

FOR IMMEDIATE RELEASE

Contact: Dennis Welch  
Articulate  
512.506.9725 or [Dennis@BeArticulate.com](mailto:Dennis@BeArticulate.com)

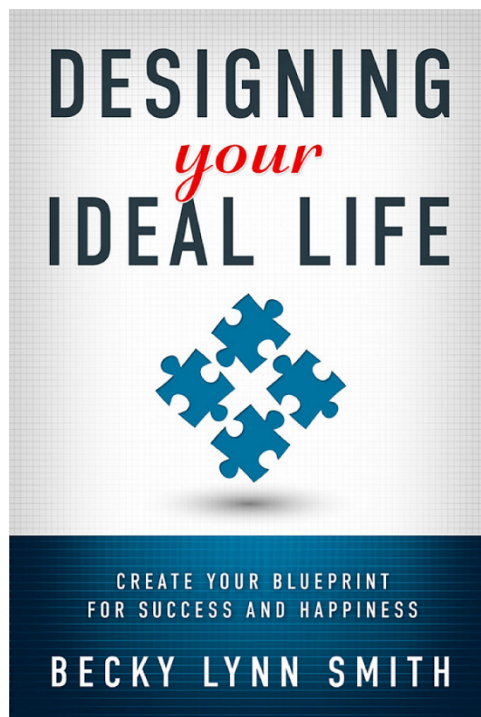
"Becky Lynn Smith has it figured out. We can't know the way forward without introspection and self-examination. But even that is not good enough. Once we know more about ourselves, we need some steps, tasks, and milestones to get us there. *Designing Your Ideal Life* can be just that to anyone brave enough to buck the trend and find their own way to a great life."

**Sara Canaday, Speaker, Consultant, and author of *You. According to Them***

# Designing Your Ideal Life

*Create Your Blueprint for Success and Happiness*

**By Becky Lynn Smith**



Life is short. Many people blindly go through the motions of living, but are not happy and don't know why. You only have to look around at the people who seemingly have everything going for them to realize that many of them are not happy either. Movie stars, athletes, musicians – we are surrounded by talented people who have money and fame and are still, for the most part, miserable. The people who drown their emotions with alcohol, drugs, food, sex, or other addictions are clearly trying to escape from something. What are they missing? Why are they so unhappy?

Becky Lynn Smith, author of **Designing Your Ideal Life (January 15, 2015)**, says that the missing piece of the puzzle in most people's lives is finding the ONE THING they were meant to do in this life.

Smith says that as a society, we have our priorities backwards. We get so wrapped up in the day-to-day turmoil that we forget our true purpose in life is to make a difference in the lives of

others. It often takes a life-changing event for us to realize we need to do something different. And making that kind of change will no doubt require us to stop the momentum, take stock of ourselves, and figure out the way forward. It will also require that we tune out all of the naysayers around us.

*"Happiness is not an accident. Nor is it something you wish for. Happiness is something you design."*

**Jim Rohn**

The premise of ***Designing Your Ideal Life*** is simple, really. The path to happiness begins with one's decision to be happy. That seems easy at first glance, yet as most of us go through the motions we forget what it takes for us to be happy. In fact, happiness is not that simple. Happiness starts with the desire to intentionally create a life of purpose - a life in which we choose to use our unique set of gifts and talents to make a difference in the world.

And, it's important to know that creating a happy life is not a destination, but a process. The objective of this book is to provide the reader with the steps required to design their ideal life. Readers will find a process to follow to create their personal blueprint for success and happiness.

The book is filled with wisdom and practical exercises that will be a first step toward creating a blueprint for success and happiness. Readers will gain the clarity and focus needed to take action. In a world where only twenty percent of us by our own admission get to do what we do best every day, Becky Lynn Smith's message can't come too soon.

Now...on to a better life, the one you were intended to live in the first place.

To learn more, please visit [www.DesigningYourIdealLife.com](http://www.DesigningYourIdealLife.com)

## **DESIGNING YOUR IDEAL LIFE**

**Author: Becky Lynn Smith**

**Publication Date: January 15, 2015**

# About Becky Lynn Smith



Becky Lynn Smith will be the first to admit that hers has been a sometimes circuitous journey to finding her life's work. And, she believes that what she has learned along the way can save others some time and energy as they attempt to find their version of a happy life and success for themselves.

Born in tiny Monahans, Texas in The Permian Basin, Becky somehow managed to prosper in what can best be described as tumultuous times for her family. She graduated third in her high school class, and then at the age of 30, enrolled at Texas Tech University, completing a four year MIS degree in just under three years, graduating with a 4.0 GPA and at the very top of the College of Business Administration.

Not surprisingly, she was offered several positions after graduation, and wound up choosing one in Houston that would financially help her and her young son the most. "I decided to take that job in large part because of the money," she says. "It was not the last time that I made a career decision that was based not on my unique gifts and talents, but on the size of the paycheck."

After receiving a MBA from the University of Houston in 1998, she took another leadership role in the technology industry. But, again, the destination proved not to be a great fit for all of her particular gifts and talents. "I was figuring out that I love technology and I really love learning new things," she says. "But I also seem to gravitate toward roles where I am able to be around people and not just programming and technology."

Her knack for leadership and her people skills would next lead her to what she describes as her favorite corporate job and to an epiphany that would be the seeds of her new book: a role as the team leader of an elite group of IT professionals tasked with solving what had been a heretofore un-solvable problem. For Becky, this was the career trifecta: It combined her love for IT, her unique ability to solve problems effectively, and her

relationship skills. “It was very intense but it was so much fun,” she says. “We accomplished a lot and we had a great time doing it.”

And, that singular experience was a harbinger loaded with practical lessons about what really matters. The way forward became clearer, and her next steps in her re-invention were intentional and laser-focused on the goal. She took the time to write down the details and methods of this self-discovery- what worked and what didn't. The result is her first book “Designing Your Ideal Life: Create Your Blueprint for Success and Happiness, due out in early 2015.

She continues to learn and grow. She will complete a Doctor of Education degree in 2015. Most importantly, she has truly learned what her life is all about, And, she is anxious to share it with others who dare to search for their ideal life.

Becky lives in Navasota, Texas.

# EXCERPTS FROM DESIGNING YOUR IDEAL LIFE

## **On the elusiveness of success:**

The reason success is so elusive is that we fail to define for ourselves what will truly make us happy. We get caught up in society's definition of what success should look like. We don't take time to reflect and think about what success should look like or feel like for us. My definition of success and happiness will be very different from your definition. It is personal. That is why you are the only one who can do this work. You must gain clarity about what a happy and successful life looks like for you.

## **How do you want to feel in your life?**

I never asked how my career choices would make me feel. I focused on the what, not the feeling. Instead of asking what you should do, ask instead how you want to feel. Then back into what you need to do in order to feel that way.

## **On focusing on the one thing that really matters:**

Your life is full of choices. You get to choose where to prioritize your time, and time is limited. Will you choose to spend time with your children, or will you choose to spend time working? At the end of your life, you will not wish you had gotten one more thing done. You'll wish you had attended the baseball game where your son hit his only home run. None of us can cheat time. Make sure the choices you make about how to spend your time are the ones that you will be happy to look back on at the end of your life. Make sure your priorities are straight. Make sure your ONE thing is THE one thing.

## **On finding the perfect career:**

The perfect career or business for you will blend your unique strengths, talents, interests, and priorities into an opportunity to pursue a worthwhile meaningful purpose in a work environment that will fit your personality and style. What works for me will not work for you. The bottom line is you get to decide what you want from your life. No one else can do this for you. Once you have decided, you have to act upon the discoveries you have made. You are accountable for your own happiness. You alone are responsible for creating the life you desire.

# Q & A with Author Becky Lynn Smith

## *DESIGNING YOUR IDEAL LIFE*

***Q. Why did you decide to write this book?***

**A.** Because I've been there. I took a more circuitous route than I probably should have to get to the place I'm in today, the place where I know I am doing exactly what I was meant to do. I was successful by the usual definition- the corner office, and all of that. But then one day, I just couldn't ignore that nagging feeling that kept after me. Success wasn't making me happy, and I had to figure out why. I was almost embarrassed to tell anyone, quite frankly. I seemed to have it so good...

But, thankfully, I DID figure it out. And, it's my hope that this book will encourage others to figure it out too, and that the ideas we talk about here will give the readers some shortcuts to get there. Time is really important, and if I can help you use your time better on things that really matter to you in this life, then I will feel like we succeeded.

***Q. Designing Your Ideal Life is inspirational and thought provoking, but it is also extremely practical. Talk a little about that balance.***

**A.** That was and is a very important part of what we talk about here. We begin by inspiring people to take stock of themselves, and then to do something about what they discover. Knowledge doesn't do us a lot of good if we don't act on it, right? The acting on it part of the process needs milestones and steps that work, or we are likely to just wander around aimlessly. And, there are a lot of people doing that these days. I'd love for this book to be a compass and a guide to a better life and I think it can be.

***Q. What do you hope to accomplish with this book and your work?***

**A.** Don Clifton, the inventor of the Gallup Strengthsfinder, and the Grandfather of Positive Psychology once said that "Everyone does at least one thing better than ten thousand other people. That's the good news. The bad news? Most people have no idea what that one thing is."

I'd like to think that my book can help fix that problem. We live in a world where only twenty percent of people by their own admission get to do what they do best every day. That means eighty percent of us are just doing stuff all day to get by. What would happen if just some of those eighty percent were able to find their calling in life and started doing that? What impact would that have on those individuals, their families, the economy, etc.?

It sounds lofty, but you have to start somewhere. For me, *Designing Your Ideal Life* is the first word in a conversation that I hope to be having with a lot of people for many years to come.

# What Others Are Saying About *Designing Your Ideal Life*

*“As a CEO, I know firsthand the value of having the right person in the right place doing something they love- that ONE THING they were meant to do. Becky Lynn Smith’s book, **Designing Your Ideal Life** will help you do just that. Grab a copy, pay close attention, and you’ll absolutely love what happens next!”*

**Steve Satterwhite, CEO of Entelligence and author of *Above the Line: How the Golden Rule Rules the Bottom Line***

*“Becky Lynn Smith nails it! If you feel that gnawing feeling that you could do something really special, go for it! But, you’ll need a guidebook and encouragement. Thankfully, **Designing Your Ideal Life** is both.”*

**Alex Charfen, CEO, The Charfen Institute**

*If you’ve picked up a copy of Becky Lynn Smith’s **Designing Your Ideal Life**, you must be pretty sure that you are not living your ideal life, the one that God intended for you to live. You’ve taken a big step, because this book and its ideas will challenge your status quo and make you even more uncomfortable as you get off the moving train you have been on and readjust your life and your goals.*

**Roger Wright, author of *Finding Work When There Are No Jobs***