

A LOVE ONE LIFE PODCAST COMPANION

22 WAYS

TO LOVE YOUR ONE LIFE

... Starting Today

Twenty-two lessons from the conversations that shaped LOVE ONE LIFE.

EPISODE 22 KEEPSAKE EDITION

THE STORY BEHIND THE NUMBER

Why 22?

Today's episode is special because it's our 22nd episode.

The number 22 has always been intentional. It's my birthday. Every LOVE ONE LIFE episode is released on either the 2nd or the 22nd. When we launched the show I even tried to keep every episode to 22 minutes.

I've always believed in numerology. In numerology, 22 is known as the Master Builder: turning dreams into reality, combining vision with action, creating something that lasts, leadership through service and living with purpose rather than drifting.

People who follow angel numbers also see 22 or 22:22 as a reminder to trust the path you're on, keep going, stay balanced and keep building.

Whether people believe that or not, 22 has become my personal reminder to ask one question:

"Am I building my life...
or am I drifting through it?"

Looking back across our first 21 episodes, we realised every conversation has helped answer that question. This is what they taught us, and it might be exactly what you need to hear today.

Decide what you really want.

01

It's easy to talk about what you don't want. It's much harder, and far more useful, to get clear on what you do want. Write it down, sit with it, and let it guide where you focus next.

TRY THIS TODAY

Write down where you want to be in the next six months to a year. What would you like to be different? What do you want more of?

REFLECT

"What do I actually want, not what I don't want?"

Inspired by "5 Ways to a Fulfilling Life"

Greatness matters more than fame.

Chasing fame means chasing how people see you. Chasing greatness means becoming the best version of yourself, on your own terms. They can look similar from the outside, but only one of them is actually yours.

TRY THIS TODAY

Do one thing today that's about becoming your best self, not about being seen doing it.

REFLECT

"Am I chasing fame, or chasing greatness?"

Inspired by "Famous or Great?" (our first episode)

Notice the red flags you keep ignoring.

Your mindset isn't fixed. It can be molded into whatever you need it to be. But first you have to stop overriding the warning signs it's already giving you, the ones you talk yourself out of every time.

TRY THIS TODAY

Name one red flag you've been ignoring lately, and admit it to yourself honestly.

REFLECT

"Which red flags am I ignoring?"

Inspired by "The Power of Mindset" with Leigh Campbell-Wan (our second ever episode)

No decision is still a decision.

Indecision and procrastination aren't the same thing: one is not choosing, the other is choosing and stalling. Either way, standing still isn't neutral. It's a decision with its own consequences.

TRY THIS TODAY

Pick one thing you're indecisive on or procrastinating on, and just push it forward today.

REFLECT

"*What decision have I been avoiding?*"

Inspired by "Effective Decision Making"

LESSON 05 · MOMENTUM

Momentum needs direction, not just speed.

Momentum is direction and velocity together. Busyness is often just velocity with nowhere to go. You can be exhausted and still not be moving toward anything.

TRY THIS TODAY

Check your direction today before you check your speed.

REFLECT

"Am I being busy, or am I creating momentum?"

Inspired by "Momentum"

LESSON 06 · FACING FEAR

Fear disguises itself as logic.

Fear rarely announces itself. It shows up dressed as good reasons to wait. Action is often the fastest cure: most things you dread take far less time, and cause far less damage, than the years you spend avoiding them.

TRY THIS TODAY

Do something courageous today that you've been putting off out of fear.

REFLECT

"*Is fear driving this decision, or is it my inner wisdom?*"

Inspired by "Facing Fear"

LESSON 07 · OVERCOMING DOUBT

Doubt doesn't disqualify you.

Doubt often isn't even your own; other people plant it without meaning to, with one raised eyebrow or one "are you sure?" Left unchecked, it can quietly stop you from living the life you want.

TRY THIS TODAY

Do the thing you're feeling doubtful about. Do it anyway.

REFLECT

"Where has doubt stopped me?"

Inspired by "Overcoming Doubt"

Listen to the whisper.

Before life shouts, it whispers: that quiet, nagging feeling that you're not quite in the right place. You don't need a huge wake-up moment to start listening. You can start now.

TRY THIS TODAY

Follow your gut instinct today, instead of talking yourself out of it.

REFLECT

"What's my whisper?"

Inspired by "The Whisper" with Asche Jacobs

Peace is practised daily.

Peace often means going against the status quo, choosing quiet over drama, and stepping back from noise and chaos that isn't yours to carry, even when everyone around you is pulling you toward it.

TRY THIS TODAY

Decide what peace actually means to you, and choose it the next time you feel unsettled.

REFLECT

"What steals my peace?"

Inspired by "Finding Peace"

People pleasing quietly holds you back.

10

Most people pleasing isn't even a conscious choice. It hides in small decisions until you stop and ask why you keep making them. The opinions that feel so loud today are rarely remembered by anyone else tomorrow.

TRY THIS TODAY

Make one small decision today based only on what you actually want. Choose yourself.

REFLECT

"If it didn't matter what anyone else thought, what would I do right now?"

Inspired by "Stop Living for Others' Opinions" with Jenny Maxwell

LESSON 11 · DREAM LOVE

Love starts with yourself.

11

You can't out-source showing up. Understanding who you are, and being genuinely good to yourself, comes before you can recognise the right relationships, romantic or otherwise, when they arrive.

TRY THIS TODAY

Be your own first love today; show up for yourself the way you'd want someone else to.

REFLECT

"What is the relationship, with others and with myself, that I actually want?"

Inspired by "Dream Love"

LESSON 12 · BOB BURG

Give first.

12

Giving isn't about handing over whatever someone demands of you. It's what comes from your heart, offered freely. And being a giver doesn't mean you can't also be open to receiving.

TRY THIS TODAY

Give something today before you're asked, and practise receiving well when it's offered back.

REFLECT

"*How can I create value today?*"

Inspired by our conversation with Bob Burg, author of The Go-Giver

Small habits matter.

13

Small steps, done daily, get you up mountains. Trying to do everything in one big go, and burning out, gets you nowhere. Habit stacking is what carries you from one day into the next.

TRY THIS TODAY

Pick one small habit you can stack into today, and repeat it again tomorrow.

REFLECT

"What's one tiny habit I could start?"

Inspired by "Small Habits, Big Life" with Amanda Maloney

LESSON 14 · KILL COMPLACENCY

Comfort becomes complacency.

Comfort feels safe: you know what to expect, so you stay. But comfort without growth doesn't fulfil you, and fear of losing what you have can keep you stuck in a life you've outgrown.

TRY THIS TODAY

Notice one place where comfort has quietly become complacency, and take one step out of it.

REFLECT

"Where have I settled?"

Inspired by "Kill Complacency" with Marty Hofmann

Run your own race.

15

It's easy to look at everyone else's life online and try to live by their pace and their choices. Running your own race means figuring out what actually works for you, and doing more of that.

TRY THIS TODAY

Do one thing today because it's genuinely yours, not because you saw someone else doing it.

REFLECT

"Who am I comparing myself to?"

Inspired by "Run Your Own Race" with Dan Dennis

Small moments change lives.

16

You don't need the big gesture. Often it's the small, ordinary moment, a conversation started, or space held for someone who can't find the words yet, that ends up mattering most.

TRY THIS TODAY

Have the small conversation today, or simply hold space for someone who needs it.

REFLECT

"Which small moment changed me?"

Inspired by "Bridge the Gap" with Jen & Nikki

Helping should create independence.

17

Solving every problem for the people you love can quietly stop them from becoming capable of solving it themselves. Real support helps someone need you a little less next time, not a little more.

TRY THIS TODAY

If someone brings you a problem today, ask yourself: are you empowering them, or making yourself indispensable?

REFLECT

"*Am I helping, or rescuing?*"

Inspired by "Helping Isn't Always Helping"

Pursue your passions, paid or not.

18

You might put your real passions aside because they don't pay yet, or because someone told you they're a waste of time. Value your gifts anyway. Pursue them anyway. Find the time.

TRY THIS TODAY

Spend a little time today on a passion, even if it doesn't earn you anything yet.

REFLECT

"Why do I undervalue my gifts?"

Inspired by "Getting Paid for Your Passion"

Work harder on yourself than your job.

19

You might pour eight, ten, twelve hours into your job and none into yourself. But your dreams and goals depend on your own growth, not just your effort at work: reading, learning, developing, showing up for you.

TRY THIS TODAY

Spend as much time today growing yourself as you spend on your job.

REFLECT

"How am I investing in myself?"

Inspired by "7 Jim Rohn Quotes Everyone Should Hear"

You are not a tree.

20

If you don't like where you're planted, you can move. You're just giving yourself reasons not to. Better the devil you know only holds up until you actually try something else.

TRY THIS TODAY

Do something about it today, instead of just talking about it again.

REFLECT

"If I don't like it, why haven't I moved?"

Inspired by "7 Jim Rohn Quotes Everyone Should Hear"

Build something that serves.

21

A life of service isn't only a job title like nurse or firefighter. it's what you give back to the people around you, in whatever way you can. That's the legacy that outlasts you.

TRY THIS TODAY

Think of one small way you can be of service to someone today, and do it.

REFLECT

"What am I leaving the world with?"

From Episode 22: Building a Life of Service

LESSON 22 · EPISODE 22: THE NEW LESSON

Don’t drift. Build.

Twenty-one conversations point to the same quiet truth: a life worth having isn’t found by accident, it’s built on purpose, one deliberate choice at a time. Drifting is what happens when you stop choosing. Building is what happens when you start again.

TRY THIS TODAY

Take one small action, today, in the direction of building.

REFLECT

“*Am I building the life I want, or letting it drift?*”

Inspired by “Episode 22: The New Lesson”

TWENTY-TWO LESSONS, ONE PROMISE TO MYSELF

The LOVE ONE LIFE Promise

I promise to choose contribution over recognition.

I promise that no decision is still a decision, so I'll keep deciding, on purpose.

I promise to treat doubt as a companion, not a stop sign.

I promise to make room for purpose and income to coexist.

I promise to help in ways that build independence, not dependence.

I promise to keep working on myself, long after it stops being comfortable.

I promise peace won't be an accident. I'll practise it daily.

I promise to give first.

I promise the small habits, the small moments, and the small whispers matter.

I promise to run my own race, not anyone else's.

And most of all, I promise not to drift.
I promise to build.

Inspired by the LOVE ONE LIFE *podcast*

YOUR TURN

My Build

A few honest pages, just for you.

01

What am I building?

02

What needs rebuilding?

03

What will I start today?

04

Three promises to myself

1.

2.

3.

Don't drift. Build.

— The LOVE ONE LIFE Podcast