

10 Signs It's time change your life now!

Feeling stuck, unfulfilled, or just “meh”?

These are the wake-up calls telling you it's time to pause, reflect, and redesign your path.



Dear Reader,

If you're reading this, something inside you might already be whispering: "Something has to change."

You've accomplished a lot, followed the rules, and ticked off the boxes that were supposed to lead to happiness. Yet, despite it all, you sometimes wonder:

"Is this really the life I want?"

You're not alone. Many people reach a point where their external achievements no longer align with their inner sense of purpose. That's not a failure, **it's a signal.**

This guide highlights 10 clear signs that it may be time to pause, reflect, and redesign your path. They're not meant to scare you, but to help you notice the patterns that so many of us overlook until we're stuck.

Use this list as a mirror. If several of these resonate, take it as a gentle nudge: change isn't just possible—it may be necessary.

Let's begin.

Adis Sophie

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10 Signs

1 | You wake up tired, even after sleeping.

→ Energy drains quickly, even before the day begins.

2 | Mondays feel heavier than Fridays.

→ Work or routines no longer inspire you.

3 | You often think: "There must be more to life."

→ A lingering sense of dissatisfaction or emptiness.

4 | You feel isolated, even around others.

→ Connections lack depth, and meaningful relationships feel out of reach.

5 | You live on autopilot.

→ Days blur together without meaning or intention.

6 | Stress has become your default mode.

→ Negative thinking, tension, little time for recovery or joy.

7 | Your career feels like someone else's choice.

→ Success on paper, emptiness in practice.

8 | You avoid making decisions about the future.

→ Procrastination and scrolling replace action, leaving you stuck.

9 | You feel guilty taking time for yourself.

→ Deep down, you know it's been ages since you invested in your own well-being.

10 | Joy feels out of reach.

→ Things you once loved no longer spark happiness, you haven't felt truly joyful for a long time.

CASE STORY

Rediscovering Motivation

HOW JORGE USED DESIGNING YOUR LIFE TO REIGNITE HIS PROFESSIONAL DRIVE

Jorge is a senior product leader in the tech sector with over a decade of experience managing teams and launching products across international markets.

Originally from Spain and now based in Amsterdam, Jorge's career has been marked by success, responsibility, and continuous growth. And yet, despite his accomplishments, he found himself wondering:

"Why doesn't this excite me anymore?"

The Moment of Disconnection

For Jorge, the signs weren't dramatic, just persistent. He began noticing a growing disconnect between his work and his sense of purpose.

"I was in meetings, talking about a product I didn't believe in. I felt flat. Like I was doing things just to do them."

He even tried to resolve this by joining a prestigious executive leadership program. It promised transformation, inspiration, and a high-level community, but left him disappointed.

"I expected a room full of inspiring people and energizing conversations. But it didn't match my expectations. It was a turning point. I realized I needed something different."

Enter DYL Amsterdam

Shortly after, Jorge came across an email invitation to join the Designing Your Life workshop in Amsterdam. He'd already read the book and appreciated the practical, structured approach. The timing felt right, and something in him said: This is worth exploring.

"It felt like the right kind of invitation at the right moment. I wasn't actively searching anymore, but this felt aligned."

Tools That Helped

Looking back, Jorge shares two key tools that helped him gain momentum:

1. Lifeview and Workview

Taking the time to write out his values and beliefs allowed Jorge to reconnect with what gives him meaning.

"It's a rare chance to sit down and ask, 'What actually matters to me?' And then compare that to how I'm living."

2. Group Reflection

Sharing with others who were also navigating change gave him both perspective and encouragement.

"It wasn't just my journey. Hearing others reflect on their own paths helped normalize the process of questioning and shifting."

Life After the Workshop

Six months later, Jorge has continued to evolve. He's taken on coaching, reevaluated his work goals, and made space for activities that energize him. Most importantly, he's shifted his approach to decision-making, moving from autopilot to intentional design.

"You don't need a breakdown to redesign your life. Sometimes it's about paying attention to those subtle signs and trusting the process."

Key Insight

DYL doesn't require a dramatic life change; it invites a shift in mindset.

For Jorge, the power of the workshop wasn't in changing jobs overnight, but in reframing how he thinks about purpose, motivation, and daily choices.

READY TO TRY?

Register Now to save your spot.

Still unsure if this is the right fit for you?

Connect with us

We invite you to book a **FREE 20-minute clarity Call**, a safe space to share your story and discover which program works best for you.

Book Your Call Today



Imagine your life 3 months from now...

You wake up with energy instead of dread.

You feel clear about what matters to you and confident in your next steps.

You've reconnected with joy, purpose, and a sense of freedom that has been missing for too long.

That's the power of life design. And you don't have to figure it out on your own.

Our Design Your Life retreats and workshops (born at Stanford University) give you the tools, structure, and community to move from confusion to clarity.



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