

LIFE BY DESIGN E-BOOK

BY DR. ISRAEL MCGUICKEN

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INTRODUCTION

You're here, reading this book, because you're more ready than you even know to DISCOVER YOUR AUTHENTIC SELF, stop apologizing and START BEING!

You're alive, breathing and WHO you are for a reason, so let's START LIVING!

Have you ever stopped and thought about why you are where you are?

Why haven't you been able to get past your place of 'stuckness' to the place you know you're called?

Why does it feel like every step forward leads to two steps back?

What is it that's really stopping you from being who you were created to be?

I'm ready to dive in with you and ask the hard questions that lead to change. Are you?

Together, we can do this!

Together, we can discover what's stopping you from BEING who you were created to be!

Together, we can identify the blockages that have been stopping you and holding you back.

Together, we can.

I'm ready!

Are you?

Let's go!

”

***YOUR PAST
DOES NOT
DETERMINE
YOUR
FUTURE.***

- Dr. Israel

“

DISCOVERING YOUR AUTHENTIC PURPOSE

Have you ever felt stuck? Like you're living life by someone else's expectations of who you should be or how you should act?

Have you ever felt lost? Like you're simply existing with no purpose or no way to actually live your purpose?

Have you ever felt like life was living you instead of you living life?

If I asked you today, "What is your life goal, your life purpose?" would you know what to say?

Friend, it's time to come out of the fog! Out from under other's expectations and wishes and discover for yourself WHO you are and WHAT you were born to BE.

It's time for you to begin to design your own life! It's time to discover your authentic purpose. Let's call it LIFE BY DESIGN.

Shall we begin?

””

FOR I KNOW THE PLANS
I HAVE FOR YOU,
DECLARES THE LORD.

PLANS TO

prosper

YOU AND NOT TO HARM YOU.
TO GIVE YOU A

future

AND A

hope.””

JEREMIAH 29:11

DISCOVERING THE THERMOSTAT

Where do we begin on our journey of discovery?

We start with an unmasking. We begin by identifying where we don't belong, who we know we are NOT, what we know we were NOT born to do and laying down all we were never meant to be. Discovery begins with an undoing, a remedying of what was wrong so that we can motivate ourselves forward in truth and wholeness.

Are you ready?

I want to start with a story.

It was 2008 in South Africa and I was newly remarried. Because of the after-effects of a messy divorce, my wife and I found ourselves without a home and without a car, left destitute and broke. The three oldest of my (then) seven children were married, the fourth oldest lived with my wife and I and the youngest three lived with their mom and spent every other weekend and half the holidays with me. It certainly wasn't the easiest of times as we waded through brokenness, court cases and a clear attack on all we were created to be- life givers.

One day, in the early hours of the morning, I woke up at 5:00am with the inkling to grab pen and paper and begin to write. What followed was the amazing unfolding of a new book called Celebrate Success. I had finished writing it by noon that same day and passed it on to my wife to edit and beef up a bit. She laughed when she read the title, "Celebrate Success." She asked how I thought I could write something like that when I myself was living in a mission hotel in South Africa, right next to a train station in one of the top 10 murder capital cities of South Africa, with a bar fridge, toaster and hot water kettle as a kitchen?

The truth is, my circumstances didn't change who I was. They may have changed what I could do (for a season) or where I could stay or what I could afford to eat but circumstances DO NOT have permission to mess with our identity... unless we let them.

Remember this: Your circumstances DO NOT determine your worth! There's an inner thermostat inside of you that's set to a certain temperature that is NOT determined by what's outside of you but rather by what's inside of you!

Think of your own life. Have you had seasons or moments where you found yourself somewhere you didn't belong? Did you ever have a time where you worked a job or had a bank account that did not dictate to you the truth of who you are or what you're worth?

You see, I could write Celebrate Success at a time when I was down because, in my heart of hearts, I knew that I was more than my current circumstances. In fact, I sold hundreds of copies during that time and it helped to pull us out of that deep season and propelled us forward!

If I had let my circumstances dictate my worth to me, I would never have stood up again. If I had let my circumstances determine my identity, I wouldn't have had the confidence to write, to give, or to add value to others lives.

Are you letting your current (or past) circumstances dictate your identity to you? Are you letting your circumstances determine who you are and who you can be?

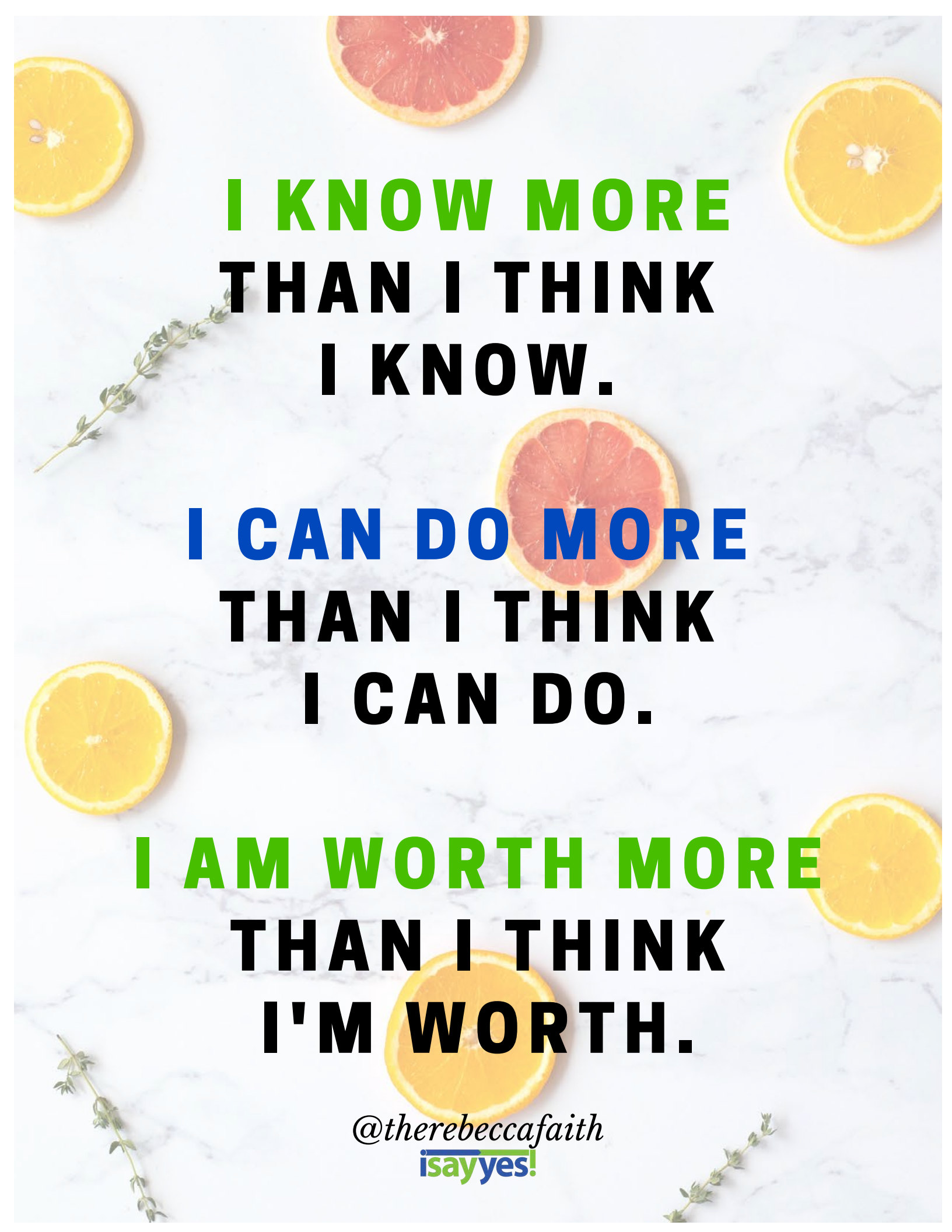
Let me remind you of some truths my wife, Rebecca Faith, discovered in her years as a coach and let them ring true for you today as you discover your authentic self:

You know more than you think you know.

You can do more than you think you can do.

You are worth more than you think you're worth.

Go ahead, say it with me. I dare you.



**I KNOW MORE
THAN I THINK
I KNOW.**

**I CAN DO MORE
THAN I THINK
I CAN DO.**

**I AM WORTH MORE
THAN I THINK
I'M WORTH.**

@therebeccafaith
isayyes!

ASK THE RIGHT QUESTIONS, DISCOVER THE RIGHT ANSWERS

Perhaps you're stuck right now- facing a brick wall, a ceiling. Maybe you find yourself in a fog, unable to see what's around you, ahead of you or within you?

Perhaps you need reminding that your past does not determine your future. Your NOW determines your future. Perhaps it's time for someone to ask you the right questions so you can discover the right answers?

Let's start with some power coaching questions today:

Q. "Who AM I?"

This question is powerful because it's talks about your BEING, not your doing. The question is not "What do I do for a living?" or " What am I educated for?" No, it's "Who am I?"

Sometimes we need a question to answer a question so let's start with this:

Q. What have I felt I needed to become in order to win the approval of those I love?

Q. What have I felt I needed to do in order to be accepted?

Q. What accomplishments in my life am I most proud of?

Q. What challenges/obstacles have I overcome in my life?

Q. What is my biggest fear?

Q. What excuses do I need to eradicate from my life?

Q. Who can I confidently say I am?

“

I AM. Two of the most powerful words; for what you put after them shapes your reality.

GARY HENSEL

I AM VS. I DO

Here's what's backwards with so many of our worlds: we put all our worth and value on what we do FIRST, neglecting the true value, which is who we ARE.

Honestly, the doing matters. Action matters. It's required. BUT our DOing should not be where we find our identity, it should merely be an extension of who we are. That's why sudden changes, moves, relocations, job changes can be so devastating for people- because their identity and value was in what they did instead of who they were. I'm not saying sudden changes, moves, relocations, etc. are suddenly easier because you know who you are. They still have the power to displace you, but not destroy you.

You see, if you know who you are, then, when your doing changes, you simply strategize, reorganize, and brainstorm how you can effectively BE who you are in a new way. What new doing can come from who you are?

Knowing your authentic purpose and identity gives you an advantage in life but it seats you with confidence. It gives you the ability to adjust, navigate and reassess when things suddenly change, are stopped or start to dry up.

Do you know who you are?

Chances are, if you're reading this book, that this is the very quest you're on- the journey of self-discovery. It's time to discover your authentic purpose- your I AM!

Here are some questions to get you started on your way:

Q. What do you want more of in your life?

Q. What do you want less of in your life?

Q. If money wasn't an issue, what would you do with your life?

Q. What would you do if you knew you couldn't fail?

Start by answering the hard questions and be surprised to discover that:

YOU KNOW MORE THAN YOU THINK YOU KNOW.

YOU CAN DO MORE THAN YOU THINK YOU CAN DO.

AND YOU ARE WORTH MORE THAN YOU THINK YOU'RE WORTH.



DON'T BE PUSHED

FROM YOUR PAST.

BE PULLED

FROM YOUR FUTURE.



-DR. ISRAEL

DISCOVER WHO YOU'RE NOT TO DISCOVER WHO YOU ARE

These are big questions and not ones that always have an immediate answer, but they warrant the time and energy to think about, meditate on and ponder.

You see, greatness comes from authenticity. You were not created to be a copy, a replica- you were created as an original!

Here are some questions to think about:

Q. Do you find yourself doing things to please others rather than pleasing yourself or sticking to what you believe?

Q. Do you find yourself constantly giving in to other people's demands?

Q. When you were growing up, who's love did you crave more, your father or your mothers?
Please note, I'm not asking which one you loved more.

Q. Who did you have to become in order to receive that love? (i.e. perfect, invisible, strong, etc.)

"YOU GET
WHAT YOU
TOLERATE."

-Tom Bilyeu

DISCOVER WITH INTENTION

Once we identify all we were never meant to be, we can start discovering who we WERE created to be!

Here are some questions you can start with as you discover your authentic purpose:

Q. What are you naturally good or gifted at?

Q. What organically brings you joy?

Q. What do you want people to say about you in your eulogy?

Your journey of discovering your authentic purpose and then LIVING that purpose will be a journey of discovery that will hopefully follow you through your lifetime.

We start with an idea, then that idea becomes clearer. The clearer you are on WHO you are, the clearer you'll be on what you need to DO to be that person.

Your DOING should simply be an extension of your BEING, not the other way around.

NEW BEGINNINGS

Congratulations!

You've officially started your journey of self-discovery and have taken the first step towards discovering your authentic purpose. You've started asking yourself the questions that will lead to your self-discovery. This has the potential to be a new beginning for you! So let me end by asking you this:

Q. If your life was a billboard, what would it say?

It's time for you to stop existing and start LIVING!

Stop being tolerated and start being celebrated!

Don't settle for a life you were never meant to live and fully BE!

You were created for purpose. Don't sell yourself short by just existing.

Welcome home.



**YES,
YOU'
CAN!**

CONCLUSION

Now that you've read through the Life By Design E-Book and have begun your bold journey of discovering your authentic purpose, it's time to take massive action! Start by filling out this questionnaire as best you can, beginning to put words to thoughts, actions to dreams and flesh on the bone structure. Write your vision and make it plain!

I am (three words that describe who you ARE, not just what you do) _____,
_____ and _____.

I want more _____ in my life.

I want less _____ in my life.

My life goal/purpose is _____
_____.

The first three action steps I can take to seeing that life goal come to pass are:

1. _____
2. _____
3. _____

I am not (three words that describe who you are NOT) _____,
_____ and _____.

Living my best life looks like _____
_____.

I am determined to _____
_____.

Congratulations!

YOU'RE ON YOUR WAY TO LIVING A LIFE OF
AUTHENTIC PURPOSE!

REMEMBER THAT THIS IS A JOURNEY.

S T R I V E F O R

progress

N O T P E R F E C T I O N

GRACE YOURSELF.
STAY HUNGRY.
CHOOSE YOUR COMPANY.

JOIN OUR UPCOMING
LIFE BY DESIGN GROUP COACHING
WORKSHOP!

EMAIL IWANTTODISCOVER@GMAIL.COM
FOR MORE INFO.

LIFE

BY DESIGN

DISCOVERING YOUR AUTHENTIC PURPOSE

Just getting started?

Join us for an upcoming Life By Design Group Coaching Workshop where we dive deeper into your journey of self-discovery and begin finding real answers to the questions that shape who we are.

Write to iwanttodiscover@gmail.com to register.



Dr. Israel McGuicken co-founded The ISAYYES Coaching Company in 2008 after gaining unparalleled experience in the public speaking arena, while also establishing himself as a respected coach and spiritual advisor with kings, prime ministers and financial gurus as he traveled over 85 nations of the world.

Currently dedicated to serving as a Master Coach and Global Influencer, Dr. Israel is widely known for his generous leadership, ageless wisdom and passion to see the next generation excel beyond his own.

While his speaking engagements have taken him around the world, Dr. Israel is proud to call southern California home.

Outside of the public arena, Dr. Israel enjoys riding his Harley Davidson, traveling the world and spending time with his wife, 8 children and 6 grandchildren.

For more information, follow him on social media using the following handles:

Facebook: @DrIsraelBiz

Instagram: @DrIsrael

LinkedIn: Dr. Israel McGuicken

www.drisraelmcguicken.com