

THE ART OF EVOLVED LIFE

FIND THE TRUTH
GROW YOUR SELF
CHANGE THE WORLD

Manifesto

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evolved [ih-volv-d] *verb*

1. to come forth into being; gradual process of formation or growth; development; change
2. to develop by a process of evolution to a different adaptive state or condition

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life [layf] *noun*

1. a condition that distinguishes animals and plants from inanimate objects, and the power of adaption to environment through changes originating internally
2. the universal condition of existence

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evolved life [ih-volv-d layf] *noun*

1. a different, developed, growth state of human existence through changes originating internally

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Introduction

Welcome!

You got here.

Amongst the noise and the hustle and the bustle of the internet and the world, you found this space.

Because there's a part of you searching.

Looking for something more.

Knowing that you are here for a bigger plan, a bigger path.

Searching. Seeking.

Discovering. Uncovering.

You're looking for a different way.

Of Living. Working. Playing.

With meaning, purpose and passion.

With ease and flow, and peace of mind.

With a way of making a difference in the world.

You're ready.

You're exactly where you need to be.

And I cannot wait to help you.

Welcome.

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 WATT

Your World Today

You're strong. Hard working.

Committed. Focussed. Driven.

Every thing you're supposed to be to create "success."

And yet it still eludes you.

All your life you did exactly what you were supposed to.

Followed the rules, studied hard, got good grades, got into university, got a good job, and worked hard.

Overtime. Massive efforts. Exceptional results.

But the rewards haven't come.

No matter what you do, how hard you work, it's still not enough.

It still doesn't feel right.

Is THIS it? Is THIS what life is all about?

Putting in so much effort to please your boss, your client, every one else.

Making other people rich.

And never feeling like it's enough.

You **should** feel happy. Successful. Proud.

You've achieved so much – you're capable, focussed, committed, strong.

But if you're really honest... you're **not** happy, successful, proud.

There's a part of you that knows there's something more.

Something Missing

You wonder if there's something wrong.
If you're ungrateful, demanding, greedy.
Wanting more. Needing more.
Unfulfilled by the daily grind of work, sleep,
work, sleep, work.
To pay the bills. To buy the stuff.

You wonder why others seem so satisfied.
Accepting.
There feels like there's something missing.
Something wrong. Something inside you that
was built for something more.

Bigger. Better. Greater.

Something with purpose and meaning.
Something that really makes a difference.
Something to make the world a better place.
Something that you were born to do.

You are not alone.
And the good news is...

It's not you.

There's nothing missing. There's nothing
wrong.
You're waking up to what's really going on.
That every thing you've ever been told about
you, the world, and the way it works, is not
right.
You're exactly where you're supposed to be.

A Time Of Change

You've hit a point of change in your life.
Of transformation. Of awakening.
Of seeing the world how it really is.

Once you move forward, you can never go back.

You've chosen to move forward, to learn and
grow... to transform the person that you are.
So that you can change your self and your life.
Into a better, higher way of being, living.

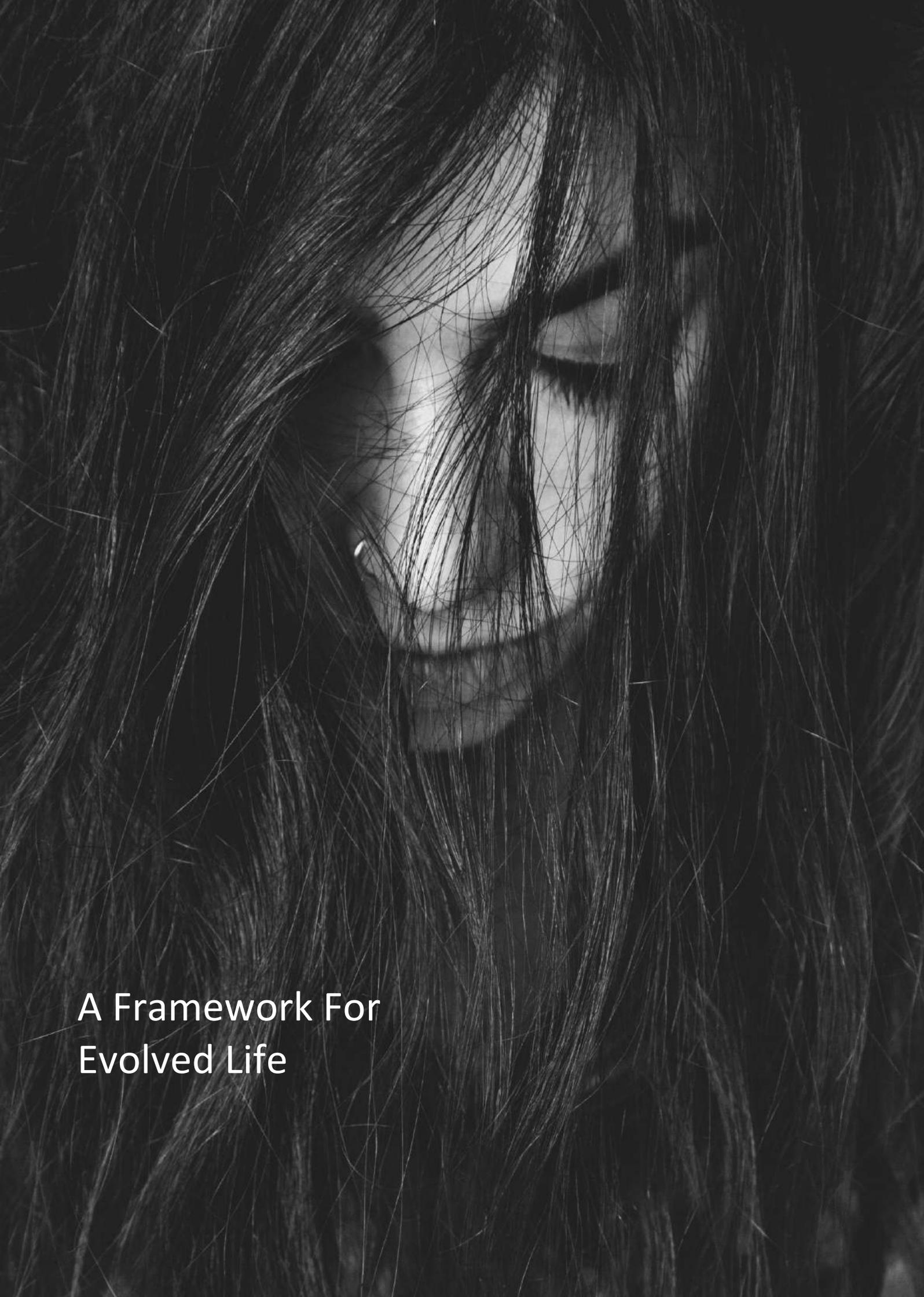
An Evolved Life is a journey of evolution.
Are you ready?

Evolution

Evolution is essential if you are to shift out of
where you are and into the life you were born
to live.
Evolution and change through education,
openness and awakening. A commitment to
see the world and your self for what it truly is.

Evolution requires you to peel back the layers, the facades, and accept embrace the truth of what really exists.

This **Evolution** starts now.
This Evolution starts with YOU.
And your **Evolved Life**.
The vehicle to change.



A Framework For
Evolved Life

Frameworks For Growth

An **Evolved Life** is based on frameworks for you to imagine and create a unique life that works for you– it's not a set of fixed rules or one-size-fits-all.

It provides a strong structure that help you understand and navigate the elements of every human life.

And...

It allows you to organically weave your own story of creativity, individuality, intuition and self-expression through this framework.

An **Evolved Life** is unique.

Individual. Imaginative. Creative.

An **Evolved Life** is powerful.

Committed. Focussed. Driven.

Based on who YOU are and what you want to create.

There is no one-size-fits-all.

There is no finite system.

There is no single answer.

There is an **Evolved Life Framework** for you to grow and evolve around.

This is it.

Evolved Life Framework

The Evolved Life Framework works on the principle of **Inside-Out**. Great change in your external world starts with great change from the inside.

Part 01 – LEARN: Find The Truth

An Evolved Life requires you to uncover parts of your self that you may not yet know.

You get to the core of who you are, what's really going on in your life, and the obstacles holding you back.

By getting to **your** truth, you uncover **the** truth – of who you are and why you are here.

Part 02 – EXPAND: Grow Your Self

Changing your life means working on your self and every part of your life. Every single day.

Being aware of what's going on and responding to it.

Through education, learning, and search for real truth.

In order to grow your self and your life, to make it richer, greater, bolder. Than even you imagined.

Part 03 – TRANSFORM: Change The World

By changing your self you change the world.

From the inside-out.

Who you are reflects in every part of your life.

When you shine bright as the very best version of your self.

You cannot help, but change the world.

9 Fundamental Success Principles

Within this Evolved Life Framework, we weave the 9 Fundamental Success Principles.

Part 01 – LEARN: Find The Truth

1. **Identity** - WHO are you?
2. **Reality** - WHERE are you?
3. **Vision** - WHERE are you going?
4. **Alignment** - WHAT's stopping you?

Part 02 – EXPAND: Grow Your Self

5. **Strategy** - HOW will you get there?
6. **Resources** - WHAT do you need to get there?
7. **Team** - WHO will help you get there?

Part 03 – TRANSFORM: Change The World

8. **Action** - WHAT do you need to do?
9. **Review** - WHAT do you need to do differently?

The Evolved Life Framework and the 9 Fundamental Success Principles form the steps, that when followed, in order, will lead you along the path to changing your life for the better.

THE
SUCCESS
OF AN
EVOLVED
LIFE
STARTS
WITH WITH
YOU

Part 01: Learn:
Find The Truth



01-Identity: Who Are You?

Evolved Life Starts With You

An [Evolved Life](#)...starts with YOU.
It starts from the inside out, not the outside in.
It's about really discovering WHO ARE YOU,
and what are you here to do on this planet.
It's about getting in touch with that part of you
that you know is there, that you sense has
always been there, but has always been
slightly out of reach.

It's about stripping away the layers that have
been built up by society – ideas of who you
SHOULD be and who you NEED to be.
Instead, it digs down to who you really ARE.
What it is that makes you, YOU.
What it is about you that is ready to be
expressed to the world.
Deeply. Authentically. Honestly.
No matter how long it takes.
No matter the path it leads you down.

***Evolution starts with your commitment to
YOU.***

Your commitment to discovering who you really
are.
Accepting who that really is.
And building from that.

Mind, Body, Soul

***You come into this world as a spiritual
SOUL, in a physical BODY with an
intangible MIND.***

That's who you are.
Only, you have no instruction manual.
You have no idea how these tools work, or
what you're supposed to do with them.
So you go through life using trial-and-error,
with no clear idea on how any of these pieces
work together – the Mind, the Body, the Soul.
Some things work, some don't and you're not
sure why.

In order to get to the heart of who you are, it's
critical to understand how your Mind, Body and
Soul work together to create YOU.
It's the biggest thing we all share as human
beings.
It's the biggest thing that differentiates us all
and makes each of us so unique.
It's the biggest thing we misunderstand and
misuse on the planet.

***It's the biggest thing that will change
your life – when you really truly
understand how to use your Mind, Body
and Soul.***

And you choose to use it.

02-Reality: Where Are You?

Define Your Current Reality

Your Evolved Life is like a journey. Constantly twisting and turning.

Your current reality is a moment on that journey.

In order to take the next step and know you are headed in the right direction, you have to get really clear on where you really, honestly are right now, so that you know where you are going.

An Evolved Life requires you to be honest with your self first.

To face your life as it is and define it in clear, simple, concise terms.

So that you know exactly where you're starting from.

And you can measure your progress as you go.

The Seven Areas Of Life

Regardless of who you are, where you come from, and where you are right now, there are 7 key areas that exist in the experience of the human life.

When you get an honest grasp of where you are in each of these areas in your life, you will evolve to a new level.

01-Financial

Financial covers your security and basic human needs. It includes your food, shelter, income and safety.

02-Social

Social refers to your interaction with others at at three different levels:

- **Local** – people known as a part of your life.
- **Community** – people in your immediate area.
- **Global** – the welfare of the human species and issues that are bigger than you.

03-Physical

Physical is the body that you reside in and how well it is being looked after in terms of nutrition, exercise, rest, energy and acceptance.

04-Relational

Relational is your connection to self, family, partner, lover.

05-Mental

Mental is your state of mind in terms of the proportion of thoughts and beliefs that either serve you, or don't.

06 Vocational

Vocational is the degree to which your work is reflects your true purpose or calling, or is an occupation or profession, or a job to earn money.

07 Spiritual

Spiritual is your relationship with something bigger than just you. It is personal and it is what you believe it to be.

03-Vision: Where Are You Going?

Create Your Desired Reality

Once you know where you are, you need to figure out where you are going.

You cannot plan a journey without a starting point and a clear destination in mind.

Sure, you might get distracted along the way. You might hear of something that is way more aligned to you than where you were headed. But in order to find that thing, or that place, you have to get started on your journey.

Vision

Your Vision is your destination.
Your dream for your life.
It excites you. Inspires you.
Urges you to take a step. And another.
Your Vision is all your dreams wrapped into one.

Big. Bold. Beautiful.

Clear and enticing.
Your Vision is the picture of the life you truly desire to live.
No holding back. No excuses.

Milestones

When your vision is big, so big, it can overwhelm.

By creating stop-offs along the way, you can see your first step. Your first milestone. Destination stopover.

Realistic. Achievable. Reachable.

Real.

Once you set the vision, let it go.

Figure out your first stop and how to get THERE.

That's a Milestone. That's evolved.

Focusing on the journey, every moment, every step.

Rather than just the destination, or just the outcome.

Purpose

An evolved life requires meaning. We all exist on planet earth for a purpose. All of us. No exceptions.

It's part of the reason for human existence. However, there are three levels of purpose that we exist in our lives:

- **Human** - To remember why we are here as a species;
- **Personal** - To remember why you are here as YOU; and
- **Noble** - To make a difference in the world.

When you find real purpose and meaning in your life you continue to evolve.

04-Alignment: What's Stopping You?

Mis-Alignment

When you have clarity of where you are going and what you want to achieve, challenges arise. Stuff gets in the way.

Without your knowing, the beliefs, memories, ideas and ingrained patterns of the past are triggered to automatically respond to events in your life.

Something happens...

You think a thought...MIND

You feel an emotional response...SOUL

You take some kind of action...BODY.

When these things are aligned with what you want to achieve, great. You move forward.

When they are not, you slowly watch your self creating a state of **self-sabotage**.

You are mis-aligned. Conflicted. In mind, body and soul.

Your sub-conscious patterns run on autopilot and don't know which way to take you.

So you stay stuck.

Aligning Mind, Body, Soul

Moving forward in your life requires the alignment of your Mind, your Body and your Soul to the vision and the purpose of your life.

The process of clearing away the facades of who you used to be, pretend to be, were.

Revealing who you truly are.

And living it every single day.

Align Your Mind

Your mind is your tool of creation in the energetic world.

Thoughts, belief and ideas are a construct of your mind.

When you align your Mind you ensure that every thought, belief and idea that you adopt is in tune with who you really are and what you truly desire.

Any thought, belief and idea that works against this is acknowledged, seen, heard, felt, let go, and allowed to move on.

Free to run amuck elsewhere.

Align Your Soul

Your Soul is the barometer of YOU. It's your core. Your truth. Your essence.

It talks through feelings and tells you exactly which direction to head.

When you know how to tap into your gut, your intuition, you know if and when you are aligned.

Align Your Body

Your Body is your tool of creation in the physical world. It's what you use to take action and create.

Every action, every step, every movement, works to create your reality.

When you are aligned your actions move you towards your vision, not away.

Part 02: Grow: Evolve Your Self



THE RIGHT STRATEGY FOR YOU IS THE KEY TO LIVING AN EVOLVED LIFE

05-Strategy:

How Will You Get There?

You've decided to embark on a journey.
You're committed. You know exactly where you want to go.
It's time to plan.
It's time to figure out the way.

That...is **strategy**.

Strategies For Evolved Life

Creating strategies for an Evolved Life requires revisiting each of your 7 Areas of Life.

- Looking at what you're doing now;
- Discovering what is and isn't working; and
- Doing something different.

The key, is **not** doing what someone else is doing, just because it works for them.

The key, is figuring out what is going to work for YOU –based on who you really are, your strengths, desires, values, ideas.

The key is learning strategies based on real, undeniable, immutable truths - that stand the test of time.

The key to an Evolved Life is educating your self to discover a strategy or vehicle that is going to take YOU from where you are now, to where you want to go.

It's going to be different for everyone, depending on who you are, what you like and how you want to travel – how exactly you want to experience this thing called life.

That's why the first four steps are so important.

06-Resources: What Do You Need To Get There?

Resources = Quality

Resources are what you need to create your Evolved Life.

It's the things that will help you get there,

The quality of your resources determines the quality of your life.

It's critical to ensure that you maintain and balance the resources that you have to build your life.

Every thing that you will ever need to create any thing that you will ever need or desire, comes from three primary resources - time, money and energy.

Use them wisely.

Time, Money, Energy

Time

Every body has the same amount of time each day.

60 seconds a minute, 60 minutes an hour, 24 hours a day, 7 days a week, 52 weeks a year.

The question is, what are you doing with your time? Where is your time going? Where are you spending it?

Are you efficient? Effective? Productive?

Are you spending your time on things that you love, that move you forward?

Or, is it going on things you don't really love, that keep you stuck, stagnant.

Using your time wisely requires you to start saying no, to that which does not serve you.

Money

In the state of the current world it's challenging to thrive without money.

It's your currency – your means of exchange.

Your way of obtaining real resources that you require – food, shelter, clothing...

As well as mindless and distracting stuff and things that don't really matter.

For every hour you get paid money. Your money represents your finite time, your life.

So where are you spending it.

For every hour you work, where does your money go?

Towards quality, or not so much?

The quality of your purchases reflects the meaning of your life.

Energy

Energy is the physical energy, the life force you have to give, to create.

So where is your energy going?

Are you doing what you love?

Creating something of value and service?

Giving to people and things of value?

Or not?

The quality of your life is reflected by the quality of the things you give your energy and life force to.

07-Team: Who Will Help You Get There?

Who Do You Need?

Getting to where you want to go.

Creating the life you desire, is going to require some help, at some time.

Whether you realise it or not, the people you connect with through your journey form your team.

They impact you

So who are they?

Who Are Your Team?

Who are the people that you choose to move through life with?

Who do you learn from?

Do they support you in your goals and dreams?

DO they teach you things that help you? Or do they want to hold you back?

Your immediate environment and the people in it are one of the biggest influences on you.

Make sure they're on your side.

Make sure they want for you what you want for you.

Not what works for them.

Support

The people in your life on a daily, weekly basis are your support.

The people you go to for connection, advice, help.

Family, friends, peers, co-workers, community.

They've all got ideas about how the world "should" be - base on their own experience and perception.

Be particular about who you share your dreams with. Make sure they dream like you.

If not, that's fine too. You don't have to share every thing with every one. You get to choose.

Educators

Along the way there will be things you do not know. Things you need to learn.

You'll need information to help you figure out the way for you.

Choose your teachers wisely. Choose people with credibility, experience and wisdom.

Question every thing. Take what works, dispel what doesn't.

Be wary of the gurus with the magic pill, the one-size-fits-all, the "quick fix."

The minute someone wants you to do it "their way" because it's the right way and yours is wrong, you need to seriously reconsider listening to them.

The greatest teacher wants to help you bring out the best in you, not become a copy of them.

Part 03: Transform: Change The World



08-Action: What Do You Need To Do?

Action With Purpose

Once you know what you have to do to create your vision, it's time to do it.

Otherwise it stays an idea, a dream.

A figment of your imagination.

Taking action turns it into a reality.

Taking the right action is about action towards a vision, a destination.

Creating with a clear purpose in mind.

Action with purpose is action aligned with a vision.

Productivity

Taking the right action is about being productive:

- **Tasks** – What are the things that you have to do, the steps you have to take, to move to your dreams?
- **Time** - When do you do what? Make time in your life for all the things that are important to you and create balance.
- **Efficiency** – How quickly you do what you need to do?
- **Effectiveness** - How relevant is the task is to your desired outcome?

Routines + Rituals

When you know what you have to do, consistency is key. Creating routines and rituals in your day, your week, your life, ensures you maintain momentum on your path.

09-Review: What Do You Need To Do Differently?

Spiral Up

The Art of Evolved Life is about working through the 9 Fundamental Success Principles and then starting again.

Going back to the start to review and refine and improve and evolve.

To learn, grow and transform even more.

Self-Awareness

An evolved Life is a constant, personal journey. You don't just do it and you're done.

You continue.

The first step is self-awareness.

Being able to look at your self and your life objectively, take responsibility for what is and is not working, and do something about it.

This occurs from feedback and review.

Review

Review comes from the inside. Taking the time to critically assess...

- What worked?
- What didn't?
- What do we do again?
- What don't we?

Feedback

Feedback comes from the outside. From the results and the reality you create in your life.

What you experience externally is a reflection of what is going on internally.

Take notice.

Moving Forward

Evolved Life

An Evolved Life is about waking up:

- To who you are;
- To what is really going on in the world; and
- To what you want to create.

It's about making the decision to take a journey.

To peel back the layers, connect to your self in Mind, Body and Soul, to do the work on your self, and all areas of your life.

It's a commitment. A new direction for your life.

That once taken, you can never take back.

Once you wake up, become aware, conscious, remember who you are and what you are here for – you can never go back.

You cannot un-remember, become un-aware, become un-conscious.

As you continue on the next step of your Evolved Life, I just want to leave you with two thoughts:

01 – There Is A Different Way Of Living

Life does not have to be hard, a constant challenge or struggle.

Life can be a journey of immense joy, diversity and experience.

The way you have been taught to live is not how it is meant to be.

There is a totally different way, and it starts with you, and your decision to make a change.

02 – You Are Not Alone

The journey of introspection, personal change and evolution can seem like a lonely, solo path.

But we live in an era of immense change – of shifting views and values and ways of being.

People are waking up, all over the world, and starting to choose a different journey, a different path – a path less travelled.

Every day, more and more people, just like you, are stepping onto the path of evolution and change.

Because the way we are doing life just is not working any more.

This is not how it is supposed to be.

There is a different way, and your choice to change and evolve as an individual is a choice to change and evolve the world.

Your decision to change your self and your life is a decision to help change the world.

It may seem lonely, right now, but every day, more and more people are stepping on the path to change.

And you want to make sure you're on it too.

You are not alone.

To your Evolved Life!

With love...

XXX

 WATT

What Next?

This framework covers a lot of ground. There's some pretty clear steps and some deep work and self-exploration to be done. And, each step breaks down even further into a lot more detailed information. That's why I've put together a detailed program to help you start to create your very own Evolved Life.

It's called...

EXPANSION – Evolved Life Program.

If you're happy to keep going on your journey alone, that's amazing. Go for it!
If you'd love help, check out the details below.

Over 12 months you'll receive weekly information and inspiration to learn who you are, what you stand for and what you want your EVOLVED LIFE to be.

Receive real-life strategies for every part of your life – financial, social, physical, relational, mental, vocational, spiritual.

Discover it here...

EXPANSION
evolved
life
design

FIND OUT MORE >

About The Author



Liz is an independent researcher, creator and educator. She writes and teaches about conscious business and living, the human condition and universal laws.

Liz has formal qualifications in Architecture, Business and Training and has practiced and taught at various Australian universities.

Despite her success, Liz has always known that something was not quite right about the way we live, work and play.

Liz has discovered that the way we're living isn't the way it's supposed to be.

She is passionate about educating and empowering people to wake up to what is really going on and create a conscious, evolved Business and Life.

Learn more about Evolved Business at www.lizwatt.com/business and Evolved Life at www.lizwatt.com/life and becoming an Evolutionary at www.lizwatt.com/evolution.

Connect with Liz at: www.lizwatt.com and @LizWatt26 at Facebook, Twitter, Pinterest and Instagram.

WHAT IF
CREATING
YOUR
EVOLVED
BUSINESS
WAS
EASIER
THAN YOU
THINK?