

THE BETTER LIFE SERIES

PRACTICAL PSYCHOLOGY FOR REAL LIFE

YOUR BEST LIFE BLUEPRINT

Design Your Life with Purpose,
Build Lasting Habits and Create
the Future You Truly Want



ALDEN M. CORVALE

THE BETTER LIFE SERIES

Practical Psychology for Real Life

YOUR BEST LIFE BLUEPRINT



**Design Your Life with Purpose, Build Lasting Habits and
Create the Future You Truly Want**

BOOK 30

Alden M. Corvale

Copyright & Reader Note



Copyright © 2026 Alden M. Corvale. All rights reserved.

This book is for educational and informational purposes. It is not a substitute for medical, psychological, legal, or financial advice. When a challenge is severe, persistent, unsafe, or outside the scope of self-help, seek qualified professional support.

The exercises are invitations, not tests. Adapt them to your circumstances. Progress is not measured by how perfectly you follow a plan, but by whether the plan helps you live with greater clarity, choice, and well-being.

HOW TO USE THIS BOOK

Keep a notebook or digital note for this book. Your best results will come from turning ideas into written decisions and scheduled actions.

Introduction - Bring It All Together



This is the final volume of The Better Life Series, and its purpose is different from the books that came before it. The earlier books each focused on one skill or challenge. This book brings the pieces together into one practical operating system for everyday life.

You do not need to use every idea at once. In fact, that would defeat the purpose. A blueprint is useful because it helps you decide what to work on now, what can wait, and how different parts of life influence one another.

Use this book actively. Write in the exercises, revisit chapters when circumstances change, and treat your plan as a living document. The aim is not permanent perfection. It is better alignment, better recovery, and better choices repeated often enough to matter.

START HERE

Before continuing, write one sentence: “At the end of the next 90 days, I want my life to feel more...”

Contents



PART I - DESIGN YOUR FOUNDATION

1. Your Life Is in Your Hands
2. Define Your Values and Priorities
3. Know Yourself Deeply
4. Decide What Enough Means
5. Build Self-Trust

PART II - TURN VISION INTO DIRECTION

6. Create a Vision You Can Live
7. Set Goals That Matter
8. Turn Goals into Systems
9. Use the Next Right Step
10. Make Decisions with Rules, Not Mood

PART III - BUILD THE DAILY SYSTEM

11. Build Habits That Carry You
12. Design Your Environment
13. Protect Your Focus
14. Manage Time by Managing Commitments
15. Build Energy, Not Just Efficiency

PART IV - STRENGTHEN YOUR INNER LIFE

16. Handle Overthinking Before It Handles You
17. Work with Anxiety and Stress
18. Practice Self-Compassion and Confidence
19. Let Go of What You Cannot Carry Forever
20. Live in the Present Without Losing Direction

PART V - BUILD A LIFE WITH PEOPLE, MEANING AND JOY

21. Strengthen Communication and Boundaries
22. Invest in Relationships That Nourish You
23. Make Money Serve Your Life
24. Find Purpose Through Contribution
25. Practice Gratitude Without Denying Reality

PART VI - KEEP EVOLVING

- 26. Review Your Life Before Life Reviews It for You
- 27. Expect Setbacks and Build a Restart System
- 28. Run a 90-Day Life Experiment
- 29. Build Your Personal Operating System
- 30. Your Blueprint Is Alive

SPECIAL DOSSIER 1 - THE 7-DAY BEST LIFE RESET

SPECIAL DOSSIER 2 - THE BEST LIFE BLUEPRINT PLANNER

APPENDIX 1 - THE WHOLE-LIFE AUDIT

APPENDIX 2 - VALUES SORT

APPENDIX 3 - 90-DAY PLAN

APPENDIX 4 - WEEKLY REVIEW

APPENDIX 5 - PERSONAL RESET PROTOCOL

APPENDIX 6 - THE COMPLETE BETTER LIFE SERIES