



Do Something Different

Your guide to taking inspired imperfect action to
create new adventures and reignite your fire.

by Leah Goard

DEFINE

DESIGN

ALIGN

Do Something Different

Hello Wise Warrior,

In the summer of 2015, I hit what I now refer to as my mid-life crisis – like a fly hits a window. WHAM.

Big unexpected changes tend to happen in a chaotic, flurry but when you stop trying to outrun them or let go instead of being dragged along – things can get very still – very quickly.

Which is exactly what happened the week after my 42nd birthday. Sitting on my living room floor, I came face to face with ME and my new, eerily quiet life.

I stayed there on that rug with Merlin – my pup and the sun streaming in through the glass, for a very long time. Earlier that day, I had decided that I was going to take a bit of time for myself.

As I sat there somewhat frozen in the sunshine, I realized that I had one really big problem... I had no idea what to do. Furthermore, not only did I not know what to do – every time I thought of something, a wild rush of resistance immediately surfaced.

For a gutsy girl who used to move countries in a week and shaved her head on a whim... what happened?!

Well, it's pretty simple... somewhere along the line, I stopped doing things and creating pathways for living outside of the box and my day to day responsibilities, to do lists and commitments. I shrank and my world did too.

I felt insecure and stuck!

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I have a lot of tools in my toolkit for getting unstuck – it's kind of what I do – help unstuck people so they can move forward. My usual modus operandi is to make a plan, so with a small wave of optimism I pulled out my journal, turned to a new page and titled it – “Get a Life Plan” and drew stars around it.

Then, staring at the blank page, I promptly burst into tears and lay on the carpet. Of course, Merlin took this as a sign that it was time to play and I immediately found all 100 lbs of him on top of me, licking my face.

As we wrestled, the tears dried and then a small voice rose up and said...

IF YOU WANT

A DIFFERENT EXPERIENCE

THEN YOU NEED TO

DO SOMETHING DIFFERENT

That's it. Don't over think it. Don't plan it

JUST DO IT

And that's when it started... I sat up and I tore out the GET A LIFE PLAN page and tossed it across the room.

That afternoon, I made a deal with myself... that all I had to do was take inspired imperfect ACTION, choose ONE thing every week that was DIFFERENT and DO IT.

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Little did I know that hands down it was going to be one of the best ideas I've ever had. Here's a list of things I did over the course of that year.

- Attended a local [Yoga Festival](#)
- Hiked new trails
- Had flowers painted on my toes
- Took a spontaneous road trip
- Went to [Katherine Penfold's](#) concert
- Tried new recipes
- Told [my story on stage](#)
- Dressed up for Halloween
- Cut down our own Christmas tree
- Went tobogganing at Dakota Ridge with [Alpha Adventures](#)
- Climbed the rock wall at Playland
- Watched three movies in a row
- Had a Girls Movie Night
- Played Soccer with ten 12 year old boys
- Submerged myself in a tank at [Float Sechelt](#)
- Did a Private Yoga Class at [Blissful Yoga](#)
- Bought myself dinner out on my own
- Read a spy novel together with my boy
- Skyped a girlfriend in NZ who I hadn't spoken with in 5 years
- Stayed in the city for an extra day... just because

For almost every simple new thing I did, I was required to rewrite an old story about why I couldn't or shouldn't or didn't want to do it. Stories like... I'm not a good cook, I'm not spontaneous, I'm not fit or young enough, that I don't have time, that I can't afford it, that it's not important – that I'm not important.

You see... every time you do something different you are choosing to rise and rewrite the stories that no longer serve you. You build trust and confidence in yourself, get different results, expand your world. Each time you are saying YES to living with more joy and attracting the experiences you deeply desire right now. **Isn't that what it's all about.**

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This wasn't a well thought out strategy. It was just an idea that came to me when I was desperately stuck in my stuff. I had no idea the profound impact it would have on how I experience my life, the shifts that have happened and the opportunities that have come from choosing to show up and do something different time and again. **And because of this, I have made this a non-negotiable commitment to myself – forever.**

This idea has evolved over the last few years. Sometimes it's not just about doing something different but doing something *differently*.

Maybe life has felt a little bit like Groundhog Day and your struggling to get out of the loop. Your answer may be right on the other side of the question: *How can I do this differently?*

I've shared this idea with friends and clients who've gone on to do some incredible things and do some things incredibly different that has expanded their experience of what is truly possible.

Which is why I invite you to the...

DO SOMETHING DIFFERENT *Challenge*

(For right now or maybe the rest of your life.)

It's super simple... Every week, take INSPIRED IMPERFECT ACTION and DO SOMETHING DIFFERENT. That's it. **You make your own rules.**

Want to add some adventure to your relationship or family life? Invite your partner or kids to join you! If you want to track it – great! If not, don't.

A woman with long blonde hair is smiling warmly at the camera. She is holding a golden retriever dog, which is also looking towards the camera with its tongue out. The background is a soft-focus indoor setting.

Do Something Different

Here's to new adventures
(or possibly old ones done differently)
and a whole lot more joy and living!

I've been an entrepreneur for over 20 years. I'm a lifestyle designer and business strategist and for the last decade I've intimately worked with hundreds of passionate entrepreneurs and individuals.

I've helped individuals, organizations, yogis, truckers and millionaires re-design their lives, create abundance and reclaim their freedom.

It would be my pleasure to connect with you on your adventures while choosing to Do Something Different!