



50 Rules to Break IF YOU WANT A Custom Built Life™

by STACY & DAVE ROWAN
www.custombuiltlife.com

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Design it. Build it. Love it.

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How Do You Feel This Morning?



Do you wake up feeling energized and excited? Or exhausted and overwhelmed?

Do you look forward to your day? Or dread it and wonder how you will make it through?

Do you feel like you can achieve all the things on your to-do list with plenty of time left over for play and self-care? Or are you bracing yourself for another full-out sprint on life's hamster wheel - running fast but not really getting anywhere?

Are you living life on your own terms? Or do you feel like you're playing by someone else's rules that just aren't working for you?

If you answered an enthusiastic "Yes!" to the first question on each line above, congratulations! You are well on your way to creating and living your Custom Built Life™!

If however, you saw yourself in the second question on the lines above, then this guide is for you.

Before you read any further, print these pages and grab a pencil. As you read through each page, circle any of the "rules" listed that you either follow some of the time or all of the time. Put a star next to three to five "rules" that seem to hold you back the most from making the changes you want to make in your life.

Begin creating your Custom Built Life right now, and shift from simply surviving to absolutely thriving by letting go of the rules which are holding you back and replacing them with rules that support you and pave the way for building the life you are meant to live.

Let's get started!

Stacy



Limiting Career Rules

1. Even though my current job is unfulfilling, stressful and making me unhappy, I have to keep it because it is the only way I can make a good salary and have access to medical benefits.
2. Everybody works crazy hours and brings work home with them. I need to do the same if I want to keep my job.
3. I spent a lot of money to get this degree – I need to use it!
4. I have no control over what happens at work. I just need to keep my head down and do what my boss says. If I stand up for myself and what I want, I will lose my job.
5. I need to keep advancing at my job, whether or not I like the next level position and the obligations and responsibilities it brings with it, because if I turn down a promotion I will never be offered another one. And everyone knows if you aren't moving up in a company, you are moving out.
6. To be successful I must always give 110%! If I want something I must be willing to sacrifice for it. Successful people are willing to work long hours and make other personal sacrifices in order to succeed.

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Limiting Relationship Rules

7. To be a good (sibling, child, parent) I must attend every family function or activity, no matter what impact it has on the rest of my life.
8. When vacationing with family, I go along with the crowd, because if I do my own thing my family will get mad at me and I would ruin their vacation. Whatever everyone else wants to do is fine.
9. My kids always come first. As long as they are around, my needs must come second.
10. My kids are so busy – I don't want to burden them with helping out around the house. It is easier to do everything myself rather than repeatedly ask them to do it.
11. My spouse works very hard and has to put up with a lot at work. His (Her) needs should come before mine.

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Limiting Health & Well-Being Rules

12. I know I should eat better, but yummy food is my reward for getting through the day. If I give up the foods I love I will be really miserable.
13. I don't have time for exercise. Exercise sucks. It's boring and never does me much good anyway.
14. Healthy foods are too expensive. I can't afford them and they don't taste good.
15. I know I probably spend a little too much time on the computer or in front of the TV, but I need my downtime.
16. I don't have time to cook healthy meals. I am already overwhelmed by everything I need to do. When am I going to find time to cook?

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Limiting Money Rules

17. I've grown accustomed to a certain standard of living, and I need to keep my stressful, unfulfilling job to support this standard. If I find a job I love it will pay much less and I won't be able to afford the things I want.
18. I don't have the money to buy myself nice clothes. I don't want to spend money on new clothes until I lose some weight.
19. Money doesn't run in our family. We'll always have enough to get by, but we'll never be wealthy.
20. I work hard. I deserve to go shopping and treat myself to expensive things, even if it means having some credit card debt.
21. Wealthy people are greedy and mean and cause other people to go without.

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Limiting Personal Environment Rules

- 22. I would love to have more time to do the things that are important to me, but I can't afford to get help around the house.
- 23. I don't have time to clean up and get rid of the clutter in my home. Plus, I might need this stuff someday.
- 24. I'm embarrassed when I have people visit my home but I don't have the money or the time to fix it up.
- 25. My house, yard and cars must always be spotless. Nothing else can happen until I have time to clean.
- 26. I'd never hire help to have my house cleaned. No one would ever do as good a job as I do.
- 27. I would love to work in a different environment, but it is hard to find a new job, and even though I don't love this one, it could be worse.

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Limiting Personal Value System Rules

28. My life is already pretty good. I'd feel greedy if I asked for more out of life.
29. I never have enough time for the things that are important to me. It is selfish to take time to do things just for me.
30. I'd love to take some courses to learn something new, but I don't have the time or the money.
31. I'm too sensitive. I just need to suck it up and toughen up.
32. All my friends and family are happy with the way things are. Why should I make big changes?
33. I always miss opportunities and once I do they're gone forever.
34. I've tried to make positive changes in my life, but things that work for other people don't seem to work for me. I guess I'm just different from other people.
35. I get so nervous when I try new things. It's not worth it to put myself through that to make changes in my life.
36. I need to look like I know what I'm doing all the time. I would die if I made a mistake and embarrassed myself.
37. If I can't do it perfectly, it's not worth doing.
38. This is how we've always done things. It's a tradition and we can't change that!
39. I know I'm not happy with the way things are, but I don't want my friends and family to think I'm weird if I make big changes.



- 40. I've seen people crash and burn when they reach for their dreams. I just need to play it safe.
- 41. I've tried New Year's Resolutions and other ways to make changes, but I'm just not the kind of person to stick with things. I don't have any willpower.
- 42. I'm a great starter, but not a great finisher.
- 43. I've tried to make changes before, but something always comes up that throws me off course. If it didn't work before, it won't work now.
- 44. I have difficulty making decisions. I don't want to make the wrong choice.
- 45. I am a nice person so I need to say yes to every request, opportunity, and invitation I receive.
- 46. My value is dependent on how productive I am. The more I achieve the more worthy I am as a person.
- 47. If I have free time, people will think I'm lazy. Plus I would be bored.
- 48. If I try for more, I will lose what I have.
- 49. I have so much! I should just figure out how to be happy with the way things are.
- 50. I don't deserve a better life than this.

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Bonus!

Now that you have seen some examples of life-limiting rules, are there any that you have been following that weren't listed above? If so, list them here or in the notes area on the appropriate page.

- 1.) _____

- 2.) _____

- 3.) _____

- 4.) _____

- 5.) _____



How did you do?

Was it easy for you to identify the rules that are holding you back? Were you surprised by any of the rules you uncovered? That is pretty typical. Unless we have already done this work of uncovering our unconscious rules, we all have rules that we don't know about that are impacting our life. Many times people have to go through this process more than once, because they find a second layer of rules hiding under the first!

It doesn't matter if you have many rules you want to change or just a few. The important thing is that you have now uncovered them and identified the boundaries in your life that are set by these rules. This first step of gaining awareness is the most critical. Congratulations on taking it!

Now What?

So you may be thinking to yourself, "OK, you've told me I'm playing by some rules that are holding me back. That's great and all, **but how do I stop playing by these rules?**"

There are a number of ways to change the rules that are holding you back. Sometimes the change occurs easily as soon as you identify the rule and bring it to light. Other times it takes deeper work. You may need to experiment with a couple of different strategies before finding the one that works for you. And you may find that different rules require the use of different strategies to release them.

I've seen far too many smart, heart-centered people who aren't getting what they want out of their lives because they don't know how to get started or what to change. I don't want this to happen to you.

If you would like to have a short phone conversation with me about how I can help you change your rules and create your Custom Built Life [click here](#) and book an appointment for a Virtual Coffee Date.

Let's get started! Don't spend another day living by the rules that hold you back from customizing your life and making it a perfect fit for you.



Meet Stacy



Believing everyone deserves a life they love, Stacy Rowan founded Custom Built Life™. As a personal coach and speaker, Stacy empowers women who have full but not always fulfilling lives to stop following the rules that aren't working for them. She guides them to design their Life Balance Blueprint™ along with a new set of rules that will support them as they reclaim the joy of a customized life.

[Click here](#) to learn how Stacy can help you wave goodbye to overwhelm and spinning your wheels by teaching you the strategies, mindsets, and systems to set your own rules and create your Custom Built Life!

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