




*3 Steps to  
Create your  
Ideal Life*

[sunshinecash.com.au](http://sunshinecash.com.au)





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by Sue Josephson

The information in this workbook is based on personal experience and anecdotal evidence.

The author assumes no responsibility for errors or omissions.

This information is to be used at your own risk.  
Every situation is different and may differ to the examples given in this workbook.

Age guidelines are the responsibility of individual parents and/or carers.

The author cannot guarantee results, or any specific incomes earned from using the methods outlined in this workbook

## Do You Feel... .

- Like a hamster in a wheel? Busy busy BUSY but going nowhere fast?
- Frustrated, overwhelmed, stressed, and disillusioned
- That you had grand plans but no matter how hard you seem to work you can't make come together.?
- That life is a constant juggle?
- Tired, Sad and maybe even angry?

## Do You Crave... .

- Satisfying work that fulfills you.
- Contentment, Happiness, and Peace
- A clear vision of where your life is heading
- A rich, full, satisfying life in all areas
- Balance, Confidence and Calmness

Follow along with these 3 steps to begin the journey to YOUR ideal life.

# Welcome



Hi there, I'm Sue and a HUGE welcome and thank you for allowing me into your life in this small way. I do appreciate that your life is SUPER busy and your inbox is a pretty crowded space.

Before I launce into a whole cliched "About Me" spiel, firstly let me tell you what I am NOT!!

Unlike a lot of online Coaches, Gurus or Self Proclaimed "Experts"

**I don't have a fancy degree**, in fact I did not go to university at all. I did complete year 12 at high school, but with NO CLUE as to what I want to be "when I grew up"

**I don't really have a Rags to Riches story**. Sure, I have been tight on cash, but never really DIRT POOR for any lengthy period of time. I do have a story of how our last \$20 was spent of food and a hail storm left our kitchen window in the pot of savoury mince I had made to last through the entire 7-10 days until we were to see any further income... You can read about that [here](#)

**I have not ever earned the "average" wage**. For the majority of my life even putting my husband's and my wage together we mostly made average or just over between the two of us.

**What I AM though is resourceful**. I have dreamed BIG most of my life.

Every Saturday when the newspaper would arrive, Dad would take the News, Mum would take the lifestyle section, my brother would take the comics and I would scramble for the "junk mail" – you know the catalogues full of amazing products that only "rich people" had.

I could spend hours in my room touching a picture and just immersing myself in what MY life would look like if I had these wonders. Oh, the JOY!!

Little did I realise that, even then, I was creating MY vision of an ideal life. As I grew, this vision became stronger and I could usually find ways to achieve what I had envisioned, even while on tight budgets.

Fast forward to the late 1990's and 2000's and the "Self Help" gurus started really showing up. Rich Dad-Poor Dad, Napoleon Hill, Bob Proctor, Oprah and The Secret all made their way into my world.

All of a sudden, I could see that "The Law of Attraction" was something I did unconsciously every day and "stuff" would almost "automagically appear"

I was often called Lucky. At one point early on in my first marriage, I was even asked by a friend if we were doing something illegal on the side (we weren't).

I KNOW that you can be as resourceful as I have been, and I know you may think it is all IMPOSSIBLE and a bit "airy fairy" or "woo woo" but I am going to share with you the EXACT methods I use to create MY ideal life and how You can too.

So, buckle up lovely, you are in for the ride of your (ideal) life.

I cannot wait to see you RISE.

Sue 

# Step 1:

## Dream

Can you imagine YOUR perfect life? What EXACTLY does it look like?  
In this exercise, I guide you through your Ideal Day.

You can do this exercise a number of times if you like, because –let’s face it– nobody wants to be living the same day, no matter how perfect, over and over and over like some weird Ground Hog Day.

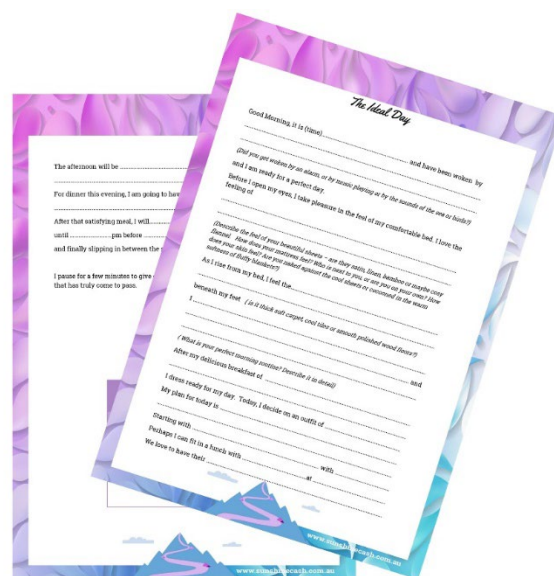
I like to have a Perfect Day, a Perfect Weekend Day, a Perfect Work Day, a Perfect Vacation Day. Have fun with it.

To get started, make yourself comfortable in your favourite chair, or lie down on your bed and relax. Spend just 5 minutes or so immersing yourself in your ideal day.

When you are ready, write it all down. Get REALLY specific, you want this vision to be as if you are REALLY living it NOW.

The next couple of pages explain this “Be-Do-Have” Exercise and include journal prompt pages for you to complete.

Enjoy this process to dream of YOUR Ideal Day(s)



Close your eyes and see yourself become the person that you know you want to be.  
Now, FEEL it... Really feel it. Give your mind a vision of where it wants to go.

*“Be - Do - Have” is a mental practice.*

Everyone uses visualization subconsciously, sometimes we may have been admonished for “day dreaming” but very few use it positively.

We can make our brain believe that living our ideal life is possible, simply by using visualization.

We can visualize anything; the only limit is our own mind.

*We think in pictures*

If we learn to use imagination and visualization in the right way, it can be a powerful technique to achieve what we want in our lives by focusing all our intention to it.

When we first practice these techniques, we open our mind and hearts in order to allow in, what we truly want to manifest in our lives. The more we practice, the clearer the details of our vision become and we have more clarity around exactly what our ideal life looks like.



*You create the life you focus on.*

You owe it to yourself to become everything you have ever dreaming of being.

Visualizing yourself becoming the person that you want to be, is a powerful tool of intention. When you visualise something, you actually give to your mind a command that starts the Universe into delivering that outcome.

Why? Because the Universe doesn't know the difference, so it will drive you to focus on creating it to happen.

Have you ever noticed that every time you tell yourself that things will go wrong. Your mind will look for the things that are going wrong. If you think negative, your mind will look for negative.

The same effect that your mind has for negative thought, will be as powerful as for positive thought.

*Identify the feeling that you want and practice this feeling.*

You don't need to wait for your life changes to feel good, you can choose to feel good now. It can give you the motivation required right now. You don't need a condition to feel happy. Just imagination is enough to give your brain the sensation that its real.



## *Use Be-Do-Have visualisation to achieve your goals*

You have to do look at yourself and ask if you match currently with what you want, and if the answer is no, you have to start to change a small thing right now to be capable of living the life that you want.

You don't need to wait that your goals have been achieved to start to enjoy living your life dreams. You can already now by changing small things in your life that will bring you closer to your life goals.

## *Give yourself the gift of time*

The more you invest in yourself, the more you committed and will drive you to achieve your goal. So ask yourself what can I do right now, what can I change in my life in order to become the person that I want to be?

If you have people around you that bring you down, try to limit the time that you spend with them. Or just doesn't talk about your life and dreams in front of them.

Don't let the people get you away from your dreams. Choose the right people. Follow people in your social media that motivate you to do what you want, people who work out, people who inspire.

# The Ideal Day

Good Morning, it is (time)..... and have been woken by .....

..... (Did you get woken by an alarm, or by music playing or by the sounds of the sea or birds?) and I am ready for a perfect day.

Before I open my eyes, I take pleasure in the feel of my comfortable bed. I love the feeling of

.....  
.....

(Describe the feel of your beautiful sheets – are they satin, linen, bamboo or maybe cosy flannel. How does your mattress feel? Who is next to you, or are you on your own? How does your skin feel? Are you naked against the cool sheets or cocooned in the warm softness of fluffy blankets?)

As I rise from my bed, I feel the.....  
.....

beneath my feet (is it thick soft carpet, cool tiles or smooth polished wood floors?)

I .....  
..... and

(What is your perfect morning routine? Describe it in detail)

After my delicious breakfast of .....  
.....

I dress ready for my day. Today, I decide on an outfit of .....

My plan for today is .....  
.....

Starting with ..... with .....

Perhaps I can fit in a lunch with .....at .....

We love to have their .....



The afternoon will be .....  
.....finishing up at .....pm

For dinner this evening, I am going to have.....  
.....with.....

After that satisfying meal, I will.....  
until .....pm before .....  
and finally slipping in between the sheets of my bed.

Finally, I pause for a few minutes to give gratitude for the perfect day and for my ideal life that has truly come to pass.

This **Be - Do - Have** exercise comes from my RISE to Rich membership . It is a vital component to figuring out exactly what YOUR 10/10 ideal life looks like

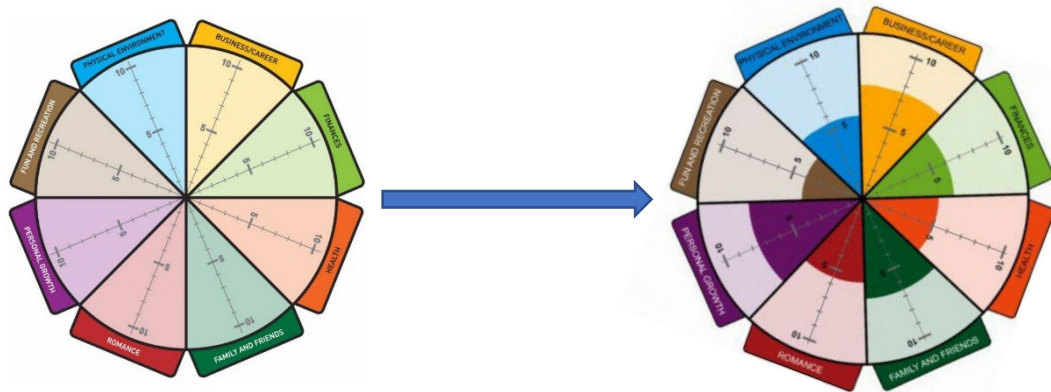
Would you like to join me and create that perfect life in all areas?

[Find out more here](#)

## Step 2: Balance

A MAJOR part of your ideal life is to have Balance. I am not just talking about work-life balance ( whatever the heck that means 😊 ) But rather balance in the way that every part of your life is equally as perfect.

You may have seen the “Wheel of Life” many times before, but if you haven’t, the idea is to score each part of your life and thus determine which part of your life needs attention.



In this next exercise, I have set out the areas of your life and tabulated them rather than using a wheel.

Rate each area out of 10, don't think too hard about the WHY just know, just go with your feelings.

This is what I call my “Current Life Level”

When you have completed each section, add up your scores and divide by 8  
This will give you the average of your overall life.



**Home & Environment**

1 - Very Poor	2	3	4	5	6	7	8	9	10 - Very Good
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Family & Friends**

1 - Very Poor	2	3	4	5	6	7	8	9	10 - Very Good
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Romance & Significant Other**

1 - Very Poor	2	3	4	5	6	7	8	9	10 - Very Good
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Health**

1 - Very Poor	2	3	4	5	6	7	8	9	10 - Very Good
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Career or Business**

1 - Very Poor	2	3	4	5	6	7	8	9	10 - Very Good
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Personal Growth, Learning and Spirituality**

1 - Very Poor	2	3	4	5	6	7	8	9	10 - Very Good
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Fun & Recreation**

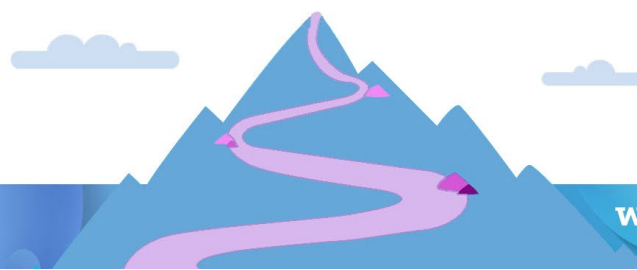
1 - Very Poor	2	3	4	5	6	7	8	9	10 - Very Good
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Wealth**

1 - Very Poor	2	3	4	5	6	7	8	9	10 - Very Good
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Total Score:** \_\_\_\_\_ **Divided by 8** \_\_\_\_\_

**Current Life Level** \_\_\_\_\_



Now you have your Current Life Balance, look over each section and choose just ONE area that has scored less than a perfect 10.

What can you do in the next 30 days to improve that score by just a little bit? What would help move that area closer to your ideal life you imagined in the Be-Do-Have exercise?

Be creative here, most things can be achieved for little to no money. Some ideas I have seen from previous ladies who have done this exercise:

- Improved Health by committing to walking just 5 minutes every day (because 30 minutes was just NOT do-able right now)
- Improved Relationship with a spouse by having “Day Dates” rather than Date Nights which involved expensive baby sitters. They arranged play dates for their kids and packed a picnic for themselves and spent that time at a park or beach.
- Improved Health AND Family AND Relationships by making walking the dogs a Family outing where they asked “what was the best part of your day?”
- Improved Wealth by committing to saving just \$5.00 per week into a higher interest account.
- Improved Personal Growth by discovering her local library had a HUGE selection of eBooks and Audio books that could be consumed on her daily commute.
- Improved Home & Environment by making the bed every morning.

As you can see, these tiny actions can help lift your spirit and propel you toward that ideal life you dream of, and there does NOT need to be a bucket load of money spent.

## Step 3:

### Focus on your Money Mindset

When I say the word RICH, what does that bring up for you?

Money or Wine or Food?



The dictionary lists many definitions of the word RICH.



Adjective, **rich-er**, **rich-est**.

1. Having wealth or great possessions; abundantly supplied with resources, means, or funds; wealthy:  
*a rich man; a rich nation.*
2. Abounding in natural resources: *a rich territory.*
3. Having wealth or valuable resources (usually followed by *in*): *a country rich in traditions.*
4. Abounding (usually followed by *in* or *with*): *a countryside rich in beauty; a design rich with colors.*
5. Of great value or worth; valuable: *a rich harvest.*
6. (of food) delectably and perhaps unhealthfully spicy, or sweet and abounding in butter or cream:  
*a rich gravy; a rich pastry.*
7. Costly, expensively elegant, or fine, as dress or jewels.
8. Sumptuous; elaborately abundant: *a rich feast.*
9. Using valuable materials or characterized by elaborate workmanship, as buildings or furniture.
10. Abounding in desirable elements or qualities:  
*a man rich in kindness.*
11. (of wine) strong and finely flavored.
12. (of color) deep, strong, or vivid: *rich purple.*
13. Full and mellow in tone: *rich sounds; a rich voice.*
14. Strongly fragrant; pungent: *a rich odour.*
15. Producing or yielding abundantly: *a rich soil.*
16. Abundant, plentiful, or ample: *a rich supply.*
17. *Automotive.* (of a mixture in a fuel system) having a relatively high ratio of fuel to air.
18. *Informal.*
  - a. Highly amusing.
  - b. Ridiculous; absurd.

(<https://www.dictionary.com/browse/rich>)

And only a couple of them refer to **money**. So you can see that RICH is something to aspire to in all areas of your life.

However for many people, the first thing that comes to mind when they hear the word rich is MONEY and often not in a good context.

When I said the word RICH did you picture something like this....



or this



or maybe this



That somewhat icky feeling you might feel when you think about rich is what can be holding you back.

We all have money blocks and limiting beliefs around money that prevent us from living the richest life we can in all areas.

AND We all have that little voice inside that likes to be REALLY annoying and I am telling you.. That voice that tells you, you can't do something is a LIAR!!

So what do we do about it?

Well firstly, we have to acknowledge it.

Take some time to look at your language around money.

Many of us were brought up with such sayings as:

- **Do you think I am made of money**
- **Money does not grows on trees**
- **Money is the root of all evil.**

Then when we grew up a little we were told that we needed to

**Slave Away or Work your Butt off**

And that **Time is Money** and **There is No Such Thing as a Free Lunch**

If we do encounter somebody wealthy we might say things like

**Rich Bitch, Greedy Pig, It is all right for some** or maybe they are **Filthy Rich**

We may even refer to our own money as **Hard Earned** or **Cold Hard Cash**



It is no wonder we have such blocks around money. After all if we were to become rich the little voice inside you head might be telling you that

- **No One will like you when YOU are a Rich Bitch**
- **People will only like you because of your money**
- **People might want to steal your money**
- **Or that if you become rich you will have to pay a lot of Tax.**

Now of course money is not all it takes to have a rich life. But consider that having money is NOT a bad or evil thing.

The old adage of **Money Doesn't buy happiness** is of course true.

After all, I could give this guy \$1000



and he would not be any happier, but if I gave him \$100 000 it MIGHT ( if he has a good lawyer) buy his FREEDOM.

You see it is NOT money we want, it is the freedom that comes along with that. The freedom to spend time with your kids, the freedom to travel wherever you like, the freedom to drive the car you like etc etc.

So while money may not buy happiness, it can be our thoughts and beliefs around money that can either cripple us or propel us forward to the rich live we deserve.

Too often we feel that it is IMPOSSIBLE to live our ideal life because it requires too much MONEY.

Think about that for a minute. You know deep down that that is

**JUST NOT TRUE.**

## So ... What is Next??

With this roadmap, you've begun to create a new plan for your life.

You're no longer limited by the everyday thinking which may be stopping you from living the life you want.

You don't need to be limited by current situations. You can break free and be RICH as long as you visualise what is perfect for YOU.

When you know what you truly want and what's stopping you, you can make use of the techniques mentioned in this worksheet to make a plan and start taking steps towards it.

If you'd like to learn more and have me help you delve even deeper into ways you can create YOUR ideal life, Join me in my [RISE to RICH](#) programme.  
(Guess what it is a tiny \$9.95 a month!!)



Imagine what your life would look like if you had EVERYTHING you dreamt off.

And by everything, I really mean "EVERYTHING" Not just material things but your dream "everything"

Imagine how IMPROVED and different your life would be.

You CAN have it all, and I can show you how to make it your reality in an easy to follow step by step process that will see you [Rise to RICH](#).