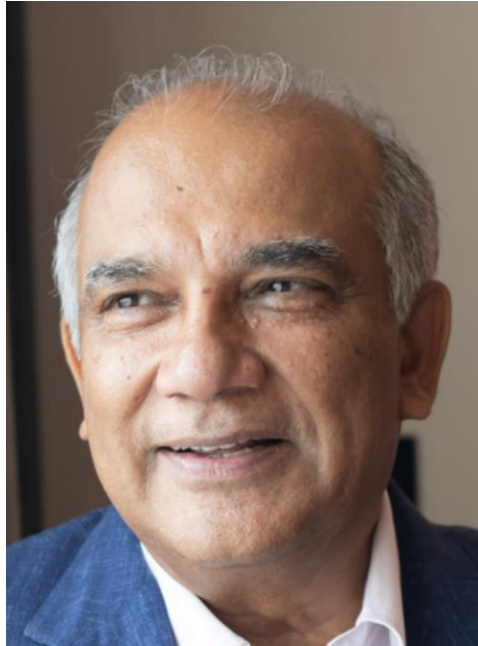


# **The Quiet Between Years: Redesigning Life with Intention, Time, and Truth**

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## **The Space Between Years**

Days like this: after Christmas and the space between years have a way of slowing everything down. They create room for reflection – the honest kind. I am very blessed to be sitting alone by a beautiful beach in Tenerife – Canary Islands where the sound of volatile waves are forcing me to ask the same question again that I asked 25 years ago and led a beautiful dream life of abundance of everything... no regrets.

But going forward this has to be a continuous process... particularly when it comes to expanding my world with people who are truly trustworthy, affectionate, caring and loving. Relationships need time investment and time is limited. That's why the selection of people in my life going forward is the most important activity for me and should be for all of us.

And sitting in that quiet, surrounded by family, warmth, and a life I'm deeply grateful for:

I found myself thinking about something important: None of this happened by accident.

About fifteen years ago, I made a deliberate decision to redesign my life.

And I know this with certainty: If I hadn't done that work back then, I would not be living this life today.

Which is why, whenever I work closely with people – founders, creators, high powered achievers – I ask them one question. The question is simple: If you continue living exactly like this... where will your life be in the next 5 years?

Most people never pause long enough to ask it. Not because they don't care or that they lack ambition, but because no one ever taught them how to redesign their life.

We're taught how to work harder. How to optimize. How to chase goals. But we're rarely taught how to step back, re-prioritize, ask ourselves what our soul wants that actually feels complete.

25 years ago, when I asked myself that question, my life looked very different.

## **When Time Slows Down, Truth Speaks**

The days after Christmas carry a silence that the rest of the year does not allow. The urgency drops away. The constant pull of responsibilities loosens its grip. The mind, so accustomed to noise, suddenly finds itself without excuses. In that stillness, reflection becomes unavoidable. This is not strategic thinking or annual planning. It is something far deeper. It is an honest audit of life as it is truly being lived.

Sitting by the sea, listening to waves that rise and fall with uncompromising rhythm, one realizes how little life cares about our illusions. The ocean does not rush, nor does it hesitate. It simply moves according to its nature. Human beings, on the other hand, often live disconnected from theirs—caught between expectations, obligations, and identities they did not consciously choose.

## **Nothing Meaningful Happens by Accident**

It is comforting to believe that a good life somehow unfolds on its own. That stability, peace, loving relationships, and inner fulfillment are products of luck or destiny. But this belief quietly robs us of responsibility. The truth is far less romantic and far more empowering: meaningful lives are designed.

Fifteen years ago, I stood at a crossroads—externally successful, internally restless. I realized that continuing on autopilot would only amplify exhaustion, not fulfillment. So I did something most people postpone indefinitely: I stopped and redesigned my life deliberately.

## **The Cost of Not Redesigning**

Most people do not suffer because life is cruel. They suffer because they never pause long enough to change direction. Unchecked momentum becomes a prison. Days turn into years, and years into regret.

Redesigning life requires courage because it demands honesty. It requires admitting that certain relationships no longer serve growth. That certain ambitions are inherited, not authentic. And that success without alignment eventually feels hollow.

## **The Five-Year Question**

The question I ask founders and achievers is deceptively simple: If you continue living exactly like this, where will your life be in five years? Silence often follows—not because the answer is unclear, but because it is painfully obvious.

People know when their health is being neglected. They know when relationships are being traded for work. They know when joy has been postponed indefinitely. The problem is not awareness. It is avoidance.

## **Why No One Teaches Life Redesign**

Education teaches competence, not consciousness. We are trained to optimize systems, scale businesses, and hit targets. But rarely are we taught how to examine our inner world—our values, fears, emotional needs, and unspoken longings.

Life redesign is not about abandoning ambition. It is about aligning ambition with meaning. When work, relationships, health, and inner peace are integrated, success stops feeling like a trade-off.

## **Relationships as the Ultimate Investment**

Time reveals the truth about relationships. As responsibilities grow and energy becomes finite, superficial connections quietly fall away. What remains—or should remain—are relationships rooted in trust, affection, care, and emotional safety.

Relationships demand time, presence, and emotional availability. Because time is limited, discernment becomes essential. Not everyone deserves permanent access to your life, your energy, or your inner world.

## **Choosing People Is Choosing a Future**

Every person we allow into our inner circle shapes our emotional climate. Some bring calm, clarity, and warmth. Others bring chaos, comparison, and subtle erosion of self-worth.

Choosing people carefully is not arrogance. It is self-respect. As life progresses, this choice becomes the most critical decision we make.

## **The Discipline of Continuous Redesign**

Life redesign is not a one-time project. People evolve. Circumstances change. What once felt aligned may later feel restrictive.

Continuous redesign means regularly asking: Does this life still feel authentic? Do my commitments reflect my values? Am I living consciously—or merely reacting?

## **From Hustle to Wholeness**

Hustle without reflection leads to burnout. Achievement without connection leads to emptiness. A full life integrates ambition with presence, growth with gratitude, and success with service.

True fulfillment comes not from doing more, but from living better. It arises when our outer world reflects a settled, honest inner world.

## **A Collective Invitation**

The space between years is a reminder—not a ritual. It reminds us that life can be redesigned at any moment, not just at milestones or crises.

My invitation is simple: pause more often. Choose people wisely. Respect your time fiercely. Design your life consciously.

A beautiful life is not built by accident. It is built deliberately, courageously, and patiently—one honest question at a time.

