

LIVE YOUR LIFE

The three step method you can use to start living the life you want! Challenge, learn and evolve.

Written by: Daan Uijterwaal

Instagram: @Today.i.lived
www.todayilived.com

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A THANK YOU TO YOU

I want to thank you so much for downloading this free ebook. It's something I've been wanting to give you for a long time. I hope I can support your dream life. This world is in desperate need of more people like you. Wanting to make a change by doing what they love. Hopefully, you'll decide to do something that makes the world a better place. Isn't that an amazing cheesy line? It really is, isn't it? Well, I hope you decide to do something good. Help the planet and all living things on it. You can do both something you love and help the plants, animals, or humans with it. So let's get into what you are here for. The free three-step method I use to start living a life that I love.

Now the word free might imply that it is not of much value, but it actually is. Especially if you want to live your dream life. I've been using this mindset for quite some time now and have started living by it. It has massively changed my mental and physical life. Changing the way I view the world and happiness. Now by the time I write this, *Today I Lived* isn't that big. That's completely fine with me. The goal is to make it worldwide. Supporting all the people that want to help the world and pursue their passions. To experience the beauty of living altogether and to educate you on topics like understanding yourself, purpose, and success and experiencing the world around us.

YOU ARE NOT

T.I.L

ALONE!

T.I.L

Isn't that what you are looking for after all? A life that is full of your deepest desires and dreams. One filled with joy and love. Beautiful vacations and so much more. In short, a life of abundance. That abundance starts within you. Inside your body and soul. A small sensation that drives you to do good and experience a life full of happiness. I know you have some big dreams inside you. Something that makes you tingle and you would do anything for that dream. An easy way of looking at dreams is to see a dream to travel the world or start a business and earn a lot of money. Those are amazing dreams and you can accomplish them. Yet aren't those dreams coming from a

much deeper desire? A desire to fully be you, to love your life, and experience it all? To be free and full of love? To always feel happy? To not worry about anything anymore? This is a desire you and millions of other humans have. That's comforting right. **YOU ARE NOT ALONE!** You never will be. Yet you are the only one that can find what sparks that joy and freedom within you.

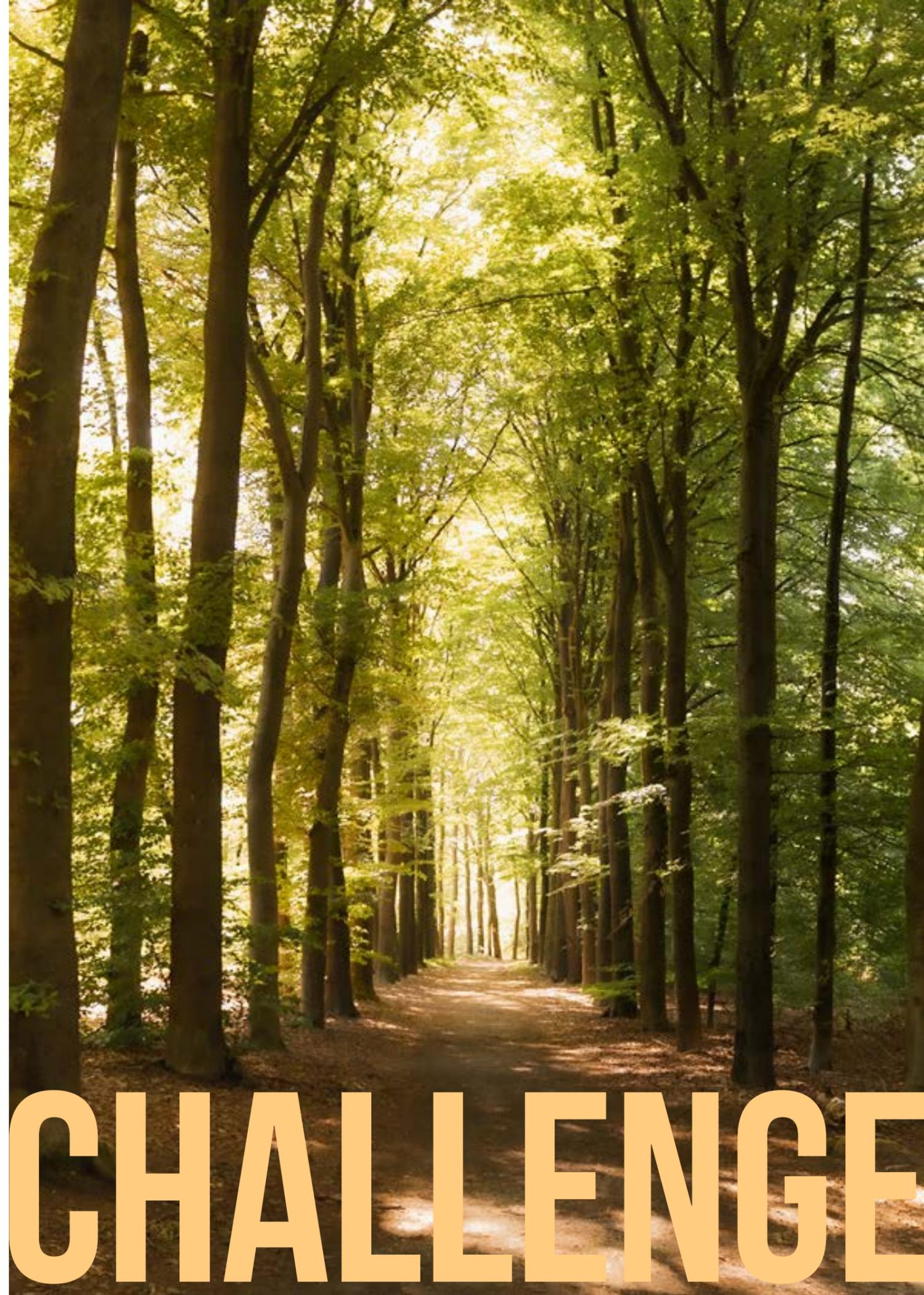
I am going to give you a short exercise before getting into the three steps. First, read the exercise and afterward close your eyes and visualize it. This exercise is something I discovered not that long ago. Visualize your dream. Your dream life. It's such a fun exercise that is so easy to do. Imagine yourself living your dream life. Just like in a dream nothing is too weird or can't be done. You, for once, have control over this dream. You can own an entire flat in the middle of London or live in a tiny shed in the forest. You can help kids in third world countries or own a business that innovated the entire soda business. Imagine the four major parts of your life. Where do you live? What do you do for a living? How are your relationships with your partner, friends, and family doing? How is your mental and physical well-being? Go through all of them and imagine that which you can not think of accomplishing in this lifetime. Now close your eyes and put this ebook aside.

VISUALIZE

If I close my eyes I see myself living in a tiny house near nature. Lots of peace and silence. A place to grow my food and herbs. As well as writing on the daily for books, website, and email list. Making money only to support the planet. Not just to grow rich quick. To build this brand out to worldwide success. The relationships with my family have always been steady and still are in amazing shape. I see them often and have amazing dinners with them. I still learn a lot about food, mental health, philosophy, and growing food. I won't go into much detail about how everything looks but I see it all in front of me. It's a peaceful life where I have found inner peace as well as outer peace.

Now you have done that it might mean you will not come back to this ebook because all you might have needed was to imagine your dream life. That in of itself can spark so much energy that you can't wait to start. That would be the goal. So if that is the case instantly put away this ebook. It is not worth letting that spark die out right now. The three steps I will now share with you will only help you get that spark at all times. So if you have it right now, there is no need in reading about it is there?

Now as a quick side note, these steps do not only apply to finding your dream life or dream job. It can be applied to all parts of your life. From habits to relationships. It is always great to challenge, learn, and evolve in all aspects of your life. After all, a flower does the same. The whole world does the same actually. We are made to grow and change. We do each day. Exchanging cells within our bodies or learning something new each day.

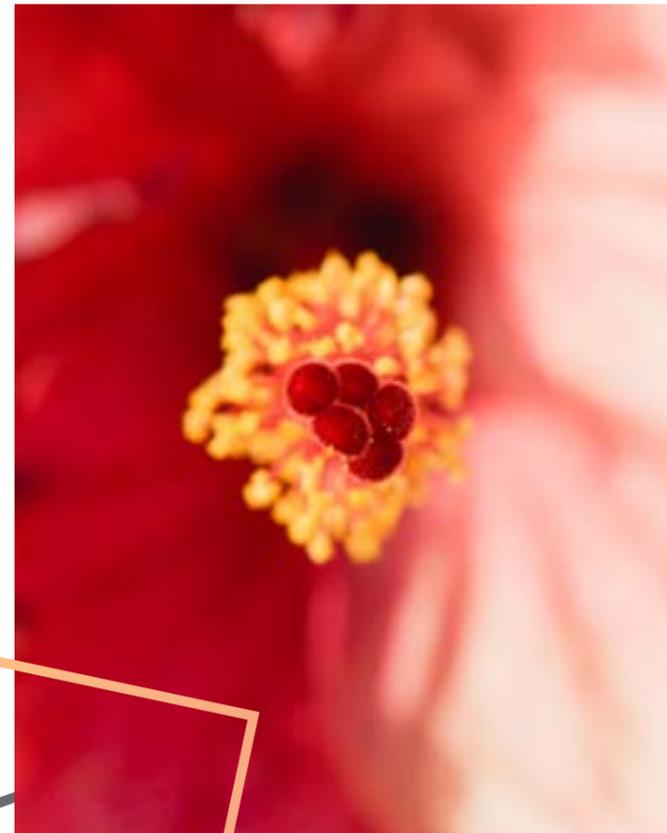


CHALLENGE

REINVENTING THE NEW 'NORMAL'

I live in the Netherlands, there is one particular saying that has been cruel to me my entire life: *"Being normal is just weird enough"*. I shiver every time I hear this being said. It's like being normal is all we can be. Fitting into the standard way of living. If you are reading this you probably agree with me that fitting into the 9 to 5 job, owning a house and having two kids, preferably a boy and a girl, is not in the slightest form what you want. That sounds to conforming and well, normal, to you. You want an extraordinary life. A life in which you have a purpose and feel important.

As a kid, I was just the same as every other kid in my class. I followed the rules, didn't speak up to my parents, and just did whatever was asked of me. I was conforming to the 'normal' life. I imagined myself finishing college and getting a job, then owning a house and getting married. Having kids and retiring at the age of 65. The moment I entered college this mindset was completely smashed to pieces. Not by friends or a teacher but by myself. I started to question things. Things that had been bothering me for years. Starting to discover what made me unique and understanding why I wasn't meant for that life. So I started to challenge what was normal and started to create what I now see as 'normal'. A life filled with peace. Not chasing after something like money, products, or validation of others. Once I quit that rat race I started to feel at peace.



IS IT THAT UNCOMFORTABLE?

Yes, it really is that uncomfortable. People will think you are weird. Or at least the people around me think I am weird. Not eating meat anymore or trying to establish a comfortable, safe life for me. The first step to living the life you want is to challenge what has been taught to you. That is uncomfortable. People will judge you and try to convince you to get back to normal. You can't blame them. They have never had the opportunity to pursue their dreams. Or they did, but their dreams are completely different from yours. So you must do this on your own. At least at first. After some time there will be people drawn to you with the same lifestyle or dreams. Yet at first, you must decide to challenge the normal and start following what you want instead of what others want.

The only way to do that is to make friends with being uncomfortable. The gap between the path that has been laid out for you and following your dreams might be too big. So start with something small. Enjoy the discomfort of sitting with people in silence. You probably go to the birthdays of family members. Where you sit and talk to a far family member, that

only asks you how school is going or what you want to do when you are older. Those kinds of typical questions where the answers will each year be the same. Which after a while will result in awkward silences. Now that is your call. Feel that discomfort. Don't try to come up with stupid topics like the weather or the food, or gossiping about others. Leave that out. Rather focus on the feeling of discomfort. Enjoy it, maybe even laugh about it. Feel joyous being awkward. This way you train yourself to feel uncomfortable, which is inseparably linked to challenging the status quo and pursuing your dream life.

CHALLENGE THE WORLD BEFORE IT STARTS TO CHALLENGE YOU

When I was 12 years old my uncle passed away. Soon after my grandma did. At such a very young age losing two major people in your life is life-changing. Especially losing my uncle meant a lot to me. He was like a second dad to me. We spend a lot of summers together and I would love to visit him and my aunt. This loss had a major influence on me as a person. For years I felt stressed and out of balance. Blaming the world and especially God for not saving them. I was angry and at the same time worried about school and my life. Yet this initially bad thing challenged me to rethink. To redesign my life and challenged me to think differently about what life meant to me. How precious it is, and how careful we should be with it. After all, we can lose it in just a second. This

realization took me more than 5 years to understand, but it reshaped the entire way I looked at what success meant to me and how I wanted to live my life. This is not meant to brag about me figuring things out. This comes from a place of understanding. Understanding where you are coming from and wanting to deeply and utterly help you find your spark.

These challenges will happen to you. There is no doubt about that. Maybe you are even experiencing one right now. It might even be the reason why you found Today I Lived in the first place. These challenges can't be outrun. You can't run from death, sickness, poverty, or any other major life impacts. These things just happen. Not to make you feel bad or to harass you, but to help you become who you truly are. That realization is harsh. I can now say that the death of my uncle and grandma are the best things that happened in my life so far. That sounds fucking cruel yet, it isn't. I hate the fact that they died and I would love to still have them around. They just couldn't. Their time on this earth had to end, not only for them but also for all the people they knew. To help them grow and help us grow. To give them a better life in heaven, the afterlife, or to be reborn. (I don't know and don't need to know) All I know is that they have given me a gift. A gift they never intended me to give.

I learned the precious value of life. That life is ending and there is no escaping that. The Buddha ones said "If you must think, think about death. For that is the only truth there is." This is something I try to live by each day. For if I do not challenge myself each day to do something better, I would not be able to experience all I could.

As a side note. That does not mean I do not relax and enjoy life. No, this is challenging as well. Challenging in my vocabulary means always making the most out of everything. At times I forget to be present or I stress out. Yet thinking that I will die always reminds me that I should challenge myself to be more present and stop stressing out about what is to come. This is mere human, we cannot be perfect nor can we just be present all the time. It has been slowly taught to us, to worry about things. So now we can slowly learn to get rid of those things again. Challenge that which does not bring you joy anymore.

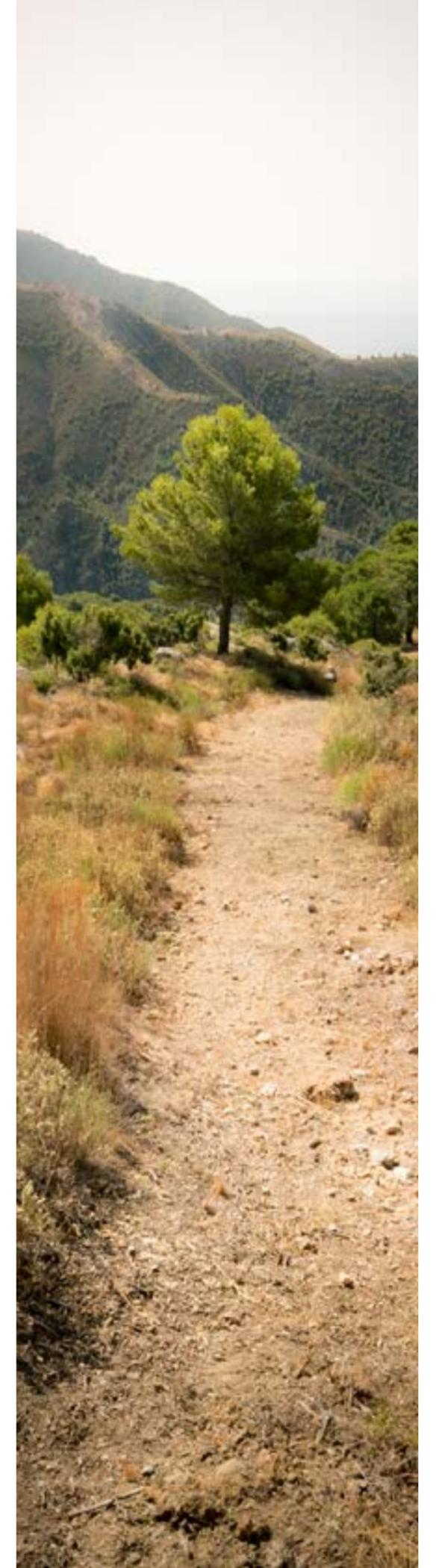
Life will go on no matter what you do. Challenges will come on your path and they will be fucking hard. I can guarantee you that. So you should be ahead of life (for as far as that is possible, you really can't be ahead). What I mean by that is that you should start challenging yourself before life does it. If you learn to be comfortable with challenges these major things that force you to evolve will be joyful. They no longer surprise you. You start to understand that they are here for you to grow and not to demolish you or make you feel bad. Everything in life happens for a reason. That reason we don't know and we might never know. All I do know is that we might as well live it. Fully. Embrace it like the soothing afternoon glow of the tingling orange sun.



**”IF YOU MUST THINK, THINK
ABOUT DEATH. FOR THAT IS THE
ONLY TRUTH THERE IS.”**

SO THE FIRST THING TO DO IS WHAT?

Challenge that which doesn't fit you anymore. Challenge the status quo, and yourself. Challenging yourself might be even more fun. If you want yourself to read more books, challenge yourself to do so. Set a goal for yourself to read 4 books in the upcoming month, so that equals one book a week. These kinds of challenges are what make you go forward and a little challenge once in a while is what we live for. The thrill of doing something new has always been something humans loved doing. Only the discomfort that comes with it has made us quit this habit of challenging and growing. Don't let the discomfort win. Instead, grow with small steps so there is nothing to feel uncomfortable about. You might want to hear more how to's on how to challenge yourself, but this is something deeply personal. I understand your frustrations with yourself. That sometimes your challenge will make you feel shit. Yet this is all part of the process. Feel that what you feel because of it. Do not try to force it away or mask it with fake joy. This discomfort is part of the game. It shows you that something is not working yet. So again try to challenge it and figure out a way that works for you. Specifically for you, no one else can teach you how you want to live.



CHALLENGE

So what is it you want to challenge?
Write that down on these lines:

Why do you want to challenge that?
Fill in the lines below

Envision how it should be and write
that down:

2 LEARN



BOARD

T.I.L

LEARN TO DO BETTER

Okay, so you found that which you want to change. You have found that which you want to challenge. To keep it simple let's keep to the topic of creating your dream life. You have challenged what is 'normal' and started to think of a new normal for yourself. You imagined a world that you would want to live in. Now it is time for you to learn and dive deep into that world. After all the world you want to live in also has its drawbacks and it won't just come to you.

As a kid, I loved building things. Whether that be building with Legos or creating cities in The Settlers 7. Or writing small books, which I by the way never finished, because I wanted to play outside. Building is the cornerstone of growth. It is needed to live an exceptional life. Or any life in general. Building something is part of the game of human life. Without it, nothing of this would be fun. You would just stay at the same level in every aspect of your life.

Back to me building with Legos. I had massive amounts of these little bricks and would often find some underneath my bed or wardrobes. They were everywhere. The fun part of building with Legos was that I got to learn how to build specific things. How to build a wall that was strong enough. Or building large castles and even planes or trucks. I loved following the guidelines and build something. Once build I would put them on a shelf to be admired by me and my friends. Building with Legos was massively exciting for me because of one thing. It forced me to learn and build something. That, when it was finished, would look amazing for a few weeks and then got broken back down to build something new. The continuous cycle of building, admiring, breaking, and then the same thing all over again is something I have loved until this day, and probably for the rest of my life. The games I played always incorporated some form of progression or building.

Fast forward a few years and I now still love building. Not with Legos anymore. I outgrew those a bit. I now love building my mind, my skillset, and this brand. Everything I do is to learn something new. To grow me.

MAKING LEARNING PART OF YOUR DAY

I know that this sounds awful. You might have just finished college or are in the midst of it. You have grown a natural resistance to learning. This has nothing to do with you. You love learning, actually, we all do. It is something that has carried us from smacking animals with sticks to building cars and planes. Even space shuttles that carry us out of this world. The desire to learn and grow is something within us. The only thing not working is the schooling system. Whilst it is a great base to learn, how to learn, it is not fit for most of us. That does not mean learning is bad and you should not do it.

Learning is one of the most important skills we as humans are naturally born with. We should use that skill and find joy in it. The most successful people, not only in business but also in living happy and fulfilling lives have incorporated learning into it. Whether that be learning through testing and failing, reading, listening, attending classes, etc. Learning is something we should all incorporate in our lives. It makes us experience more of this immensely beautiful world. Now, as of all things there is no one way to doing this. I have learned many things through books and listening to podcasts, as well as watching videos or online courses. Yet you might not learn anything from books and you might despise reading. That's completely fine. You should not follow any 10 step guide that shows you exactly how to learn or do something. Just keep general rules for everything that you have carefully picked yourself.

LEARNING MAKES US
EXPERIENCE MORE
OF THIS IMMENSELY
BEAUTIFUL WORLD

THE GENERAL RULE I LIVE BY

So at first, I challenge myself and the world around me. To always try to do something better or try something new. That's a basic rule for me. Now some days this doesn't work or I just feel like doing nothing. That's fine I just push myself to do the bare essential things and then turn on Netflix or my Playstation and play video games.

Of course, this is not regularly because if you find something you live for or even want to die for you will love doing it every single day. (I might even think finding something you would want to die for is more important than finding something to live for.)

The next rule I live by is to learn each day. How? That isn't the point. How you do it each day isn't the point. Just try to fit in what you can each day. Rather think about why you want to learn it, and what it is you want to learn. Specifically in that way round. First of I would suggest thinking about why you want to learn about a specific topic. It would have no meaning if you would learn about chimpanzees if your goal was to make music. Now of course you could use it for inspiration and I would be happily proven wrong if you could. The point is, think about why you want to do it. Again, general rules not specific guidelines. So think of why you want to learn about something. If you want to learn about chimpanzees just for inspiration that would be a great place to start. Now figure out what way you want to use to learn about it. Through video, audio, text, or speaking to someone. Whatever it is, there is always someone who knows more about it than you. Use that knowledge instead of trying to figure it out yourself.

You see, these things are massively important. How you do it doesn't matter. How you do things will be determined by your day and your personal preferences. You could do it first thing in the morning or after work. If you set the goal to do it, there will be a moment in your day where it will just fit in perfectly. That is the sweet spot.

LEARN ABOUT YOUR DREAM LIFE

Now it is time to use that general rule to learn about your dream life. All the skills you need to learn to earn money with it. How it will look like, what other people think etc. Soak up all you love to know and you will eventually be an expert in it and love the life you are living. You will evolve into the human being you want to be. I am getting ahead of myself now. Remember these two things.

“Think in general rules, not specific guidelines”

“Challenge then learn, these are the two steps to start with”

LEARN

Look back at your challenge, what do you need to learn?

Where can you learn this skill or mindset?

How much time can you spent learning this new skill?



EVOLVE

EVOLVE INTO YOUR TRUEST FORM

I have always loved playing Pokémon. Especially to evolve all the Pokémon I have into their highest evolution. Again that building and growing aspect of the game was most appealing to me. That evolution cycle stuck to me deep inside. I never really noticed I was so drawn to it. The most fun part of it is, that as humans we never know if we have reached our highest evolution. You might say that enlightenment, nirvana, or Christ consciousness is the goal. But still then there is the goal of experiencing life each day again. You might not grow anymore in knowledge but you are growing richer in experience.

That is the whole point of the universe. To grow and experience. The universe is entirely built around this concept. It might be philosophical to think of the universe that way, but let me give you an example.

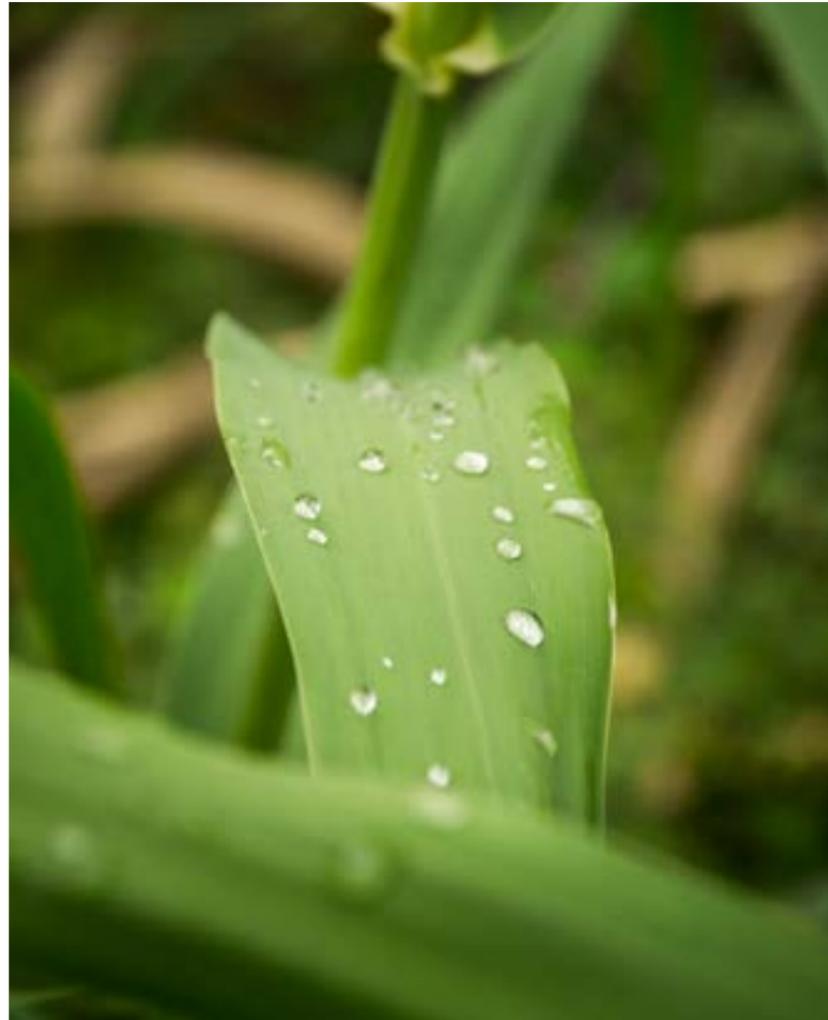
“This life is entirely built around the concept of growing and experiencing it!”

THE FLOWER

The flower, or plants in general, are a perfect symbol of our growth as humans. If you look at a flower you probably think of beauty or nature. It is the perfect symbol of that. But it can also be seen as growth. The flower grows in the environment it is given. It doesn't need the exact or perfect environment it just needs what it is in right now. It blooms right there and then. It doesn't stop its growth. The flower knows that it is meant to grow. That there is no point in stopping that. The only purpose for him at that point is to grow out into a flower so it can use its full potential to help the world.

So can we. You might have grown a little fearful of growth. You want to be stable and at peace. I wanted that too. I just wanted a stable life. Money, food, and a roof over my head. Not needing to grow in any particular way. Instead, life forced me to grow. Learning something new each day. Not just for the sake of learning but for the purpose to enjoy growth. It might be awkward at times to grow. In some situations, like communicating with others, you might encounter awkward conversations or weird mumbles when you speak. That discomfort is fine. The point is that you are growing and trying. Experiencing something entirely new. So does the flower. With each day it grows up to the beautiful flower it will once be. It evolves into her highest potential.

That is the last step of this three-step method to start living the life you want. Evolving into who you are right now. You are reading that correctly. It doesn't mean evolving into something new. But evolving into who you are right now. The one that you want to be right now. Each day you can add something new with that.



EVOLVE

Evolve into your final form. Each day again. That's the trick. There is no endpoint. At least not one that we can pinpoint exactly. Death is an endpoint but we don't know when it will come. So until that moment, you can evolve each day into yourself. Being at ease with everything that is happening right now around you and within you. So after challenging and learning you evolve. Each moment again. It doesn't mean that you will only evolve after doing these two things. No, whilst you are doing them you are evolving. All the time. Right here, right now.

Be here now

That's enough and all there is. Growth is all around you. You are exactly who you should be. Your final form. Each moment of each day again. You already carry a gift inside. Something that you can bring the world to bring change. The exact change that is needed. You then create a life around that. It doesn't work the other way around. The planet right now is proof of that. Empty unfulfilling dreams, seeking money or possessions over following your heart and bringing something to the world instead of taking from it are the results of doing it the other way around.

So in short challenge, learn and evolve, all for the purpose to experience the beauty of living. To end your day saying Today I Lived!

“BE HERE NOW”

A SHORT INSPIRATION FOR YOU

To end this ebook I wanted to give you a short paragraph of text that could inspire you. To motivate you to follow your heart. You have it in you after all. Whether you are good at something or want to be good at something. It is already in you. Stop searching. Stop finding and looking around. Stop and see what is already there. Seeking inside and you will find it. You will not only find what you want but also the fuel to drive you there. The energy that is within you is endless. It will bring you joy and happiness.

Good health and friends. As well as bring the world what it needs. That is more people following their hearts and giving something back to the world. Seeing beauty in everything. Experiencing it all. Life might not be as much about being successful, it is the feeling of success that you seek. And that feeling is already in you. After finishing just one line of text of your first novel. After writing your first line of code. Or planting your first seed of a soon to be garden. Success is all around us. Because success is

the accomplishment of growth. That accomplishment is happening right now. Within you and around you. You are successful. You are exactly where you need to be and can go anywhere you want. As long as you focus on what you can do right now. To challenge yourself to do that, to learn about it, and to evolve with every moment. To end it with a cheesy line.

YOU CAN DO THIS!

AT THE BOTTOM LINE

That's it. That's all I can give you. For now at least. There is so much more that I might be able to help you with. Not only that, but you can help me with so much as well. This is just the first step. There is so much more to experience. So feel free to contact me at @today.i.lived on Instagram or email me daan@todayilived.com with whatever you want to share maybe you even want to write something that I can share on the blog. Whether that be a question, something you want to know or learn, or something you want to teach me. Maybe you just want to talk to me or let me know you liked a story. Everything is welcome.

I want to thank you for reading this for yourself. I am glad I could help you. I gave more takeaways than the three-step method in this ebook. It is up to you what you want to take from it. Always. With everything in life. It is about how you experience it. Not about how others do it for you.

Beautiful soul, thank you. I hope to share more with you during the time you follow me.

Today You Lived!

Written by: Daan Uijterwaal

Instagram: @Today.i.lived
www.todayilived.com