



# Creating a life of fun, freedom a fulfilment

## Purpose!

In life, this might not be something we discuss often or even at all, but I invite you now to consider what's your life's purpose?

For me after years of counselling & coaching I realised I wasn't clear on my life purpose which meant I was going through life blind. I wasn't clear of my direction and lacked fulfilment. This is where the phrase 'adventurously pursuing wellbeing' came from, in a moment of coaching I was asked to complete the phrase: 'Life is....' in that moment I wrote: 'Life is hard work'. From this place it was a waking up moment, time for me to make change and I am pleased to share with you, that this change looks like Fun, Freedom and Fulfilment and I get this through living an adventurous life, and in return I have mastered my wellbeing.

“Fun is at the core of the way I like to do business and it has been key to everything I've done from the outset. More than any other element, fun is the secret of Virgin's success.”

Richard Branson

If you are still reading this, then I believe one of two things is likely to be true:

- The 1st being like me you have done this work and love these stories, championing yours and others wellbeing.
- 2nd you are intrigued by this concept, maybe life feels like hard work to you some times and you want more Fun, Freedom and Fulfilment?

## Well what next?

If you want change in your life I would invite you to explore your wellbeing, move it up the priority list, now I want to be explicit here, this is not an additional to do list, this is not a stress factor, 'I need to take care of my wellbeing or I should be practising these wellbeing techniques...'

This is an invite, do you want change? Do you want to see what's beyond that stress, sadness or stuck-ness? Do you get a sense there is more to life than what you've been dealt?

Well I believe there is, and it took for me to get really stuck, stressed and sad to see it. What I want to share with you, is we don't need to wait for it to get to crisis point before we can master our wellbeing. You can make changes today!

## Taking Action...

**Fun:** Engage in something you haven't tried before this could be a sport or creative pursuit, maybe something you have always thought could be fun. This doesn't have to be a big expense it could be as simple as a hike on a new trail, or joining a craft club. The important element is novelty and playfulness, so often in life we get focused on the outcome and miss out on the journey of trying something new. For your wellbeing focus on the fun and benefit from the energising buzz of being present in a task purely for the fun of it. This is adventure!

**Freedom:** Take an hour away from all devices! Spend this time doing something that brings you joy or excitement, some classic suggestions will be reading, journaling, or going for a walk. But we things different here, this might be a task that's not urgent or import but serves you like a trip to that new café, take yourself for a lunch date, or meet up with a friend and go without an agenda. This is true freedom and creativity thrives on this.

**Fulfilment:** A simple task that doesn't take any planning or resources, however done correctly can be extremely powerful. Start by reflecting on 3 to 5 things over the last week you have been grateful for. Then from here set a single goal that aligns with the pursuit of adventure. Stuck with what the looks like? Think Fun and Freedom, the fulfilment will follow. This simple reflection fosters a sense of purpose. We gain clarity on the direction we want to take life. Bonus content: struggling to come up with 5 things you are grateful for, go give something to you community, this could be your time, skills or a donation to a good cause. When we give without an agenda other than

to give, we can gain ‘an enormous sense of wellbeing’. Sound familiar? Enjoy this:

🌐 Parklife

## And that’s it?

Put simply these actions will be prompts for you to find more fun, freedom and fulfilment, however we have some work to do. We all experience life through beliefs and these can sometimes hold us back. Unpicking these beliefs and gain clarity help us really live into our dream life. What’s this work I talk of? Its coaching or counselling whichever one feel right for you at this time. What the work looks like his unpick that unhelpful thinking, those limiting belief ands negative passed experienced. This makes space for us to be fully present, gain clarity on our goals and purpose and finally move in a desired direction. We can call this ‘mastering our wellbeing’ or ‘mastering our mindset’.

“For everything that is really great and inspiring is created by the individual who can labour in freedom.”

Albert Einstein

Happy exploring! If you would like to explore this further or discuss any of the topics I mentioned then I invite you to reach out here:

### [Book A Call](#)

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