



THE ULTIMATE GUIDE

to getting unstuck and doing something
extraordinary with your life



www.yourlifestartup.com

IF YOU ARE
ALWAYS TRYING TO
BE **NORMAL**, YOU
WILL NEVER KNOW
HOW **AMAZING**
YOU CAN BE.

- Maya Angelou



ARE YOU DESTINED FOR MORE?

Your life seemingly ticks all the boxes. Yet, something is missing, and you don't know what it is. You know you are capable of more. Somewhere deep inside you know you've got what it takes. But you just don't know what the right path is or how to start exactly.

Sounds like you? Then this guide is for you.



GUIDE CONTENTS

WHY AM I UNFULFILLED?

Learn why you feel like you are just 'floating by' and wasting your time despite all your achievements.

YOUR STEPS TO GET UNSTUCK AND FIND PURPOSE

Find out why you feel stuck and why it seems so hard to find purpose. Learn the steps for finally finding your 'answer'.

YOUR ACTION PLAN

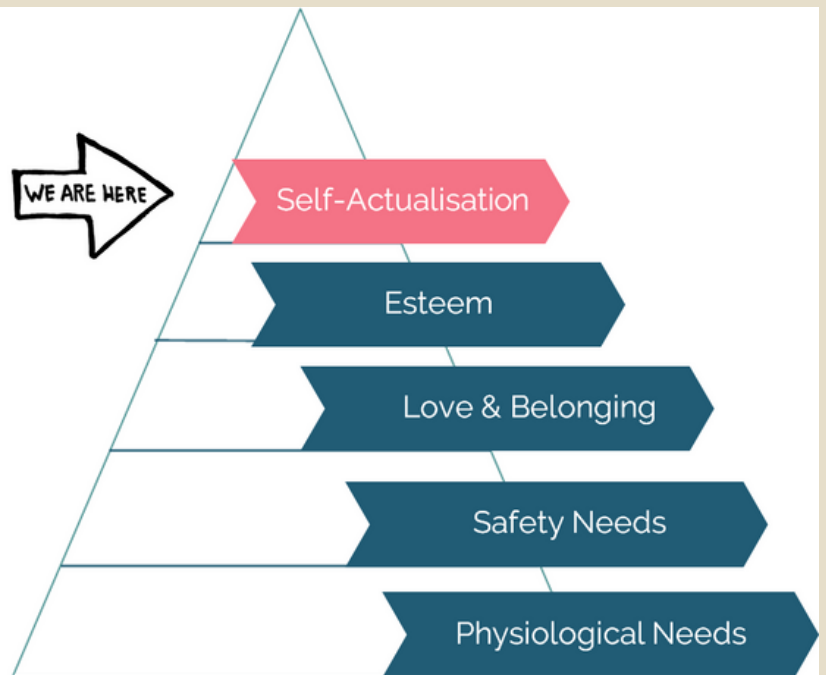
Walk away with your action plan for finding your purpose and building your extraordinary life.



WHY AM I UNFULFILLED?



MASLOW
WOULD BE
PROUD



Abraham Maslow Pyramid of Needs

In the developed world, we don't need to worry about food, shelter, or even love and belonging. We are still interested in social status and recognition, but even there we are reaching satiation.

With all that, more people start wondering 'What if there is more to life?' 'How can I realize my potential to the fullest?'

We sprinted all the way up the Maslow pyramid extremely fast. So fast, that society did not have a chance to catch up.

There are no frameworks or rules that govern the self-actualization level. But isn't that exciting?

**THAT MEANS WE GET TO
MAKE OUR OWN RULES!**



HERE IS WHY YOU FEEL STUCK

1

YOU DON'T KNOW WHAT YOU TRULY WANT

You have some idea of what you like and don't like. But how do you know what TRULY matters to you and what kind of life path would be most fulfilling?

2

YOU DON'T KNOW WHAT YOUR OPTIONS ARE

In the modern world, you have more options than ever. New work and lifestyle models are emerging every year. How could you possibly know about all the options you have?

3

YOU CAN'T CHOOSE WHAT'S RIGHT

With all the possible life and career paths you could take, how do you make the right choice? You want to have 'the answer' first, before starting to act.

As the result, you feel overwhelmed and paralyzed. Yuck!



**GROWTH IS PAINFUL.
CHANGE IS PAINFUL.
BUT NOTHING IS AS
PAINFUL AS **STAYING
STUCK** SOMEWHERE
YOU DON'T BELONG.**

- Mandy Hale



YOU DON'T KNOW WHAT YOU TRULY WANT



What is it that YOU truly want and what is brought on to you by social conditioning and expectations? How do you know what really matters to you?

WHAT'S GOING ON

So far you've lived your life according to a common scenario. Was everything you did truly your choice or were you just 'floating by'?

Do you find yourself in a place where you have run out of boxes to tick and don't really know what to do with your life next?

Congratulations, you've reached a place where you are ready to stop drifting by and start creating your reality with intention.

THE SOLUTION

Challenge and peel off the social and family expectations and get super clear on what YOU are really all about.

What do you really value?

What are your dreams?

What does your perfect career look like?

What would it take to live life in sync with who you really are?



BONUS: DO THIS 2-MIN EXERCISE TO GET CLARITY ON WHAT TRULY MATTERS TO YOU



2

YOU DON'T KNOW WHAT YOUR OPTIONS ARE



The world has changed. There are so many ways to live your life beyond the traditional path. But how do you know what else is out there that could be right for you?

WHAT'S GOING ON

You know there are alternative life and career models beyond the traditional 9-5.

You may have played around with the idea of being location independent or starting your own business.

But what about all the other options that might be right for you that you don't even know exist?

The world is evolving faster than ever, so it is hard to stay on top of all the options available to you.

THE SOLUTION

Diverge and explore lots of options before you converge and land on a few that are right for you.

Look at all of the societal, technological and geopolitical trends to understand where the opportunities are.

Seek for inspiring role models, people that are already living the kind of life that intrigues you and learn from them.



BONUS: READ THIS FUTURE TRENDS REPORT TO LEARN MORE ABOUT YOUR OPTIONS



3

YOU CAN'T CHOOSE WHAT'S RIGHT

You wish you had 'the answer', then you would just go and pursue it hard. Without that how do you know you are on the right track?



WHAT'S GOING ON

You may have considered leaving your 9-5 but first, you want to make sure you have a plan.

Or maybe you wish you had one thing you are passionate about. Then you would pursue that!

The truth is - instead of finding your purpose, you need to create it.

So instead of staying still hoping for 'the answer', you need to start moving and 'the answer' will gradually reveal itself.

THE SOLUTION

Avoid 'all or nothing' mentality and take experimental approach to life. Embrace 'bias towards action' - do things, learn from them and iterate.

For example:

- Create a landing page for your business idea with WIX in an hour
- Volunteer to shadow someone who does what you want to do
- Book an Airbnb and test if countryside lifestyle, a new city or a house-living is for you



YOU ARE DESTINED FOR MORE

You now know why you feel the way you do. I have been there and asked myself the same questions. But I dared to explore my options and build my extraordinary life. And it's even better than I could ever imagine. Now it's your turn.

SUMMARY OF YOUR STEPS

1. LEARN WHAT TRULY MATTERS TO YOU

Peel off the layers of social expectations and conditioning and uncover what truly matters to you. So that you design your life in sync with who YOU really are.

2. UNDERSTAND YOUR OPTIONS

Diverge, get inspired, and learn from other trailblazers. Understand what the world has to offer to make sure you have the most fun and realize your potential fully.

3. STOP WAITING FOR 'THE ANSWER'

Stop waiting for 'the answer' and start experimenting. Take bias towards action approach and start running life experiments. Do things, learn from them, and iterate, and 'the answer' will gradually reveal itself.





CASE STUDY

NATALYA PERMYAKOVA CEO & FOUNDER OF LIFE STARTUP

Let me share my story to bring this approach to life. Following these steps helped me find purpose, design an amazing new life on my terms and realize my full potential.

LEFT UNFULFILLING CONSULTING CAREER WITH NO PLAN

As a successful strategy consultant, I seemingly had it all but something was missing. I didn't have a clear plan but knew I wanted to do something different with my life. So I leaped into the uncertainty, it was scary!

TOOK EXPERIMENTAL APPROACH TO LIFE TO FIND 'THE ANSWER' AND DISCOVER PURPOSE

I had some ideas about things that interest me but wasn't sure which ones are worth pursuing seriously. So I ran a lot of experiments. I experimented with different jobs, different countries, and even lifestyles.

LAUNCHED 3 BUSINESSES AND KEEP CHASING CURIOSITIES

The more I experimented, the more I learned about each lifestyle choice and career direction. I ended up becoming a digital nomad, launching my own location-independent business. I live my values, do what truly matters to me and have never dreamt of feeling so good about my life.

JOIN THE TRIBE OF TRAILBLAZERS

If you've reached this page, it's likely that you have had enough of feeling stuck and overwhelmed and ready to do what it takes to design and live a life in sync with who you really are.

COMMUNITY OF TRAILBLAZERS

Follow us on Instagram for tips, tools, stories and inspiration:



YOUR PERSONALIZED RECOMMENDATIONS

If you want to get more clarity on your particular situation, book your complimentary 45-min Life Strategy Consult (\$200 value) and walk away with your personalized strategic recommendations.



FOLLOW US ON INSTAGRAM

BOOK FREE LIFE STRATEGY CALL

**JUST LIVING ISN'T
ENOUGH,
SAID THE BUTTERFLY,
ONE MUST HAVE
SUNSHINE,
FREEDOM, AND A
LITTLE FLOWER.**

- Hans Christian Anderson