Below, you will find an overview** of each step in the process as well as questions you can use as prompts to help you get started on your own.

**If you feel stuck in any of these stages**, I am here to help you.

You can email me questions to [coaching@jasonramsdend.com](mailto:coaching@jasonramsdend.com) OR schedule a free consultation by visiting [www.jasonramsdend.com](http://www.jasonramsdend.com) and click "Book a Consult" to setup a call.

## 3 STEPS TO LOVING YOUR LIFE

- 1 Controlling your thoughts and feelings**
- 2 Discover who you are now that you're not parenting 24/7**
- 3 Find out what you want to do with the rest of your life**

# HOW I LEARNED TO LOVE MY LIFE

## 1

### I learned to control my thoughts and feelings

My journey to loving my empty nest life started with learning how to be in control of my thoughts and feelings. This DOES NOT mean I'm happy, joyful, and positive 100% of the time. What it means is that I can recognize my thoughts and feelings as well as how and when they show up in my life. I also know how to let them pass rather than hold on to them which is something I teach my clients.

The first step is understanding that many of our thoughts about the situations that arise in our lives are just thoughts instead of hard and true facts. And those thoughts generate feelings which determine what we do next.

Below, I share both an unintentional model and an intentional model of what I mean as an example. I also share a list of questions you can use in your life when working on your own thoughts and feelings about the circumstances and events in your life.

Circumstances = Facts, i.e. they are not debatable by anyone

Thoughts = Sentences in your head

Feelings = Vibrations in your body (ex. angry which causes a tightness in your jaw)

Actions = What you do, don't do, or react to in the moment

Results = Consequences or outcomes of your action, inaction, or reaction

You can use the model for any problem that comes up in your life. I regularly use this myself.

Here's an example. Let's say you decided you were going to exercise regularly and that you were going to do it after work each day.

#### UNINTENTIONAL MODEL

C = Exercise

T = Even if I do it, it won't make a difference

F = Indifference

A = Not going for a walk or run after work

R = No difference is made in how much you exercise; you do it less

#### INTENTIONAL MODEL

C = Exercise

T = When I exercise, I feel better when I am done.

F = Energized

A = You go for a walk or run after work

R = You feel better when you are done exercising; you do it more often

## Questions to ask when examining thoughts and feelings

- How is this thought serving me right now?
- What is a better thought to have?
- Why do I want to react negatively to that comment?
- How do I want to feel instead of (angry, sad, disappointed, etc.)
- What am I afraid of right now?
- What is it that I REALLY want right now?
- What assumptions am I making in the moment?
- What would I do if I didn't feel constrained?
- What is the first step I need to take right now?
- Who would I need to become to do (insert task)?
- What is holding me back from taking the next step?
- What if what they said wasn't really about me?
- What would a wise friend tell me to do right now?
- Which of these choices is the best for me?
- What do I want to achieve?
- What's the bigger goal behind wanting to solve this problem?
- What are my options for overcoming this problem?
- When can I get started with my best option?
- What else is a trigger for me when (insert name) says (insert phrase)?
- What impact does that thought have on me?
- Why do I let matters out of my control stress me out?

## NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## 2

## Discovering who I was when I wasn't parenting 24/7 and not playing the role of Mr. Logistics daily

Being a parent is a sacrifice, especially if you're the primary caregiver. We volunteer when we'd rather be bingeing our favorite Netflix show. We're the carpool driver. We get up early on Saturdays to drive them to games. We hit Target at 9:00 p.m. when the kids "remind you" of supplies they need for tomorrow morning. Parenting is exhausting.

I spent a lot of time self-sacrificing and when it was over I realized I had lost my day-to-day purpose which was helping my kids grow-up, move on, and be successful. I realized I needed to learn to put myself first AND figure out exactly who I was as a person outside of my role as my kids' father.

The road to discovering who I was now took lots of twists and turns and when I learned to manage my thoughts and feelings about my new now I was more easily able to define who I was now that the kids were grown and flown.

Here are questions you can use for Step 2 to help discover who YOU are now that your kids are grown and flown.

### Questions that help you discover who you are now that you're not parenting 24/7

- What negative thoughts do I have before falling asleep?
- Am I putting enough effort into my relationships?
- Am I taking care of my physical health?
- What worries me most about the future?
- What am I really scared about right now?
- What am I doing about the things that matter most in my life?
- Have I done anything lately that is memorable?
- What have I given up on about myself?
- What am I doing with my time?
- What would I rather be doing with my time?
- How will I live knowing that tomorrow isn't promised?
- What do I want most in life?
- What is life asking of me right now?
- Does it really matter what others think about me?
- When it's all said and done will I have talked more or done more?
- What are the words I'd like to live by?
- What does "enough" mean for you in your life?
- What does "enough" mean for your relationships?
- What did I learn from my biggest mistakes?
- What is the list of things I will say no to?
- What is the list of things I will say yes to?

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## Find out what you want to do with the rest of your life

**A parent's job is to raise happy, self-sufficient, good humans who are able to go out into the world and tackle life head on. Wishing things would stay the same wastes energy and it prevents celebrating the success of being a parent. You did it! You raised amazing humans. Bask in the fact that their growing up and moving on is the progression of life and you made sure they would launch into this life ready and prepared.**

**Now, it's time for you to launch into your life so let's get you ready and prepared to do it!**

**Questions that help you find out what you want to do with the rest of your life.**

- What would make me wake up excited each day?
- What am I doing on the days that just seem to fly by?
- What would make me feel excited about the next 12 months?
- What days leave me with a smile on my face at the end of the day?
- What “what if” statement do I repeat more often than not?
- What am I insecure about?
- What is my biggest regret?
- What is lacking in my life?
- What do I love doing?
- What do I want to get better at this month?
- What experiences matter most to me?
- What type of challenges do I like?
- What am I known for?
- What am I good at?
- What stories do I have to share?
- What do I feel like I should be doing now?
- What action can I next in the next hour?
- What can I try now that I’ve never tried before?
- What would I do if I had unlimited resources?
- What would I do if I knew I couldn’t fail?
- What would make me feel like I’m not wasting each day?

## NOTES

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