



great life creed



- 1 Live by the guidance of your true self.**

When your life reflects the essence of who you are, you move in the direction of living a life you love.
- 2 You are multidimensional.**

You are not just the bright and beautiful parts; you are also the dark and difficult parts. Knowing and loving all your bits creates space for living an authentic and aligned life.
- 3 Love matters.**

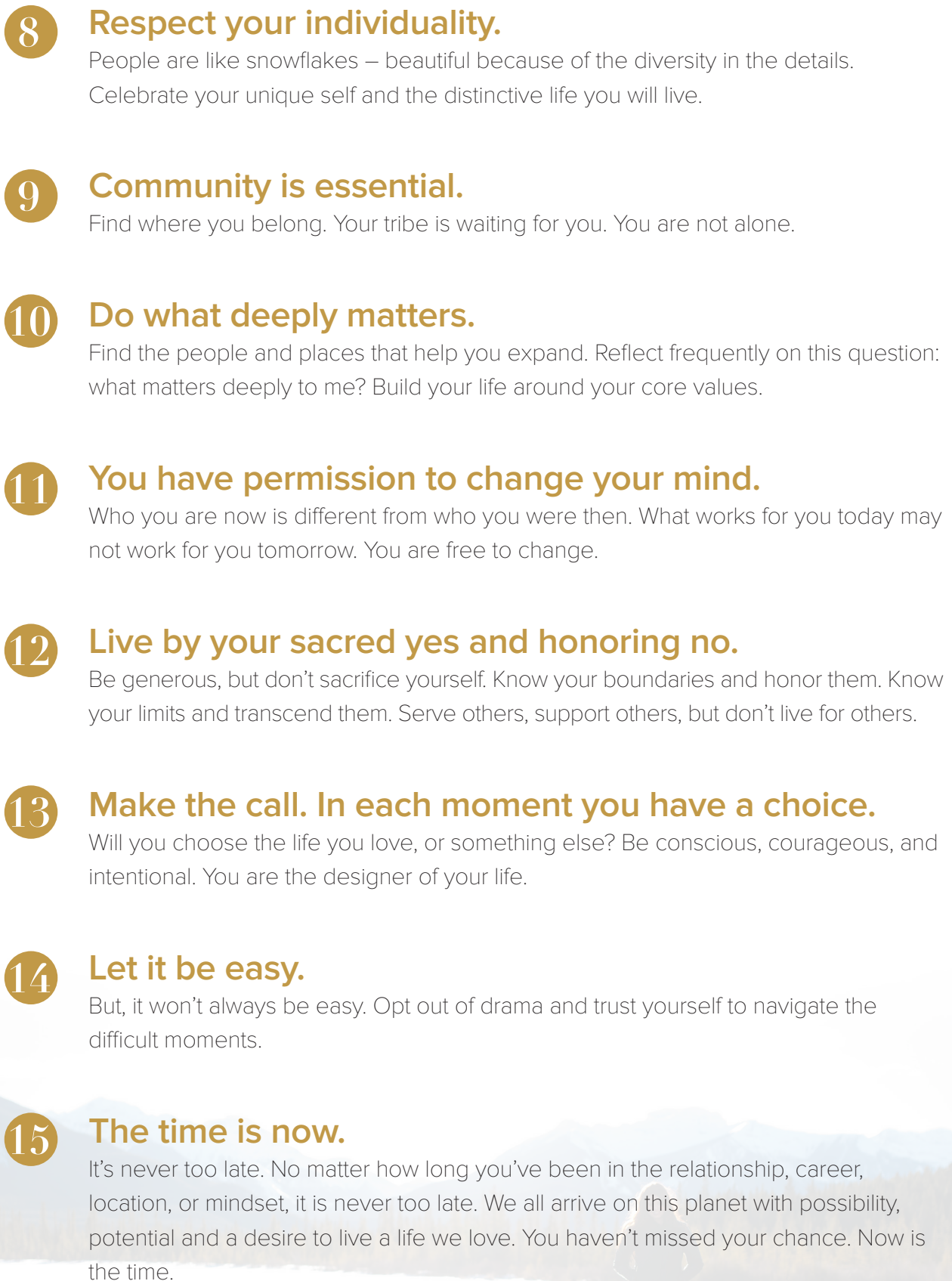
Design your life on a foundation of love. Choose love over fear, repeatedly. Life is too short not to love freely, fully and deeply. Our world needs your love.
- 4 Nourish your soul.**

Listen to the desires, longings, and cravings of your soul. Fill your life with things, people, and opportunities that nourish your soul.
- 5 Authenticity is attractive.**

Knowing your true self and expressing it in the world will attract people and opportunities to support you in designing a life you love.
- 6 You have what you need within you.**

Life design is not dependent on time, money, energy, age, approval, accolades, education, or anything else outside of yourself. You have everything you need to begin the life design process today.
- 7 Do your inner work.**

Doing your inner work allows your outer world to evolve. Your mental maps will define and design the terrain of your life. Make sure they are accurate.

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- 8 Respect your individuality.**
People are like snowflakes – beautiful because of the diversity in the details. Celebrate your unique self and the distinctive life you will live.
 - 9 Community is essential.**
Find where you belong. Your tribe is waiting for you. You are not alone.
 - 10 Do what deeply matters.**
Find the people and places that help you expand. Reflect frequently on this question: what matters deeply to me? Build your life around your core values.
 - 11 You have permission to change your mind.**
Who you are now is different from who you were then. What works for you today may not work for you tomorrow. You are free to change.
 - 12 Live by your sacred yes and honoring no.**
Be generous, but don't sacrifice yourself. Know your boundaries and honor them. Know your limits and transcend them. Serve others, support others, but don't live for others.
 - 13 Make the call. In each moment you have a choice.**
Will you choose the life you love, or something else? Be conscious, courageous, and intentional. You are the designer of your life.
 - 14 Let it be easy.**
But, it won't always be easy. Opt out of drama and trust yourself to navigate the difficult moments.
 - 15 The time is now.**
It's never too late. No matter how long you've been in the relationship, career, location, or mindset, it is never too late. We all arrive on this planet with possibility, potential and a desire to live a life we love. You haven't missed your chance. Now is the time.



hello. i'm gemma stone.

On my twenty-fifth birthday while soaking in a bubble bath, sipping on champagne, and nibbling on chocolate, I started to cry.

I didn't like myself. I didn't like my life.

In that moment, I realized fear was controlling me ...

... fear of not being enough {pretty enough, skinny enough, rich enough, smart enough}

... fear of vulnerability

... fear of rejection

... fear of failure

I had built my life on a foundation of fear and I was depressed, anxious, and unfulfilled.

From that moment forward I devoted myself to living from love instead of fear and helping others do the same.



If you are like me and believe that there is no better person qualified to show you the way out, through or around, than someone who has 'been there and done that', then Gemma Stone is your guiding light.

KARI DUNLOP

Now?

My life isn't perfect, but it's really {really} great! I love my life and I'm doing what I can to add love to the world.

We always have a choice, love or fear. What we choose changes everything.

In a world that is constantly telling you all the things you should fear, I believe in finding all the reasons to love. Not in a syrupy, sweet, naïve way — in a courageous, real, vulnerable way.

Because ...

...our world desperately needs more love.

Living a life you love is about living with freedom and joy, where difficult moments are more manageable, and where deep trust in yourself is found. It's about creating a soulful strategy to make your dreams and desires reality.

At the deepest level my intention is to help you live a life that is an expression of love in all ways — loving yourself, loving others, and loving the world {usually in that order}.

Living a life you love isn't always easy. Sometimes it requires breaking patterns that don't work, burning beliefs that don't serve, and saying goodbye to relationships that aren't aligned with what deeply matters to you.

There may be times you stumble, struggle, or feel stuck. There may be times when you question why you choose courageous and conscious living.

But even during the darkest moments, truth will glimmer, love will shine, and your soul will light the way.

Living a life you love can mean,

- clearing the psychological obstacles to romantic love, finding a life partner, and getting married in paradise.
- having the courage to say goodbye to a stifling relationship {boss, friend, partner} and creating a soulful strategy to navigate through the loss in a healthy way.
- using the psychology of change to create meaningful rituals that bring more joy into your life everyday.
- establishing healthy boundaries that allow you to stick to a self-care routine and treat your body with loving kindness.
- start a passion business and quickly grow it from zero to thriving.

Adding love to the world can mean,

- having the confidence to smile and make eye contact with strangers
- engaging in meaningful conversations that spark deep connection
- starting, or supporting, a non-profit that speaks to your heart
- becoming a more present and engaged parent
- sharing your art / writing / music with the world

As a published author, speaker and a life long devotee to psychology I blend science and soul to help you design a life you love.



Gemma is eternally compassionate and understanding. Her humanity and kindness always come first. Her warmth is what you feel when you speak with her, time and time again. Even though my puzzle keeps changing as I change and grow and evolve, I trust Gemma to not only see me but to help me sort my pieces, every single time.

DAVE URSILLO

I've been working in the field of psychology for ten years and in that time I've worked with over 1200 clients and have taught over 3000 students.

Whether it's on the blog, in a mentorship relationship, an online group program, or at one of my live events I want to help you live a life you love and add love to the world.



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