



LIFE BY DESIGN
NOT BY DEFAULT

FAMILY

&

FRIENDS

A JOURNEY TO
WHAT'S NEXT!



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No matter how you define success, the key is to practice consistent daily habits that are going to allow you to thrive in all of the areas of your life.

While Blanco Body Designer never defines success for anyone, as a professional fitness trainer and life coach I can offer you guidance through scientifically backed concepts to ensure that happiness comes to you from not just one, but through all key areas of your life.

From your finances, your relationships, your physical health, your spiritual & emotional wellbeing – right down to your level of fulfillment with your mission and the joy it brings to your life.

As your life coach, I am here to show you habits that work, and to hold you accountable so you achieve guaranteed results that take your life to a whole new level of greatness.

Wherever You Are, Be There

What do I mean by this? I'm talking about focus. You need to put 100 percent of your focus into whatever you're doing in the present moment. When you're with your family and friends, put the phone down and give them all of your attention.

This is especially important for time-crunched entrepreneurs like me. When it comes to time with my family and friends, quality matters much more than quantity.



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Did you score yourself high in this area on day one? If you did, be careful you aren't sacrificing other areas of the wheel to be a social butterfly.

Keep in mind the overarching goal of the life by design programme is to achieve world-class balance in your life. Being present when with family and friends is necessary if you want to attain this balance.

Another way to improve this area of the wheel is to improve the emotional "vibe" of the communication with your loved ones.

I've noticed a common thread in how most people talk to the ones they love most. We often assume our love and appreciation for loved ones is known by them, and we assume their negative traits and behavior are unknown to them.

Let's say you have a friend who was the only person to offer you a ride to and from work when your car was in the shop. You knew this friend would do this favor because that's the type of person they are.

You're desensitized to their good qualities.

Now let's say this friend is late picking you up for work one morning, and this lateness causes you to be late for work. There's a good chance you'll blame your friend for making you late for work, even though they're doing you a favor.



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The reality is we forget to say positive things to the people who have the most positive impacts on our lives. The good news is you can change this mindset by making a conscious effort to verbalize your appreciation to your closest family and friends.

When feeling negative, stop and think:

” What if this was the last interaction I ever had with this person? “

Life is short. Appreciate the little things, and forgive the little ones as well.

DESIGN

MY WEEK

The first thing I want you to do is to make a list, in no particular order, of the 10 most important people in your life.

Are there any people you're close with whom you haven't contacted in a long time?

I bet you can think of at least one person.



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Next, I want you to pick one person off of this list and commit to calling or sending them a txt .

Who are the people on this list you've been neglecting?

Over the next three days, I want you to spend at least 30 minutes a day in the "Family & Friends zone".

Reconnect with those people you've been neglecting. Just one phone call can spark a smile, and that is what life by design lifestyle is all about.