

ESCAPE MEDIOCRITY. EMBARK ON AN ADVENTURE.



A LIFEAHOLIC'S FRAMEWORK TO DESIGN A
DREAM LIFE

AN INTRODUCTORY GUIDE

A SOULFUL INVITATION

A NOTE FROM SHARJEEL

Dear Fellow Seeker,

If you've found your way here, perhaps you know the feeling . . . waking up one morning with all the boxes ticked yet something quietly aching inside.

You've built a good life but somewhere along the climb, you got lost in the process.

I've been there too, standing at the peak of professional success, yet haunted by questions like, "Is this it?" or "Is this really the mountain I wanted to climb?"

I have learnt that midlife isn't a crisis, it's a crossroad.

This introductory guide is your first step towards your transformation journey. It is in a different direction, inward.

Through the Inside-Out Life Design Framework, you'll learn how to rebuild your life not around roles, rewards and milestones, but around who you truly are.

When you design life from the inside out, everything shifts, decisions get clearer, joy returns, relationships deepen, and work begins to serve life, not consume it.

You don't need to start over, just start within.

Welcome to A Quest for Life.
Let's begin.



Sharjeel
Your Life Design Coach on a Quest for Life



INTRO

TO LIFE DESIGN GUIDE



WELCOME LIFEALIC!

ABOUT THIS GUIDE

You've achieved so much, worked hard, built a career, provided, succeeded.

Yet somewhere between the deadlines and the dreams, a quiet thought lingers: "What next?" or "What is this void in me?"

These are the unspoken questions of many high-achievers, that life is passing by while they're too busy "doing" instead of actually "being" and "living".

You've checked every box the world told you to, but somehow, the joy still feels borrowed, the peace, yet to be felt.

You see, most of us are taught to build life from the outside in, chasing titles, possessions and validation, hoping fulfilment and meaning will eventually follow.

When the clapping stops and silence settles, a softer voice rises, your soul, longing to be heard.



That's where the **Inside-Out Life Design Framework** comes in.

This isn't another goal-setting system or productivity hack.

It's a mirror and a map, a way to reconnect with who you truly are and redesign your life around what actually matters to you.

Instead of starting with "What do I want to achieve?", you start with "Who am I?"

This approach works because it flips the script.

It aligns your inner world, your values, energy and truth, with your outer world, your goals, work and relationships.

Because what we truly seek isn't the car, the title or the applause, it's the feeling we hope those things will bring: joy, freedom, excitement, peace, and purpose.

So when these two worlds meet in harmony, clarity emerges.

Decisions feel lighter. Purpose feels real. Life finally begins to feel like yours.

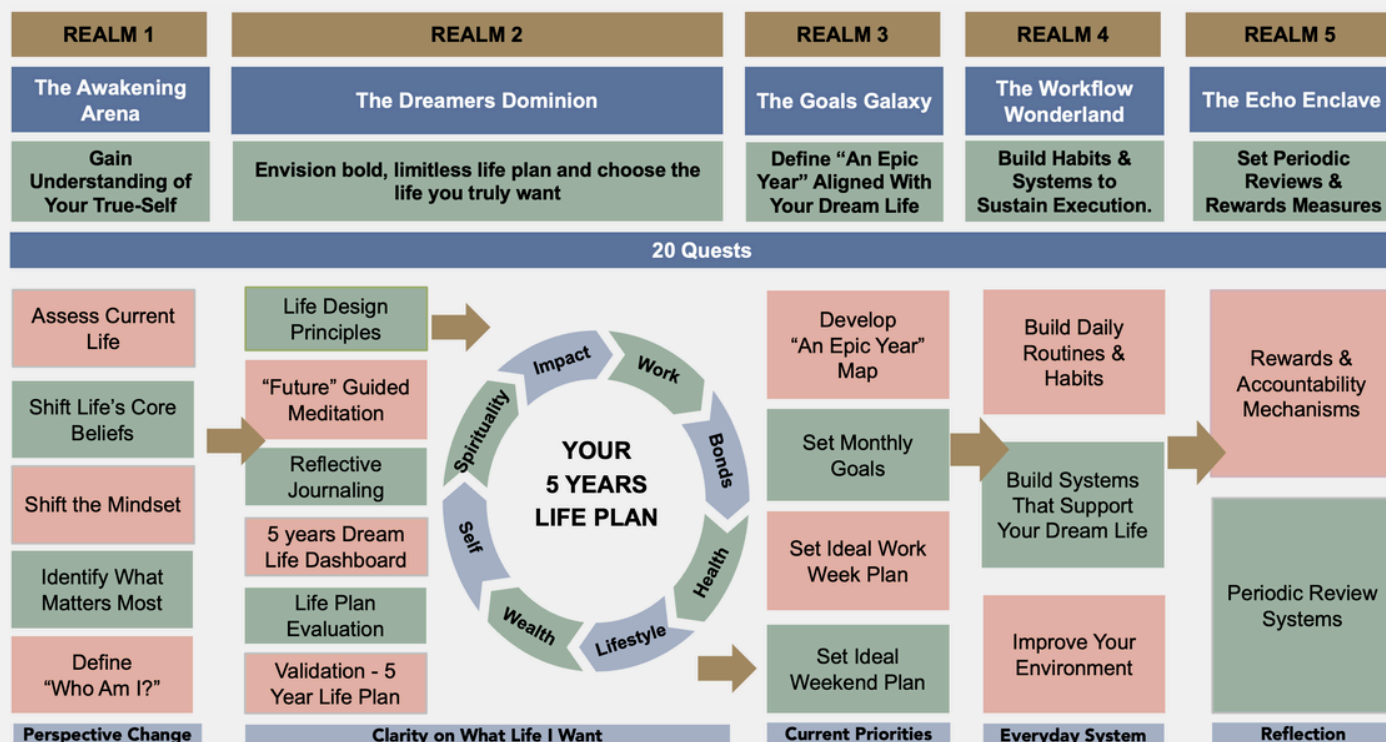
So, take a deep breath. You've already answered the call by being here.

Now, let's begin the journey inward, where every transformation truly starts.



THE INSIDE-OUT LIFE DESIGN FRAMEWORK™

FIVE REALMS. TWENTY QUESTS.
ONE EPIC TRANSFORMATION.



The Inside-Out Life Design Framework is a complete journey that unfolds across 5 connected realms and 20 guided quests that move in a natural flow. Here is a brief:

Realm 1: Awaken – See Yourself Clearly

Understand who you truly are beneath the noise.

Realm 2 Dream – Design Boldly

Envision your ideal life — without limits or borrowed scripts.

Realm 3 Focus – Turn Dreams into Goals
Prioritise what matters most and chart your Epic Year.

Realm 4: Execute – Build Systems that Flow

Create rituals, habits and environments that make success effortless.

Realm 5: Reflect – Grow, Refine, Sustain

Review, reward and realign — because progress without reflection fades.

A gamified journey to rediscover your truth, realign your world, and design a life that loves you back.



AWAKEN

SEE YOURSELF CLEARLY.



REALM 1



THE AWAKENING ARENA

BEFORE YOU REBUILD YOUR LIFE, YOU MUST MEET THE ARCHITECT, THE REAL "YOU."

Theme: The Chamber of Mirrors & Masks

Goal: Clarity of Self

Transformation: Unmask illusions, meet your true identity.

You've been living many lives, a child, an employee, a parent, a friend, a provider (for the family), but beneath those roles lies the one who watches.

The you that existed before the world told you who to be.

Realm 1 is your awakening.

It's where you confront illusions, challenge limiting beliefs and peel away the masks you've worn for too long.

Without this awakening, any dream you chase will be borrowed.

But once you rediscover your true values, beliefs and identity, your life is built on this foundation. This is how you invite flow and joy in your life.

The Quests in this Realm help you:

1. **Audit your current life** and identify major misalignments.
2. **Rewrite** the story shaped by your dysfunctional **beliefs** (world-views and self-views).
3. **Reset your mindset**, change perspectives and see possibility and freedom but with responsibility.
4. Identify your sacred **core values**, your non-negotiables.
5. Unmask false **identities** and rediscover your authentic self.

When the fog clears, you realise: You were never lost, only disconnected.

"The privilege of a lifetime is to become who you truly are."

— Carl Jung



THE AWAKENING ARENA

YOUR REFLECTIONS

1. What dysfunctional beliefs are keeping you stuck in your current life?
2. What would you try if you were absolutely sure you wouldn't fail?
3. When you are most happiest or fulfilled, what is present in your life then?
4. Which parts of your current life feel "out of sync" with what truly matters to you?
5. Beyond your job title, who are you really?
6. What parts of yourself have you hidden or silenced to fit in or "be responsible"?
7. What kind of person do you dream of becoming in the next chapter of your life?

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THE AWAKENING ARENA

YOUR REFLECTIONS

A large grid of dots for writing reflections, consisting of 20 rows and 30 columns of small black dots.





DREAM

WITHOUT LIMITS

REALM 2

THE DREAMER'S DOMINION

EVERYTHING YOU SEE WAS ONCE IMAGINED BY SOMEONE BRAVE ENOUGH TO DREAM.

Theme: The Field of Infinite Possibilities

Goal: Dream without limits.

Transformation: Freedom to design your life fearlessly.

Once you've uncovered your truth, it's time to paint your world from it.

This realm invites you to dream boldly, not to escape life, but to design it on your own terms.

Here, you'll explore the nine dimensions of a Lifeaholic life, the full orchestra of being:

1. **Physical Wellbeing** — energy, vitality, and self-respect.
2. **Relationships & Belonging** — love that nourishes, not drains.
3. **Work & Career** — purpose in motion.
4. **Finances & Wealth** — freedom to choose, share, and create.
5. **Inner Self & Spiritual Life** — a home within, a dialogue with the Divine.
6. **Lifestyle & Daily Rhythm** — how you breathe between the milestones.
7. **Creative Expression & Passion Projects** — your soul's playground.
8. **Adventures & Experiences** — stories that make your eyes light up.
9. **Humanity & Contribution** — the legacy your heart leaves behind.

You'll step into your own Life Design Studio — where imagination meets intention and “impossible” retires quietly.

The first step is to define your life design principles. You can't build life based on the old script.

You'll then **craft your Five-Year Dream Life Plan**, a bold, beautiful vision of who you're becoming and how you'll live, based on the insights gained from Realm 1.

Why five years? Because it's enough time to transform, yet close enough to believe.

In Dream Dominion, you will:

- **Evaluate** your 5-year **Dream Plan** for deep alignment with your values, identity, and beliefs from Realm 1.
- **Validate** your **plan** for real-world feasibility through reflection, external feedback, and practical sense-checking.

“Imagination is everything. It is the preview of life's coming attractions.”

— Albert Einstein



THE DREAMER'S DOMINION

YOUR REFLECTIONS

1. Based on what you now know about yourself, what 5 life principles will guide your choices from here on?
2. If your days felt light, alive, and meaningful, what would your mornings, afternoons, and evenings look like?
3. Which 2 or 3 parts of life, if transformed, would make everything else feel easier or more joyful?
4. What kind of work or creation would make you lose track of time — and still feel energized afterward?
5. How are you showing up in your most important relationships—and what kind of energy flows back to you in return?
6. How does your body feel when you wake up, strong, rested, peaceful, alive?
7. What experiences, adventures, or small joys make you whisper, "This is what being alive feels like"?

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THE DREAMER'S DOMINION

YOUR REFLECTIONS

A large grid of dots for writing reflections, consisting of 20 columns and 25 rows.



3



FOCUS

TURN DREAMS INTO GOALS

REALM 3

THE GOALS GALAXY

FROM DREAMS TO DIRECTION

Theme: The Constellations of Focus

Goal: Turn dreams into prioritized direction.

Transformation: A crystal-clear map for your next 12 months.

Your dream life is now on paper, glowing, breathing, calling.

Now it's time to give it direction.

The Goals Galaxy helps you translate your 5-year plan into your **Epic Year Map**, a clear, focused plan to make the next 12 months of your life the best year of your life.

But this isn't about chasing more. It's about choosing what matters most.

First, choose the one defining pursuit that—if achieved—would make you look back and say, 'I won this year.' The kind of win that becomes a memory, a milestone, a line in your life story.

You'll pick 1-3 life areas that hold the biggest promise for joy, growth, and meaning. For example:

1. **Physical Wellbeing** — energy, vitality, and self-respect.
2. **Relationships & Belonging** — love that nourishes, not drains.
3. **Finances & Wealth** — freedom to choose, give, and create.

Your Epic Year is about alignment, not overload.

You'll design:

1. **Your Epic Year Map**,
2. **Set 30-day focus goals** (The Moon Calendar) to build momentum, and
3. **Create your Joy Compass** — small daily pleasures and rituals that make life beautifully alive.

Because a meaningful life isn't built in giant leaps.

It's crafted through tiny, intentional steps that align with who you truly are.

"The key is not to prioritize what's on your schedule, but to schedule your priorities."

— Stephen Covey



THE GOALS GALAXY

FOCUS ON YOUR PRIORITIES,
TO CHANGE YOUR LIFE.

1. What one achievement would make this year feel truly meaningful, fun, or unforgettable for you?
2. If you could only achieve three things this year, what would they be?
3. Which daily habits drain your energy and what could you replace them with that brings light, ease, or joy in your best year?
4. This year, would you rather measure success by results—or by how aligned and alive you feel while pursuing them?

A large grid of dots for writing answers, consisting of 20 rows and 40 columns of small black dots.



THE GOALS GALAXY

YOUR REFLECTIONS

A large grid of dots for writing reflections, consisting of 20 rows and 30 columns of small black dots.



EXECUTE

BUILD SYSTEMS THAT FLOW

4



REALM 4



THE WORKFLOW WONDERLAND

DISCIPLINE IS FUTURE-LOVE, PRACTICED DAILY.

Theme: The Execution Plan

Goal: Build systems that make success easy and automatic.

Transformation: Flow, rhythm and stability in daily life.

Dreams crumble without structure.

Realm 4 transforms your ambitions into habits, rituals, and systems that sustain your flow.

This is where your dream life becomes practical.

Imagine having rituals that anchor your mornings, environments that inspire focus, and systems that automate progress.

You'll design your:

1. **Daily Rituals** (The Ritual Talisman) — Morning, work, and evening anchors.
2. **Power Habits** (The Ring of Repetition) — Tiny actions that create massive momentum.
3. **Automated Systems** (The Gear of Flow) — Processes that save time and energy.
4. **Supportive Environments** (The Sanctuary Crystal) — Spaces that uplift, not drain.

Because consistency isn't born from motivation, it's born from design.

Every ritual you create becomes a small spell of discipline that protects your dream.

"We do not rise to the level of our goals, we fall to the level of our systems."

— James Clear



DISCIPLINE IS FUTURE-LOVE, PRACTICED DAILY.

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THE WORKFLOW WONDERLAND

YOUR REFLECTIONS

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5

REFLECT

GROW, REFINE, SUSTAIN

REALM 5

THE ECHO ENCLAVE

EVEN HEROES PAUSE TO SHARPEN THEIR SWORDS.

Theme: The Chamber of Rewards & Reflections

Goal: Sustain your transformation.

Transformation: Steady growth, joyful progress, lasting legacy.

Congratulations — you've built your dream life framework.

Now comes the magic that keeps it alive: rewards and reflections.

This realm teaches you to create review and accountability systems that ensure lifelong progress.

In our framework, celebration isn't reserved for the finish line. We honor the big breakthroughs and every small victory along the way.

Here you'll design:

1. **Review Rituals** (The Reflective Amulet): Monthly and quarterly self-checks.
2. **Accountability Partners** (The Fellowship Pact): Allies who help you stay true.
3. **Reward Systems:** Because celebration is fuel for the soul.

Without reflection, progress fades.

With it, you grow in wisdom, not just achievement.

We do not learn from the experience, we learn from reflecting on the experience.

– John Dewey



THE ECHO ENCLAVE

EVEN HEROES PAUSE TO SHARPEN THEIR SWORDS.

1. What practices help you stay self-aware and grounded?
2. Who can hold you accountable with compassion and honesty?
3. How will you celebrate your small wins this year?
4. How will you keep your vision alive when life gets noisy?

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THE ECHO ENCLAVE

YOUR REFLECTIONS

A large grid of dots for writing reflections, consisting of 20 rows and 30 columns of small black dots.



A black and white photograph of a field of wildflowers, possibly daisies, with dark foliage in the background. A large white circle is centered in the lower half of the image, containing a quote. To the right of the circle, a large blue quotation mark is partially visible, extending from the bottom right corner.

*“The biggest
adventure you can
take is to live the
life of your
dreams.”*

— Oprah Winfrey

WHY THIS WORKS?

BECAUSE MOST LIFE DESIGN MODELS FORGET THE MOST IMPORTANT THING: THE REAL YOU.

Most people design their lives outside-in — starting with career, lifestyle, or goals — hoping happiness will catch up.

But happiness isn't waiting at the finish line it blooms along the path when you're aligned.

The **Inside-Out Life Design Framework** begins with **being**, not doing.

It helps you align beliefs → value → identity → dreams → action → impact.

That's why it works:

Because when your outer world reflects your inner truth, your life flows naturally. You don't need to force success, you simply embody it.

"You don't change your life by changing what you do. You change your life by changing who you're being while doing it."



YOUR LIFE. YOUR DESIGN. YOUR NEXT STEP.




If this guide spoke to you,
if something within you stirred,
whispered, "this is what I've been looking for",
then don't stop here.


The Introductory Guide to Life Design was
just the first glimpse.


Let's dive deeper into creating a life that
feels true, joyful, and fully yours.


Whether you're a professional at a
crossroads, a leader seeking clarity, or a
seeker ready for meaning, our detailed Life
Design Programs will help you turn insight
into lasting transformation.

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A QUEST FOR LIFE : YOUR MID-LIFE GPS TO A JOYOUS SECOND INNINGS!

Why “A Quest For Life” exists?

Most of us hit midlife running fast but feeling lost, successful, yet strangely unfulfilled. A Quest for Life was born for that very moment.

We exist to help you pause, realign and rediscover who you truly are beneath the noise.

Through our coaching, workshops, retreats and tools, we guide you to awaken your authentic self, design a meaningful life and experience joy. Not as a reward at the end, but as a rhythm every day.

Adventure awaits. The map is ready. Your quest for a fulfilled life with freedom and fun begins now.



Hi! I Am Sharjeel

Meaningful Life Coach | Leadership Trainer |

At 38, I traded boardrooms for soul-rooms, leaving a Big 4 partnership to pursue a deeper truth.

What followed was a thrilling odyssey through the wilds of entrepreneurship, self-discovery, and spectacular trial and error. It wasn't a straight path. I faced failures, fears and that quiet ache of times when nothing goes your way.

I lost titles on the way but found treasures, clarity, courage, creativity and love.

Today, I help mid-life professionals navigate their own turning points, from burnout to balance, from autopilot to aliveness.

I've walked the maze, cracked the code and built a framework that transforms confusion into clarity and ambition into alignment.

It draws from psychology, human design thinking and eastern wisdom & western science, blended through years of consulting, coaching and experimentation with real human lives.

It works, because it's not theory; it's lived experience, tested through more than a hundred mid-lifers' real transformations.

My mission is simple: to help 10 million Lifeaholics wake up to their truth and craft lives that feel like art, intentional, alive and utterly their own.

Your life can be one of them, because it's never too late to rewrite your story and fall in love with life again.

Let's connect.



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