



The Lifestyle Guy

# Garth Delikan

## The Lifestyle Guy



## 1. There is no such thing as work life balance:

When you say to yourself “I want work, life, balance what you are really doing is programming your subconscious mind as to what you want out of life. The only problem is the subconscious will take what you mean quite literally and it what it really hears is “I want” and if the I want is attached to the words “work” guess what, it will give you exactly that... **W O R K!**

The law of attraction (LOA) is very specific, if you remember the DVD The Secret or if you read the book what it told you was that whatever you focussed on you could create and manifest into your life, so if you are literally focussing on “I want work, life balance” your subconscious doesn’t hear the last half of the sentence just the first bit, so you really have to start getting really focussed and clever here.

What you are really after is balance in your life and that the entire package, family, leisure time, time for yourself, work, health, happiness, joy, fulfilment is all in alignment and congruent with each other.

You also should start from the desired “end goal” which is balance in your life to start making the changes you want in your life.



THE  
GARTH DELIKAN  
ACADEMY



## So how do we do this?

Firstly, and this is very important, you simply must start making time to incorporate into your life the things that truly do make you happy, whatever they might be. Time with your family, quality time with yourself, going for long walks, knitting, driving cars, whatever it is that makes you happy just go out there and start doing it!

For some reason, we can always make the time to find time for more work, which isn't our priority, but strangely enough when asked to make time to do the things that we enjoy in life we are seemingly incapable of making that time and yet the principles are the same, but we always prioritise work!

The company you are employed by and as much as you want or don't want will ALWAYS be there that's almost a given, but precious time making yourself happy is almost finite and before you know it life has passed you by and you wonder where you could have made a positive difference not only to your own life but to the lives of your nearest and dearest.



THE  
GARTH DELIKAN  
ACADEMY



I know this from bitter experience, although I was lucky enough to “see the light” and from an absolute disaster was able to make significant and lasting changes in my life although from the beginning I was able to have enough power over my own life to be able to make time for my family so that when my son and daughter were growing up, even though I was running an incredibly busy company I still found the time to make sure I didn’t miss my kids growing up or spending time with my family and loved ones.

I inserted “**codicils**” into my contract that I was going to the gym every single day at 12.30 as I found that was the perfect panacea for everything in my life at that time, that was “me time” time to unwind, and when I came back I was always energised and recharged ready to get on with whatever the day threw at me and no matter what time I had to stay till as I also insisted that I start later in the day so that I could take my kids to school in the mornings.

These were conscious decisions I took at the time to make the changes in my life that I knew and wanted at that time in my life to bring me fulfilment and although it wasn’t perfect it worked!



THE  
GARTH DELIKAN  
ACADEMY



It wasn't until many years later when my life crashed and burned that I started to make my own personal life balance an utmost priority and the techniques and strategies I've used over the years are the same ones I'm sharing here with you NOW!

These strategies work, I know because I've used them, I still use them to this day and I've taught hundreds of others how to use them to find happiness in their lives.

**The time to start making those changes is quite literally NOW!**

This is the moment there is NEVER a better time, tomorrow has gone, tomorrow hasn't been created yet, but remember, the life you live TODAY was created by the thoughts, feelings and actions you had yesterday, last week, last month, last year. So, doesn't it make sense that the thoughts, feelings and actions you start to have today, tomorrow, next week, next year will shape and form your life.



THE  
GARTH DELIKAN  
ACADEMY





## 2. Know what you want to achieve in life:

A captain of a ship or a pilot of an aeroplane would never consider setting off on their designated journeys without either plotting a course or navigating their journey or otherwise they would get hopelessly lost and either sail or fly around in aimless circles.

Yet it's surprising that most people who are not goal oriented or have never set a goal in their lives often wonder why they don't have the lives they dream about or have always aspired to. If dreaming alone got us results we'd all be living the lives, earning the money and be in love with the perfect partner and so many people fall into the trap of reading or watching so many books and videos on creative visualisation they think that by sitting there with their eyes closed every day they will achieve all their dreams and desires.

**Sadly, all they are doing is literally dreaming their lives away!**

However it doesn't have to be like this, there is a place for creative visualisation or dreams in anyone's life and I'm not saying it's wrong to do those things as I think it would be very sad if people weren't allowed to dream or to have aspirations but to make them work, to really give them some impetus they must be goal planned, they must be a journey with clear steps along the way, otherwise you just end up hopelessly lost emotionally as well as in real life.



THE  
GARTH DELIKAN  
ACADEMY



Knowing what you want to achieve in life is the first important step because then you've made the conscious decision of who or what you want to be. The next thing to do is decide how you're going to get there so it makes sense to start jotting down ideas on how you are going to start to achieve this and manifest it into your life.

Get out a piece of paper and literally write down everything that pops into your head, no matter how outlandish, on how you are going to achieve this goal. Remember this is your goal so anything goes.

Now get out another sheet of paper and write down in a column how achieving this will have a positive impact on your life and how it will change it for the better then create another column or a separate piece of paper and write down how you will feel if you don't ever achieve this goal.

Now write down your values in life, the things that are important to you. As an example, honesty, might be one of your values or being wealthy, or abundance or security. It doesn't matter what your values are as they are very personal to you and form part of your character and who you are.



THE  
GARTH DELIKAN  
ACADEMY



Now compare how having this achievement or goal in your life will impact on your personal values, does it have a positive impact or a negative impact and if it does have a negative impact in one or two areas maybe you'll have to have a closer look at what you want to achieve and why you want it, do you want it for the right reasons. Remember if it does feel uncomfortable in any way you can change it here, it's your achievement, your goal, so make it just right.

Make sure that everything you write down feels congruent with your life and your personal values. Once that is done you then have the blueprint on not only what you want to achieve in your life but also the positive impact it will.

This is your life, your achievement so do take your time make sure it feels right in every aspect.





### 3: Learn how to say no:

Learning to say no is one of the most challenging and difficult things that people find to say to another person no matter how overworked or how stressed they might be feeling and it's not just limited to your employer.

We all have the desire to feel liked by others and by doing things for others as long as they don't overburden us can be a real life enriching experience. For example, doing the shopping for your elderly relations, picking up your kids at 2am in the morning when the one thing you want to do is roll over and go back to sleep, or helping a friend in need are all tasks that help us to feel good about ourselves and the experience a rich and rewarding one.

However, it's when other people start to encroach on our good deeds and start to play on our sympathies that things can begin to get awkward. Out of politeness no matter what you have on the go yourself you feel "duty bound" to say yes, and before you know it you have a seemingly endless list of things to do for others and have no time left for yourself.

By constantly saying yes, we think we are doing the right thing but too much of a good thing for others can be a bad thing for you and before you know it people don't see your boundaries anymore (mainly because you haven't set any) and soon begin to take advantage of your good nature.



THE  
GARTH DELIKAN  
ACADEMY



By learning to say no, no matter how uncomfortable it makes you feel is the first step you can in beginning to empower and enrich your own life.

If you have too much of a workload either in the workplace or at home nobody is going to know unless you tell them. If you just get your head down and get on with it and just keep accepting work it quite literally begins to pile up and before you know it, it overwhelms you and you begin to feel anxious.

Learning to say no politely is something you can learn to do like every other skill you've learned in your life.

If someone at work tries to add to your workload even if it's your boss, instead of simply accepting it you could say something like "I'd love to be able to do that for you but unfortunately I have so much on at the moment it would be impossible to give it the attention it deserves" or something like "I may be able to do that later in the week for if you can't find someone else who can do it for you".

This way you are making the other person realise that you haven't simply said no for the sake of saying no but rather you have a lot of work already and can't possibly manage it and by doing this on a regular basis you'll find that people will have a whole new respect for you and what you do.

Your time is precious and your time on this world is finite, by learning to say no elegantly you free up your own time to begin to enjoy the things that are important to you and your own life.



THE  
GARTH DELIKAN  
ACADEMY



## 4: Make time to work rest and play:

Having to work is one thing and that's a given but also finding the time to take time out for yourself is incredibly important.

There's an old saying bodybuilding that says, "you can train hard and you can train long, but you can't train hard and long" and in essence what it is saying is that you cannot keep pushing yourself no matter what it is that you do.

Still sticking to the bodybuilding analogy what this means is that if you keep pushing yourself hard without any rest you won't be able to make any gains, whether it be bodybuilding or exercise in any shape or form as the mind and the body need time to recover and recuperate otherwise it will never progress as you will simply burn yourself out.

Life and finding the balance betwixt your working life and your personal life is a very fine line in most people's lives nowadays and many find it very difficult to switch off from work even when they do get home as a modern trend nowadays seems to be the fact people feel compelled to take work home with them as they don't have enough time in their "official working hours" to get it all done and end up in many cases out of fear of losing their livelihood or worse still being replaced by someone who might be more efficient than them work in the wee hours to get things done, which very often makes them too tired to even contemplate taking time out for themselves.



THE  
GARTH DELIKAN  
ACADEMY



If you do have to take work home, you will have to start to get very strict with yourself and actually limit the time you are going to work. This going to prove to be very difficult at first as it's habit you've gotten yourself into and habits take between four to six weeks to develop and just as long to ditch!

However, if you do want to stop the rot and prevent yourself from burning out (which will happen) unless you address your situation it's now time to take action.

Please try and remember your organisation will survive with or without you so wouldn't it be more beneficial to yourself and to them if you took a little me time.

Always schedule your "me time" before you start working as once you sit down to work you will not want to stop, you know it and I know it.

Either make an appointment with yourself in your diary or within the diary of your mind and do something that you personally enjoy even if it's only for ten minutes to begin with increasing the time each week by one minute until you have 30 minutes of active you time.

The benefits of doing this will prove to be enormous and you will find that by taking time for yourself you will become more productive, less stressed, less anxious and feel better able to cope. Life will not seem as monotonous or tedious and it will give you the drive to start planning your life better without work being the prime focus of every waking hour.



THE  
GARTH DELIKAN  
ACADEMY





## 5: It's as important to plan your day as it is to plan your life:

Making plans for the day takes so much frustration out of it because of aimlessly falling from one task to the other you have a schedule in place that will help you through your work day much more efficiently.

It's like setting up a mini goal setting programme but instead of going for long term goals you set your day out into bite size chunks and begin to create small victories in your life on a daily basis.

Instead of falling from one task to another if you have a set schedule and stick to it as much as you can you will find there will be much less frustration and angst in your life and as an added benefit it will definitely free up some more of your time.

As an example, you might want to have a one-hour period in the morning where you go through all your urgent emails, then move on to the task of maybe setting up meetings for another hour, then do the important things that must be done first thing in the day as doing it this way will free up your mind and your creativity for the smaller easier tasks throughout the day.

Always find time to either have a 10-minute coffee break in the morning and in the afternoon and to ALWAYS have a lunch break even if you feel you can only manage 10 minutes and very importantly, move away from your designated work area and walk around a little and have a little stretch if you can.

Do little things like this can make all the difference to feeling refreshed and revitalised as opposed to feeling constantly burned out.

Remember...it's the smallest changes in your life that will lead to the BIGGEST changes.



THE  
GARTH DELIKAN  
ACADEMY



## 6: Be fascinated not frustrated:

One of the most powerful things you can do when things don't quite go according to plan is to take a step back! Oftentimes when things don't work out exactly as we planned we get incredibly frustrated and short tempered. The thing is, when you're in that frame of mind, you will never get the result you wanted because you can't solve a problem from a mind-set of frustration!

You must train your mind and to yourself to become fascinated with a problem, because fascination causes intrigue, and intrigue helps the mind to become creative again, and once those creative juices start flowing, before you know it, you usually have a solution to your problem.

Nothing was ever solved through frustration or anger, remember that.



THE  
GARTH DELIKAN  
ACADEMY

## 7: Stuff happens:

There's an old saying which Robert Burns wrote which starts like this "The best laid plans of mice and men often go awry" which quite literally means no matter how carefully a project is planned, something may still go wrong with it.

So, if things go according to plan, don't stress about it, there's always another time.

The problem with things not working out for people is that they immediately assume that they're not good enough, or perhaps that they've failed in some way, or worse still, that they're a failure

This kind of thinking is negative and disempowering and will avail to nought, and worse still if you persist in those thought patterns, things will certainly keep going wrong and you're programming your subconscious mind for failure.

If something doesn't work out, reevaluate, see what did work and what didn't work and then regroup and go again.

If it didn't work out the first time it simply means it wasn't the result you planned for or desired, and that's all it means.



THE  
GARTH DELIKAN  
ACADEMY

