

# LifeBooking!

## Session Two: Build Your LifeBook!

Hello my favorite LifeBookers!!

Let's start this session with a little video on our session two page!

This session is where the fun becomes reality. It's time to create your own LifeBook!

**As we go through this assembly process, there's one very important thing to keep at the forefront of your mind: Make this your own.** You don't have to use everything I suggest here. Focus on making a book that has your colors and your style and your interests in it. If you like paisley, get you some paisley clipart. Or make your own paisley book jacket! And mix-tapes? Print out some 80s clip art. This is your book. Consider it a unique and distinct place for all of your wild dreams and plans.

**Because: If you can make it work for you, then it will work!**

As a quick reference, here is an overview of how I organize my book.

**Table of contents:** You don't have to do it this way. It just makes sense to me.

- 1) Collections
- 2) Categories
- 3) Months
- 4) Big Note Section (business or project or month theme)
- 5) Dailies/Planner Section

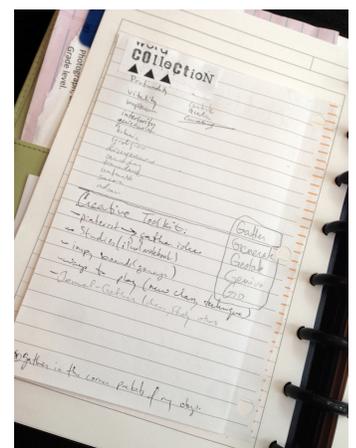
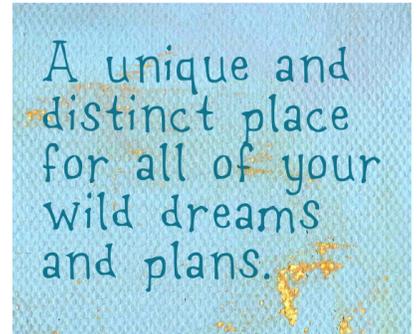
Now, for all you visual learners and linear thinkers, let's breakdown how my LifeBook is organized.

**The front half, full of goodness and dreams, has four sections.**

**1) Collections:** Lists of things that are important to me. You can use whatever sort of lists you want!

- My life-mottos (Big picture values that will roll into artwork and writings.)
- Favorite word list (To be used in painting titles, blog ideas, etc.)
- Creative toolkit: a collection of my go-to tools of inspiration.
- List of amazing days (great for my end-of-the-year review.)
- Next year's ideas and suggestions.
- Other ultra-important notes.

**2) Month at-a-glance:** We will be expanding our Month-themes in session four! And it will be an incredible journey of self-development and growth. This might be my favorite part of the entire LifeBook process. So get





later. If you need to, just stuff some blank paper into that section, pat it gently and lovingly, and tell yourself it will be ready by the end of the course. :) More on that in section five, I promise. First we have to wrap our minds around a few more details. We aren't there yet!

## Homework: Let's set up your book!!

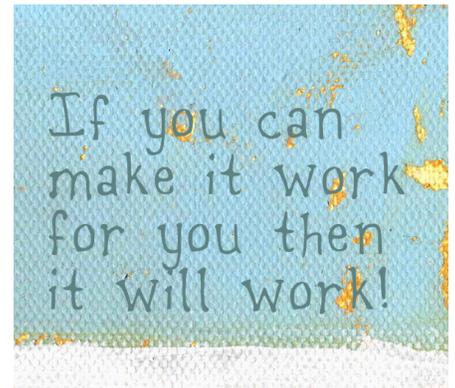
1) Look at the worksheets on the session two page. Print out our Idea Monster and prep him for all the things I suggest that you don't want to do! Color him. Cut him out. Build a little stand for him (I don't know how) or just leave him beside you during this course.

2) Get all your dividers and papers and funky labels/stickers/thingies and go crazy! Assemble your book section by section, label pages for your life categories and for each month. Add some blank pages to what might be your "big note section" if you want one. And maybe add some titles to any pages you have (Categories, months, lists, etc)... Don't worry about writing in the pages just yet. We're just focusing on filling in your LifeBook with sections and pages.

Here is another overview of \*my\* table of contents — but rearrange as you'd like!

- 1) Collections
- 2) Categories
- 3) Months
- 4) Big Focus (business or project section, whatever focus needs lots of paper and space)
- 5) Dailies/planner section

Also: If you're in need of other Collection or Category ideas, we've got a secret stash of them [HERE](http://mandythompson.com/lifebook-idea-bank/) (<http://mandythompson.com/lifebook-idea-bank/> password: lifebookers). Pick a few that work for you and drop the rest in the idea monster. Remember: If you can make it work for you then it will work!



## One Final Thought:

I would love to hear how you customized your book contents. Shoot me an email if you reordered anything, or added any categories/sections that we aren't using as a larger group! Who knows: I might add your ideas to future versions of this course!

And when your book is assembled and our idea monster has been welcomed with open arms, you're ready for section three!

~mandy

*P.S. Up next in session three:*

*We are going to breathe some serious life into The Big 50 list and put some flesh on the goals that you might have for your categories! It's time to get practical and start coming up with a plan!!*

[mandythompson.com/lifebook-sessions](http://mandythompson.com/lifebook-sessions) password: lifebookers