

A POCKET GUIDE TO INTENTIONAL LIVING

Let Your Life Be the Proof.

Believe it. Build it. Become it.

Kenny & Kara Lydon

LivinNLovinLife

FOR YOUR JOURNEY

If you know what you want,
you can have it.

This little book is a reminder that you are allowed
to build a life that feels true to you.

With love,





To you, wherever you are.

We are not writing this from the top of a mountain with life perfectly figured out. We are writing this from inside a home we designed, created, and built from nothing but an idea. A dream. A figment of our imagination that we turned into a reality.

We chose to believe there could be another way to live.

A slower way.

A more intentional way.

A more connected way.

We have been scared. We have doubted ourselves. We have started over. We have taken risks without knowing exactly how things would work out.

But step by step, life kept meeting us on the other side of belief and action.

This book is not here to tell you what your life should look like. It is here to remind you that your life is allowed to become something that feels true to you.

And wherever you are right now, we want you to know: we believe in you. We are rooting for you. We hope you build a life that feels beautiful from the inside out.

With love,

Kenny & Kara

LivinN LovinLife



*This is not about
having life figured out.*



*It is about being willing
to figure it out.*



As you move through these pages, we invite you
to carry a notebook or journal.

Write down your thoughts. Answer the questions honestly.
Capture the ideas that excite you and the thoughts
that challenge you.

The most important conversation you will ever have
is the one you have with yourself.

This book is a guide.
Your journal is where the journey becomes your own.

Your journey journal starts now.



This book is simple on *purpose.*

Most people do not need more noise.
They need a pause. A question.
A reminder that they are not stuck
living a life they never chose.

There are no rules here. No perfect answers.
Some pages invite you to sit with a thought.
Others have space to write.
Use it. Skip it. Come back to it.

*This is not a manual for
becoming someone else.*

*It is a mirror for
remembering yourself.*



Your mind believes what you *tell it.*

Tell yourself you cannot, and
your mind begins collecting proof
of every wall.

Tell yourself there is a way forward,
and your mind starts searching
for the opening.

*Your inner language
becomes your outer direction.*

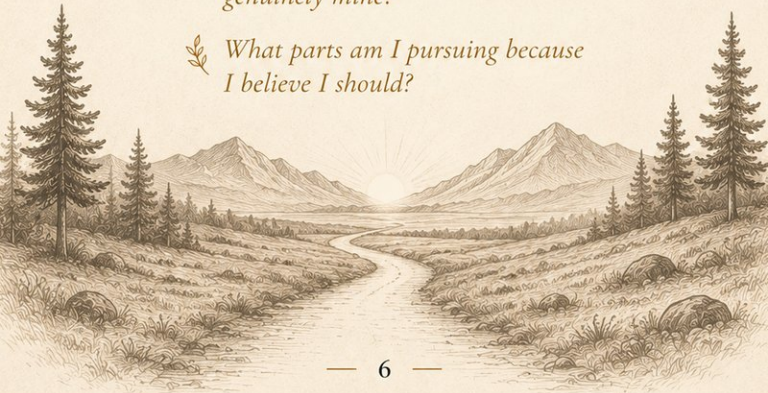


Whose definition
of success
have I been
living?

Most of us inherit timelines, goals, and
expectations before we ever stop to ask if they
actually fit who we are.

 *What parts of my life feel
genuinely mine?*

 *What parts am I pursuing because
I believe I should?*



What do I *actually* want?

Many people spend years climbing ladders before stopping to ask whether the ladder is leaning against the right wall.

The life you want may not look like anyone else's.

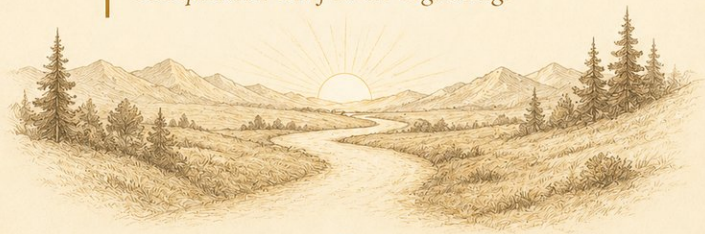
It only needs to feel true to you.

🌿 What makes you feel alive?

🌿 What feels meaningful?

🌿 What would you regret never trying?

| *The question itself is the beginning.*



REFLECTION

What does a
meaningful day
look like
for me?

Do not make it impressive. Make it honest.

WRITE YOUR ANSWER

The first answer that comes is usually the most honest one.



There is no perfect *path.*

Not everyone wants the same version of freedom. Some want peace. Some want adventure. Some want family. Some want to create. Some simply want to feel alive again.

All of those are valid. All of those are worthy. The shape of a meaningful life belongs to the person living it.

The goal is not to copy someone else's life.

The goal is to build one that feels true to you.



People *doubted* us.



They told us it would not work.
That we were too young.
That we were being unrealistic.



We did not have
every answer.



We had belief,
willingness,
and the next step.



And slowly,
the life we imagined
became real.

| *Your life can become the response.*

— ◆ —

What does freedom actually feel like to me?

Time? • Peace? • Money? • Health?
Love? • Creativity? • Space? • Adventure?
Contribution? • Stillness?

Do not borrow someone else's answer to this one.



What would make me feel free?



You do not need
the full map.
Just the next step.

Clarity rarely arrives before movement.
It comes through action,
adjustment, and trying again.

Every version of the life you admire
was built by someone who started
before they felt ready.

*Start before you feel ready.
Adjust as you go.*



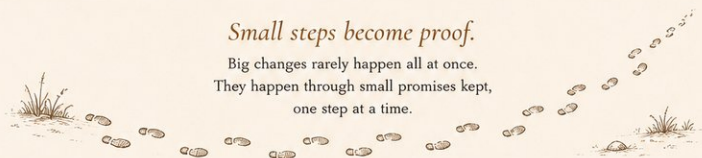
10 Things I Want to Build, Become, or Do

◆ Read these goals every morning and every night. The more you return to them, the more they take root. Repetition is how belief becomes real.

- ☐ 01 _____
HEALTH · BODY · ENERGY
- ☐ 02 _____
RELATIONSHIPS · FAMILY · LOVE
- ☐ 03 _____
CAREER · WORK · PURPOSE
- ☐ 04 _____
FINANCES · FREEDOM · SECURITY
- ☐ 05 _____
CREATIVITY · LEARNING · GROWTH
- ☐ 06 _____
ADVENTURE · TRAVEL · EXPERIENCE
- ☐ 07 _____
MINDSET · HABITS · DAILY LIFE
- ☐ 08 _____
GIVING · COMMUNITY · IMPACT
- ☐ 09 _____
HOME · ENVIRONMENT · SPACE
- ☐ 10 _____
PERSONAL · SOMETHING JUST FOR ME

Small steps become proof.

Big changes rarely happen all at once.
They happen through small promises kept,
one step at a time.



You are allowed to build *differently.*

You are allowed to change.

To grow.

To slow down.

To start over.

To evolve.

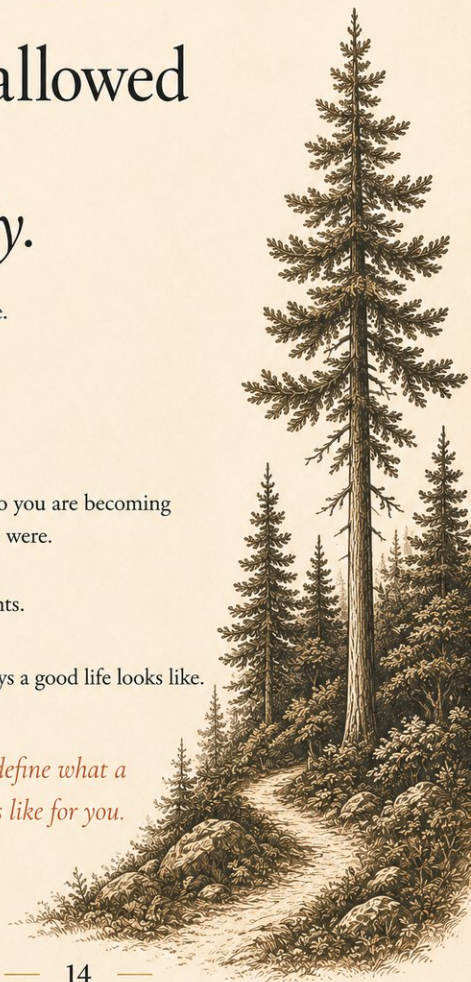
To let your life reflect who you are becoming
rather than who you once were.

Different from your parents.

From your peers.

From what the internet says a good life looks like.

*No one else gets to define what a
meaningful life looks like for you.*





*What am I
tolerating right
now that I could
actually
change?*

Not everything.

Not all at once.

But something is
quietly asking to be different.

What is it?



*This is not about
having life figured out.*



*It is about being willing
to figure it out.*



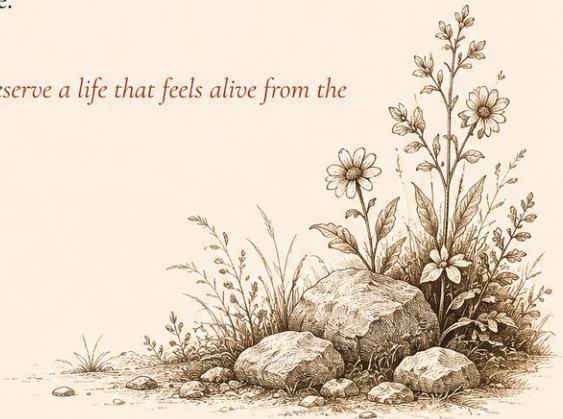


If this is your one opportunity, *live awake.*

Do not spend your life only going through the motions.
Wake up. Pay attention. Ask better questions. Choose
with intention.

Most people look back and wish they had started
sooner. You are reading this now. That means you still
have time.

*You deserve a life that feels alive from the
inside.*



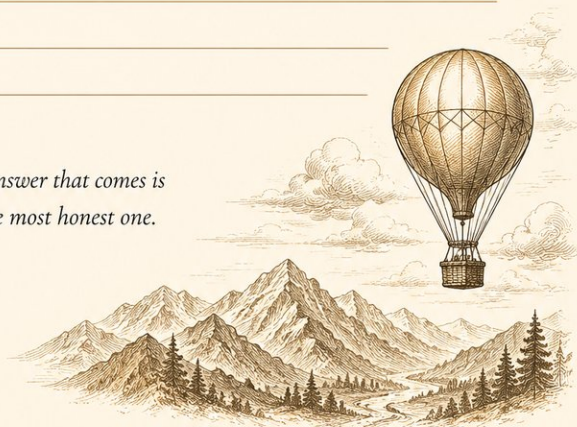


If I knew I couldn't fail, what would I actually go for?

No judgment. No editing. No practical concerns.
Just the honest answer underneath all the reasons why not.

WRITE YOUR ANSWER

*The first answer that comes is
usually the most honest one.*



COMMITMENT



*The one thing I am
committing to starting
now is...*

Make it simple. Make it real.

One thing. Write it. Mean it.

Come back to it.

Step by step. Day by day.





Five Things We Come Back To



1.



Start With Gratitude

Not because every day is easy.
Because every day is a gift.

2.



Take The Next Step

You do not need the whole path.
You only need the next step.

3.



Choose Connection

People over things.
Experiences over possessions.
Love over fear.

4.



Stay Present

Watch the sunset.
Listen to the birds.
Feel the wind.
This moment is your life.

5.

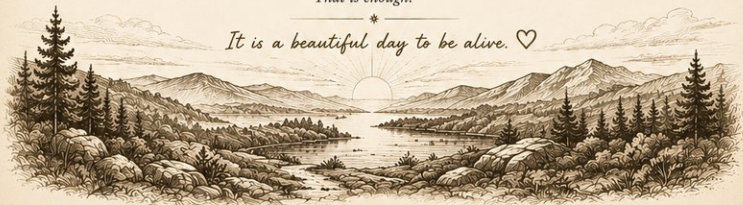


Remember How Lucky We Are To Be Here

We can breathe.
We can learn.
We can love.
We can begin again.
That is enough.



It is a beautiful day to be alive. ♥



THE MIRACLE

Before you turn this page, pause for a moment.

Really pause.

Look around.

Look at your hands.

Take a breath.

Listen to the sounds around you.

Notice that you are here.

Against odds so great they are almost impossible to comprehend, you exist.

For billions of years, stars were born and died.

Mountains rose and fell.

Oceans formed.

Entire species came and went.

Somehow, through an unbroken chain of events stretching back farther than we can imagine, you were given this moment.

This breath.

This day.

This life.

You can see.

You can hear.

You can taste.

You can feel the warmth of the sun.

You can watch a storm roll across the mountains.

You can laugh until your stomach hurts.

You can hold someone you love.

You can begin again.

One day, every problem you are carrying will disappear.

Every worry.

Every deadline.

Every fear.

What will remain is the simple fact that you were here.

That you were given a chance to experience this extraordinary gift called life.

Do not wait for someday.

Do not save your joy for later.

Do not rush past the miracle looking for another one.

You are standing inside it.

Right now.

Healthiness and Happiness.



WE GET TO BE HERE



A couple years ago, we started saying these words before meals. Over time, they became something more. We say them before road trips, on hikes, during sunsets, when life feels beautiful, and when life feels uncertain. Whenever one of us feels it, we say it and the rest join in.

I greatly appreciate the
continuation of healthiness
and happiness.

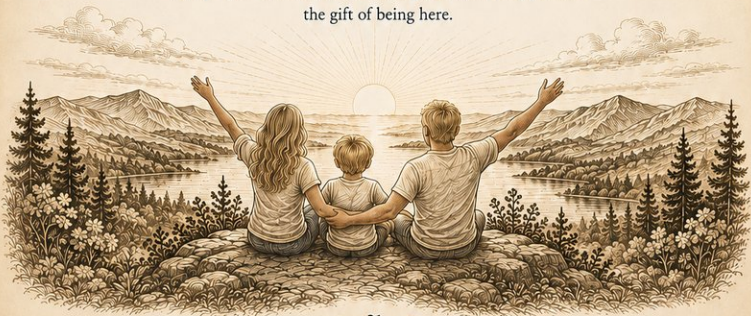
Thank you Universe for
this incredible opportunity at
such an amazingly beautiful life!



Lovin' Life Lydon's ♥

Feel free to borrow these words, share them, or create your own.

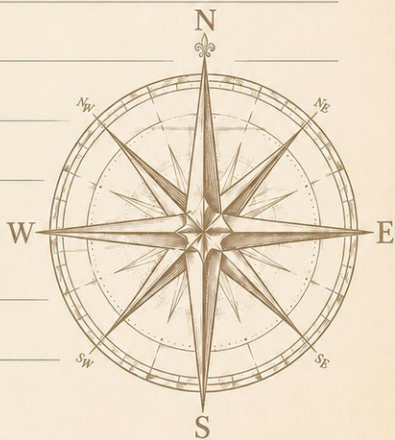
The practice is what matters: taking a moment to appreciate
the gift of being here.



NOTES & REFLECTIONS



NOTES & REFLECTIONS



TAKE THIS WITH YOU

If this little book spoke to you,
carry the digital version anywhere
or share a copy with someone
you love.



LivinN LovinLife

LIVINNLOVINLIFE.COM



Let Your Life Be the Proof.

Most people are living someone else's version of success, following timelines they never chose, chasing goals that were handed to them. This book is an invitation to pause, look inward, and start building a life that actually feels like yours.

This is not a book about overnight transformation. It is a short, honest guide built around belief, action, and the step-by-step approach that two people used to build a life they love, from nothing but an idea, a dream, and a decision to keep going.

You do not need to have it all figured out. You just need to be willing to take the next step. Read this. Reflect on it. Come back to it. And let your life become the proof.

The next step is the whole plan.

