

# Book Proposal – Grace Lawson – *Your Treasure Hunt*

## Overview

Over a decade ago I lost a job, which triggered dramatic changes in my life. Through a series of synchronistic events, I moved from traditional to an eclectic spirituality, dealt with issues from my past through therapy and life coaching, realized I was a lesbian, got divorced and began creating a life I wanted. My job loss was a catalyst forcing me to examine my life and make changes. Looking back, I realize that although the job loss along with the subsequent changes were very traumatic, that it was the best thing that could have occurred for me.

There are millions of people who are looking for work right now and that search could be part of a bigger pivot point in their lives than just getting a new job. The number of current job seekers in the US is 90 million, comprised of 6 million unemployed, 17 million employed-but-looking, and 67 million employed-but-open-to-new-opportunities.<sup>1</sup>

70% of people want meaningful work, but only 15% are getting it.<sup>2</sup>

Meaningful work brings purpose to peoples' lives, improves their overall well-being and sense of satisfaction, and makes people happier at work and outside of it. Spirituality, the search for something bigger than ourselves and the reasons for our existence, has been a driver of meaning from the time we drew pictures on cave walls. Thus, there is a connection between meaningful work and spirituality.

The religious landscape is changing rapidly, with traditional Christians reducing from 90% in 1970 to 63% in 2021. The greatest change is occurring in the younger generations with 38% of people, ages 18-29, identifying as "religiously unaffiliated" compared with 17% of people 65 or older. For LGBTQIA+, the percent unaffiliated is 50%-60%.<sup>3</sup>

The top reasons people are leaving Christianity include disagreement with church beliefs, judgment and hypocrisy, lack of community, changing social attitudes, political stances and support of Donald Trump, clergy sexual abuse, negative teachings about or treatment of LGBTQ people and increasing spiritual exploration.

About 56% left their religion because they stopped believing in their former religion's teachings. Beliefs that differ between those affiliated and those unaffiliated include - belief in reincarnation, spiritual energy in physical objects, belief in astrology, and belief in psychics/ghosts. Not only did 62% of the public hold at least one of these New Age beliefs, 61% of Christians did so as well.<sup>4</sup>

The number one reason why people say they quit going to church is that they have their own spiritual practices. They are very unlikely to take part in the most religious practices like scripture reading (4% and 10%), prayer (21% and 22%) and even groups or retreats (3% and 2%), particularly compared to the traditional religious groups. Their spiritual nourishment is found in more informal practices like yoga (15% and 22%), meditation (26% and 34%) and silence and / or solitude (26% and 32%). But their most common spiritual practice is spending time in nature for reflection (40% and 51%).<sup>5</sup>

The job search process has also changed dramatically in the last few years due to the use of artificial intelligence, the changing legislative environment, rapid global and technological changes increasing need for flexibility and continual learning, increasing globalization, the internet, social media and branding, an increasingly Spanish-speaking workforce, use of background and drug checks, increased remote work, and generational changes in the workforce.



There is a need to help people find meaningful work:

- Despite an employment environment that is not facilitating that in the employee experience,
- That is in alignment with the changing demographic make-up and spiritual/social beliefs of Americans,
- By helping them navigate the increasingly complex and rapidly changing world and the resulting changes in the employment process.

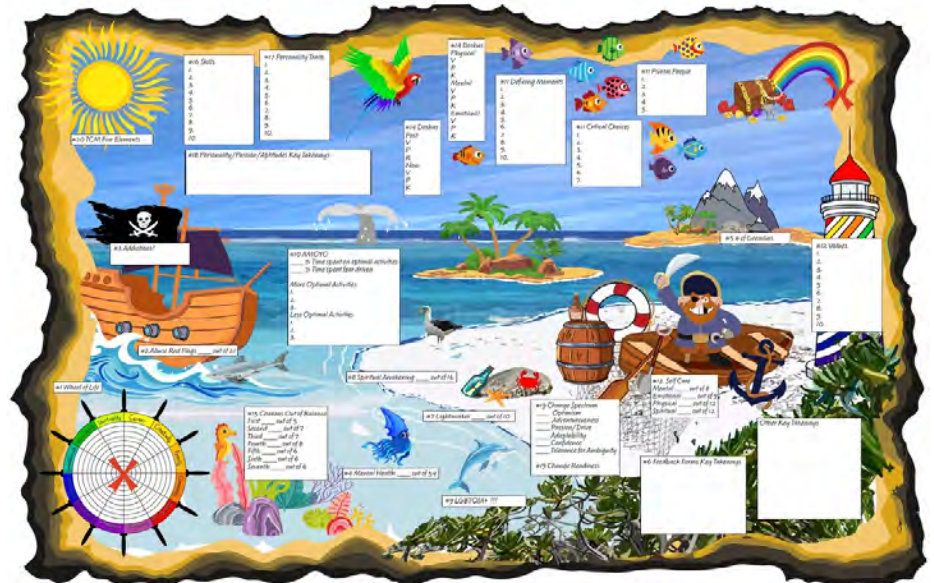
*Your Treasure Hunt* fills this need. *Your Treasure Hunt* is a practical guide that helps job seekers find rewarding and meaningful work by helping them manage the complexity of the current job search process in alignment with the changing spiritual needs of society.

The topics covered by the book include:

- Chapter 1 - The Big Picture
- Chapter 2 - Brand Development
- Chapter 3 - The Basics
- Chapter 4 - Building Bridges
- Chapter 5 – Interviewing
- Chapter 6 - Closing the Deal
- Chapter 7 - Navigational Beacons
- Chapter 8 - Beyond the Sunset

It is unique because it:

- Is written by an HR expert, life coach, metaphysical minister and artist.
- Is designed to draw in the reader with visually stimulating images and inspirational thoughts married together in an impactful way.
- Is both a book and a workbook, to be printed on 8.5" x 11" paper, so everything the reader needs is within one publication and in the most convenient place within the book. Often the "book" is one document and is followed up with a workbook.
- Is designed so the reader can pick and choose what works for or resonates with them. They do not have to do every activity to get tremendous life-changing value from the book.
- Has a fun pirate/adventure/treasure hunt theme. Readers will have the opportunity to put all the information from their assessments into a pirate map.
- Provides resources to organize the job search and life manifestation processes efficiently and effectively and in a way not found anywhere else.
- Provides a series of assessments that will help a person be extremely prepared for their job search, but also begin moving toward a life that is more meaningful.
- Is written by a person with unusual qualities – an artist and a geek, a Virgo and Libra, can see the big picture but execute the details, can understand and communicate modern science and its relationship to ancient spiritual wisdom, has relied on left-brained thinking in her early life, but actively cultivates her intuition and right-brain thinking, has begun to believe in the "woowoo" of new-age spirituality, but isn't always fully accepting of it, didn't consciously know she was gay until age 41, is between GenX and the Baby Boomers.
- These personal characteristics play out in the overall feel of the book, creating connections between:
  - Left and right brain thinking,
  - Science and spirituality,
  - Feelings and reason,
  - Structure versus non-structure,
  - Eastern and Western ways of thinking, being and doing,
  - Ancient, current, and future spirituality,
  - Young and old generations
- Is an homage to Jimmy Buffet who passed away this year and connects to the reader with the spirit of Jimmy and his music.
- Has a surprise, powerful and fun ending.



## About the Author

This is what I have on my website and is what I have in the book:



Grace Lawson is a real person who has had real adversity, not as much as some folks, but enough to understand struggle, pain and suffering. She's had breakups from two long term relationships, both very painful. Had to realize, accept, and finally celebrate that she is gay. She's struggled with her spirituality and to find her purpose in life. She's been fired, laid off, quit jobs, dealt with terrible bosses, been sexually harassed at work, had jobs where she worked 60-80 hours a week for months at a time over many years. She had a constant feeling that she wasn't where she was supposed to be in her career. She's lost loved ones, been depressed, and had financial challenges. She was molested as a child. She has also made LOTS of mistakes, although she prefers to think of them as stepping stones. So as much as one human being can understand another, she is likely to "get you" and propose something in this book that will help you.

Grace has been a human resource consultant for more than twenty years gaining experience in all functional areas including strategy, hiring, onboarding, HR technology, compliance, risk mitigation, organizational design, financial analysis, metrics, training and development, benefits and compensation, recruiting and staffing, employee relations and unions, change management and communication, (DEIB) diversity, equity, inclusion and belonging.

She has written for several publications and been nominated and won several writing awards. Two of her recent business projects were selected from 2000 colleagues (about 4000 projects) from Section School, as case studies. Her education includes two Bachelor's degrees and three Master's degrees in the areas of math, physics, English, teaching, business administration and metaphysical science.

She is a passionate advocate for human rights and positive inclusive spirituality. She has served on the board of a non-profit organization for a lesbian community, as the Treasurer and Director of Communication and Technology. She also volunteers in the areas of domestic violence, LGBT youth support, homelessness, life coaching and mentoring, construction, art workshops, and event planning.

She is the CEO, CAP (Chief Amazing Princess) and founder of the Rainbow Soul Circle, a global unifying spiritual community and social justice organization. Her other projects include an international film about men and masculinity and earning a Ph.D. in holistic well-being.

Her online resume is at [gracelawson.com](http://gracelawson.com) and LinkedIn URL is <http://www.linkedin.com/in/gllawson>.

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## About the Market

The full audience is anyone who is looking for a job in the US. However, the most likely readers will be people who are looking for a job but are also looking for a life; people who are asking “is this all there is” and have some small degree of faith that there is more. They will also tend to be the outside-box-thinkers. A larger percentage will be young, in their 20s or 30s. However, people in their 40s or 50s, particularly those who are tired of their current life and want something different, will also find the book very useful.

	<b>Generation Z Born 1997-2012</b>	<b>Millennials Born 1981-1996</b>	<b>Generation X Born 1965-1980</b>	<b>Baby Boomers Born 1946-1964</b>
Group Characteristics	Ethnically diverse Digital natives Open minded Financially savvy Trust and like UGC (user-generated content)	Tech Savvy Use social media Diverse content Preference for convenience Adaptable Open-minded Community oriented	Ethnically Diverse Self-reliant Resourceful Tech Savvy Latchkey kids Logical Good problem-solvers	Stable lifestyle Higher disposable income
Values	Progressive Pragmatic Value well-being Individualistic	Social Responsibility Environmental Friendliness Brands need to align with their values. Purpose-driven Authenticity Personal growth	Liberal on issues (including same-sex marriage) Pragmatic Quality	Quality Respect Experience
Buying Trends	Local Bookstores Online retailers like Amazon Libraries They actively seek out new brands and rely on reviews	Amazon Chain Bookstores 50/50 split between buying and borrowing from libraries	Local Bookstores Independent Bookstores Company websites	Company Websites Used Bookstores Library book sales
Marketing Tactics/Stats	<ul style="list-style-type: none"> <li>Engaging social media campaigns</li> <li>They value diverse and authentic stories that represent marginalized groups.</li> <li>80% consider diversity when choosing what to read</li> <li>Young Adult (YA): 50%, Romance: 43%, Fantasy &amp; Sci-fi: 42%, Horror: 38%, Superhero/Action: 34%</li> </ul>	<ul style="list-style-type: none"> <li>Provide genuine content through blogs, social media, and email marketing that resonates with their interests, experiences, and values.</li> <li>Personalization</li> <li>Collaborate with influencers or other brands to expand your reach.</li> <li>Discounts and Loyalty Programs</li> </ul>	<ul style="list-style-type: none"> <li>Tap into their nostalgia by referencing pop culture from their youth.</li> <li>Targeted email campaigns</li> <li>Engage with book clubs and discussion groups</li> <li>61% is fiction</li> </ul>	<ul style="list-style-type: none"> <li>Encourage word-of-mouth recommendations</li> <li>Consider print ads, radio, and TV for this generation.</li> <li>Create an author website to showcase work.</li> </ul>
Social Media Channels	YouTube: 80%, Instagram: 75%, TikTok (BookTok) 69%, Snapchat: 63%	Facebook, Instagram, YouTube, TikTok, Twitter	Facebook, Twitter	Facebook
Book Formats	Physical	Physical and online	Physical and online	Physical

# Author's Promotion and Publicity Plan

## My network

I have an e-mail list of about 10,000 LGBTQIA+ people and a second list of about 10,000 people from around the world. These are not followers, nor do I have any personal contact or relationship with them. But I have used this network to get men to volunteer for a film I'm making. I will send e-mail communications about the book to them.

I have a LinkedIn network of over 2000 people. Most of these are high-level professionals that I attended online courses with through Section, an online business education organization created and run by Scott Galloway, a professor at the New York Stern School of Business. He is regularly seen on various programs including Real Time with Bill Maher. I don't have personal relationships with most of the 2000 people except that I invited all of them to connect with me and most of them did. I will post information about the book on LinkedIn.

I also have a few hundred people with whom I am personally connected. I will also communicate to them about the book.

## My platform

My personal website is at [gracelawson.com](http://gracelawson.com). Currently this is my online resume. But I can use it for purposes more directly related to the book as it makes sense to do so.

## Previous Writing

About 20 years ago, I wrote a book called *Coming Out Coming Alive* which told the story of my realization and acceptance that I was gay and how that related to life transformation. I sent it to a few publishers and got rejection letters from them. But a friend of mine was impressed with the rejection letters, saying they looked like they were more than just a "generated" response; that the book was seriously reviewed by someone. But I've always worked so many hours in my corporate work, that I had to stop trying to get it published. I did self-publish it and did a few radio and TV shows on it. But I didn't have many sales. One person said they nominated me for the Stonewall Writing Award, but I don't know for certain if they did.

I've also written a political comedy screenplay, called *The Dance*, about a lesbian that runs for the office of the President of the US. I've never tried to publish it, because I was always too busy with my corporate work to do it. I wrote life coaching articles for She Magazine for about a year. I've also written extensively in my corporate work.

## Publicity Plan

- **LGBT in Palm Springs** - I recently moved to the Palm Springs, CA area. There are many LGBT organizations here. I plan to start marketing the book by doing workshops for these organizations. I recently went to an LGBT event where many LGBT organizations had booths. I picked up the flyers and brochures from almost all the booths and I've entered the information in a spreadsheet. I've started to contact them about workshops and speaking engagements. I've also have a list of LGBT entities in the Palm Springs area from my 10,000 LGBT list. I plan to cross-reference both lists to get a single list to work from.
- **LGBT media** - I have a list of LGBT media contacts that I also plan to work with to get articles written about the book, the Rainbow Soul Circle, and the film. Will tailor my attempts to whichever project I think will resonate with them most and then mention the others.
- **Spiritual organizations** - Also plan to go to liberal religious organizations like Unity, MCC, Center for Spiritual Living and others to do speaking engagements and/or workshops.
- **Workshops** - I am planning to do physical and virtual workshops on job searching and life transformation. I also plan on creating content about job searching and life transformation that can be posted on social media websites. This content may be short videos on various topics, but it may also be a podcast.
- **Book tour** - I plan on going on tour for the book.
- **Discounted workshops** - I plan on doing some workshop sessions with certain groups and offering the sessions at a discount. In return, I plan to ask them to do testimonials that I can use to promote the book. I've also coached a few people in the past year on their job search and I plan to ask them to write a testimonial.

- **Endorsements** - I may be able to get one person who was the narrator of a series on PBS years ago, to read the book and provide his endorsement. I think, once I get started with the marketing, I will run into people who can help me get in touch with celebrities to help. I may also be able to get a testimonial and possibly other support from Scott Galloway (referenced previously).
- **Radio/TV show** - I plan to propose to do a regular radio/TV show on spirituality and will advertise the book as part of that.
- **Local colleges, business and networking groups** - I also plan to do some workshops or speaking engagements at other entities such as local colleges, business groups, networking groups, etc. Any group whose members would value what is in the book.

## Competitive Analysis

The book that most closely compares to *Your Treasure Hunt*, is *What Color is Your Parachute*, by Richard Nelson Bolles. I read it 20 years ago and found it to be very useful. I reread the latest version written a year ago. It was and still is a great book. Conceptually it is similar in that it helps a person find a job and helps them take a broader look at what they want in their life. However, how it plays out is very different. The Parachute book is written by a white Christian (heterosexual – I believe) male, versus a new-age, lesbian female.

What is different and why people will choose *Your Treasure Hunt* is because it:

- Addresses job search considerations from a “marginalized” person with topics like discrimination and misogyny and how to deal with them in a job search.
- References a spirituality defined as “discovering who I am and living that fully.” This definition allows the reader to approach spirituality in a way that resonates with them. Thus activities like mediation, journaling, breathing, being in nature, etc. are recognized as powerful spiritual and manifestation activities. It also doesn’t require them to reject their current spiritual practices or views.
- Helps them find a job in the real-world job market as it is today reflecting a post-covid, AI expanding, and increasingly changing business environment.
- Addresses the latest job search trends such as developing their “brand”, the use of AI to screen and draft resumes and cover letters, working remotely and increasing scam/fraud schemes being used on the online job board sites.
- Provides a much broader set of personal assessment activities, covering Eastern spirituality and wellness topics like Chakras, being a light worker, Ayurveda, and other topics like addiction, mental health, and self-care. Thus, it provides a deeper view of a person than the Parachute book.
- Has a set of tools and trackers that aren’t available in any other book to optimize a job search and dream manifestation.

This table provides the most sold books on this topic in the last three years.

Year of Pub	2022	2022	2020	2021	2020
Title	What Color is Your Parachute	Switchers	The 2-Hour Job Search	Do What You Are	Start Now
Subtitle	Your Guide to a Lifetime of Meaningful Work and Career Success	How Smart Professionals Change Careers and Seize Success	Using Technology to Get the Right Job Faster	Discover The Perfect Career for You Through The Secrets Of Personality Type	Because That Meaningful Job Is Out There, Just Waiting
Author	Richard N. Bolles	Dawn Graham	Steve Dalton	Paul Tieger, Kelly Tieger, And Barbara Barron	Reynold Levy
Publisher	Ten Speed Press	Anacom	Clarkson Potter/Ten Speed	Little Brown Spark	RosettaBooks

Year of Pub	2022	2022	2020	2021	2020
Title	What Color is Your Parachute	Switchers	The 2-Hour Job Search	Do What You Are	Start Now
Publication Time	December 27, 2022	June 26, 2018	March 6, 2012 2 <sup>nd</sup> Ed April 21, 2020	April 13, 2021	January 28, 2020
Page Count	352	269	240	385	218
Kindle*	\$12.99	\$13.99	\$12.99	\$12.99	\$11.99
Paperback*	\$15.79	\$13.89	\$10.79	\$17.93	\$18.99
Hardback*		\$17.99			\$16.95
Audiobook*	Yes	Yes		Yes	\$22.99 CD
ISBN-10	1984860348	0814439632	1607741709		
ISBN-13	978-1984860347	978-08144396302	978-1607741701		
Activity Stats	Over 10 million in 2022 Best Sellers Rank: #2,158 in Books (See Top 100 in Books) #1 in Job Hunting (Books) #1 in Job Resumes (Books) #125 in Success Self-Help	Best Sellers Rank: #503,089 in Kindle Store (See Top 100 in Kindle Store) #143 in Job Resumes (Books) #178 in Job Hunting (Kindle Store) #358 in Career Guides	Best Sellers Rank: #91,632 in Kindle Store (See Top 100 in Kindle Store) #4 in Job Resumes (Kindle Store) #4 in Job Interviewing (Kindle Store) #9 in Vocational Guidance (Books)	Best Sellers Rank: #208,771 in Kindle Store (See Top 100 in Kindle Store) #48 in Job Hunting (Kindle Store) #90 in Career Guides #229 in Job Hunting (Books)	Best Sellers Rank: #889,605 in Kindle Store (See Top 100 in Kindle Store) #115 in Job Interviewing (Kindle Store) #418 in Job Hunting (Kindle Store) #805 in Career Guides
Amazon Stars	4.5	4.5	4.6	4.4	4.5
Amazon # of Ratings	312	237	502	1,000	27
Goodreads Stars	3.7	3.8	4.1	3.8	3.2
Goodreads # of Ratings	16,124	438	1446	5,500	25

## Book Table of Contents

### Chapter 1 - The Big Picture

#### **Manifesting Activities**

Meditation  
Breathing  
Affirmations  
Journaling  
Being creative  
Visualizing  
Taking action  
Feel Gratitude  
Feel positive  
Inspirational activities  
Giving to others  
Celebrate/reward

#### **Awareness Checks**

Protecting your dream  
Parenting

Other relationships  
Boundary setting  
Being in the now  
Messages from the universe  
Themes & Patterns  
Intuition/gut check  
Self-Care  
Getting help  
Blue Tape Specials

#### **Other Evoking Tactics**

Creating a special place  
Trusting your gut or call on your intuition  
Positive prayer  
Dealing with fear or resistance  
Declutter or simplify  
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### Chapter 2 - Brand Development

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1. Wheel of Life
2. Abuse Red Flags
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5. Gremlins
6. Feedback Form
7. Lightworker
8. Spiritual Awakening
9. LGBTQIA+
10. AMOYO
11. Key Influences
12. Values
13. Self-Care and Healing
14. Ayurveda
15. Chakras
16. Skills
17. Personality
18. Passions/Personality/Aptitude
19. Change Spectrum/Readiness
20. The Five Elements

### **Activities**

Create your treasure map  
Add in the places where you are Extra  
Interpret your results  
Take the Blue Tape Special  
Develop your external brand related to your job search

### **Chapter 3 - The Basics**

Resume Guidelines  
Resume Styles  
References  
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### **Chapter 4 - Building Bridges**

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Creative Networking Resources  
Creative Methods  
Rejection and Persistence  
Recruiting

### **Chapter 5 - Interviewing**

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Tell Stories

### **Chapter 6 - Closing the Deal**

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Job factors to be considered when negotiating salary

Other Thoughts

### **Chapter 7 - Navigational Beacons**

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### **Chapter 7 - Navigational Beacons (con't)**

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Differentiation

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Drug checks

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- Manifestation Tracker
- Job Search Tracker
- Dreaming Tool
- Visualizing Tool
- Elevator Pitch
- Idea Tracker
- Opportunity Tracker

#### **Resource List**

#### **HR Trends**



## Chapter Summaries

- *Chapter 1 - The Big Picture* – Activities successful people typically use to achieve their dreams including meditation, breathing, affirmations, journaling, visualizing, taking action, maintaining inspiration, celebrating victories and more.
- *Chapter 2 - Brand Development* – Over twenty activities and assessments to help the jobseeker find out more about who they are. This section helps them create an amazing personal brand for resumes and interviewing, but also gives them a broader view of who they are so that they can create the life they want.
- *Chapter 3 - The Basics* – Resumes, references, cover letters, business cards, portfolios, online job boards, and LinkedIn.
- *Chapter 4 - Building Bridges* – Personal appearance, standard and creative networking, rejection and persistence, and recruiters.
- *Chapter 5 – Interviewing* – Pre-Interview work, types of interviews, types of interviewers, storytelling and follow-up.
- *Chapter 6 - Closing the Deal* – Salary negotiations, benefit value, expected amount of work, and other job factors to be considered.
- *Chapter 7 - Navigational Beacons* – The latest HR trends and how to navigate your job search through them.
- *Chapter 8 - Beyond the Sunset* – A set of tools that are not available elsewhere, for dream development, dream manifestation, job searching, visualization, developing an elevator pitch, developing ideas, and pursuing opportunities. It includes a list of the most surprising HR statistics and what the implications are in the job search process. Lastly, it includes list of resources that are generally helpful in becoming who you want to be.

## Sample Chapters

See attached file for Chapters 1 and 2. I've also attached a sample tracker tool, the Manifestation Tracker, from Chapter 8.

## Source References

<sup>1</sup>How many people are actually looking for a job? - Active vs. Passive, LinkedIn Newsletter by Mark Parent of Ment Digital, July 11, 2023

<sup>2</sup>What is Meaningful Work & How to Create It, Libby Marks, Nov 23, 2023, Runn

<sup>3</sup>Modeling the Future of Religion in America, How U.S. religious composition has changed in recent decades, Pew Research Center, September 13, 2022

<sup>4</sup>New Age Beliefs Common Among Both Religions and Nonreligious Americans, Claire Gecewicz, Pew Research Center, October 1, 2018

<sup>5</sup>Spirituality Among Americans: Spiritual Practices, Becka A. Alper, Michel Rotolo, Patricia Tevington, Justin Nortey and Asta Kallo, Pew Research Center, December 7, 2023

									Enter date #'s of month to the left	
Activities	I Will Do	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Goal	I Did It
Meditation 5 minutes a day										
Breathing 5 minutes a day										
Affirmations 3 times a day										
Journaling 3 pages or other method										
Playing/Being creative										
Visualization 5 minutes										
Feeling gratitude 5 minutes a day										
Feeling positive 17 minutes a day										
Inspiring yourself										
Giving to others										
Pitches										
Celebrate										
Other										
Other										
Other										
Awarenesses Checks	Status	Notes								
Protecting your dream										
Parenting										
Other relationships										
Boundary setting										
Being in the now										
Messages from the Universe										
Themes & Patterns										
Intuition/Gut Check										
Self Care										
Getting help										
BTS Start 1 -										
BTS Start 2 -										
BTS Start 3 -										
BTS Stop 1 -										
BTS Stop 2 -										
BTS Stop 3 -										
Gratitude					Learnings					
Successes					Next Week					



1

*YOUR OPPORTUNITY*

# Chapter One

# The Big Picture

*We just don't always recognize life's most significant moments while they're happening.'*  
*Looking for a job may be the best thing that ever happened to you. It was for me.*

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# Introduction

Hello, I believe that things happen for a reason and there is a reason that you found this book. So I'm glad you're here. If you are looking for a job, it means that something needs to change in your life. You need a job or a better job and this book can help you. It also means that you have some element of "faith" in a better tomorrow. Sometimes that is hard to have, particularly in light of recent world events. Hold on to that, because that faith, that positivity is critical to making it happen. Your belief in yourself and your hope for tomorrow are the two most powerful aspects of your being that will get you the job you want.

The key thing you need to know about this book is that most of these tips can be used regardless of the nature of the job. However, you don't have to do all of them. Implement the ideas that make sense for you in your current life situation and the position for which you are looking.

I will discuss the practical elements of getting a job, but also the more important idea of creating the life you want. If you are broke and on the verge of getting evicted from your home and you have loved ones for whom you need to put food on the table, then there is an urgency of just getting a @#%@ job, any job. If this is the case for you, the more practical ideas will probably be more useful to you now.

However, even in such a situation, you can also keep the bigger picture in mind – creating the life you want in the long run, the life you were put on this planet to experience. All of us were meant to do great stuff, whether that's having a great job, raising a great family and/or making the world a better place. Just take the ideas that work for you where you are today and keep the other ideas in mind for your future.

## The Basics

If you want the typical job search tools, such as resumes, networking and interviewing from an HR person whose been in HR for more than 20 years - it's in here. Go to *The Basics* chapter first.

## Spirituality

You will see spirituality peppered throughout this writing. This is because I believe that spirituality is the key to your happiness and the well-being of the world. However, my definition of spirituality is probably different that what you might expect or are used to.

It is not hellfire and damnation, attending church, reading a religious text or following strict religious guidelines. It is not necessarily a personified view of a greater power. It is simply, how do I discover who I am and live that fully.

Many of us don't do this for a large portion of our lives. Our parents influence the paths we choose. Society does too. We are taught to value fame, power, appearance and money. All of these can be good elements, but they are hollow. They don't produce happiness. Pure pursuit of them in the absence of deeper values like love, connection and making the world a better place, generally, won't foster your magnificence.

There are certain ways of being that help you live fully and these work in a practical way whether you believe in them or not. Thus, whether you are an atheist, agnostic, Christian, Hindu, Muslim, Buddhist, a new age practitioner or something else, you will find plenty of value in this book and I don't think you will feel like I'm trying to "convert" you. And I'm not.

*Grace's version of spirituality is:  
Discovering who I am  
and living that fully.*



# Draft

*Whenever you are scared and excited about something at the same time, it is usually a sign that you should move forward.<sup>2</sup>*

# Manifestation

Looking for a new job is, in effect, manifesting a dream. There are key steps that increase your chances of manifesting any dream and this book takes you through them. As with everything in this book, if something doesn't resonate with you, you can let it go. Modify your activity to fit you and where you are today. However, if you have been trying to accomplish something and it hasn't been happening, then reconsider any activity in this book that you haven't been doing.

## What are the steps?

First you connect to the creative energy of the universe through meditation, breathing, affirmation, journaling, visualization and creativity. Then you dream and choose one or more dreams you want to achieve. Then you take some action on a regular basis. You can also take a variety of actions to evoke your own personal mystical power. Lastly and most importantly, you must celebrate and experience joy as much as possible.

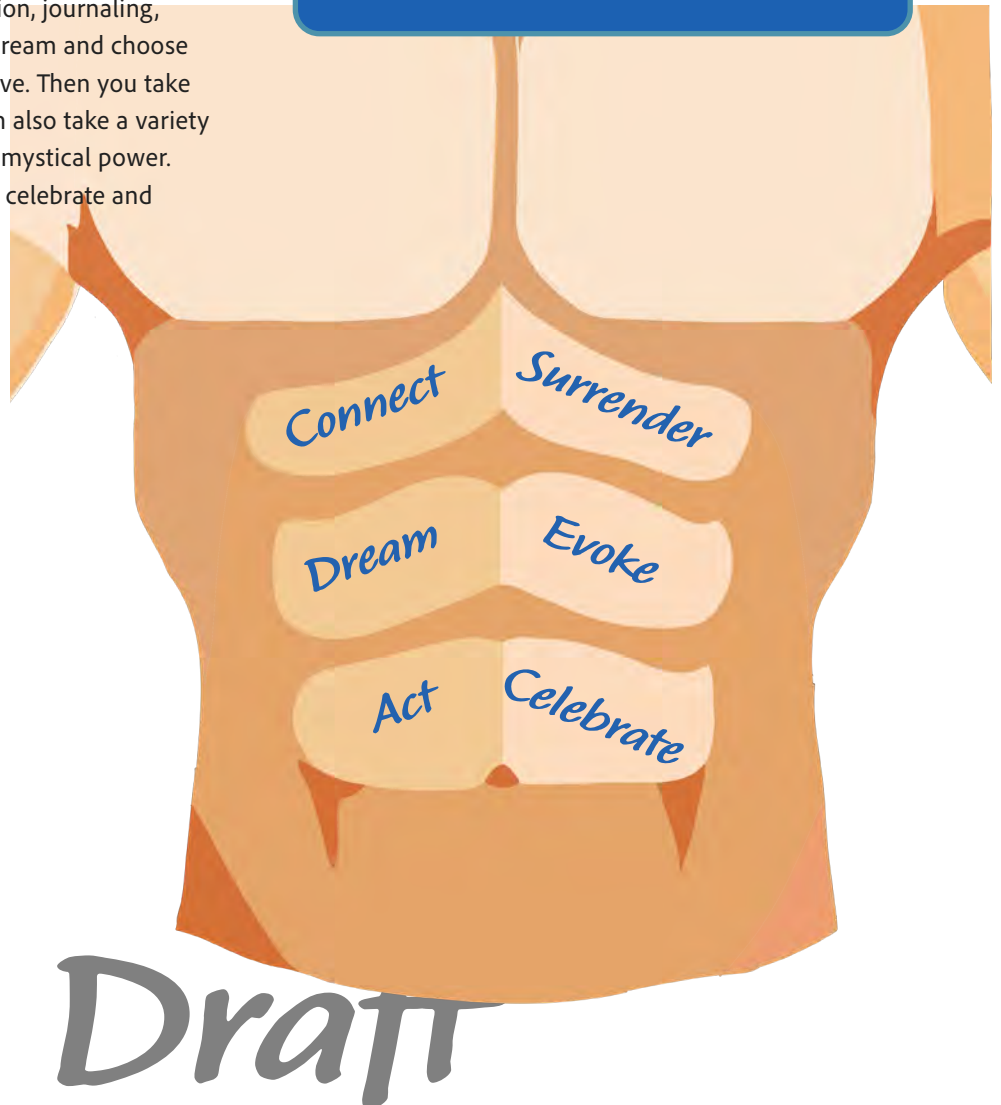
## Manifestation Six Pack

1. *Connect to the creative power through meditation, breathing, affirmation, journaling, creativity and visualization.*
2. *Dream and then chose the dreams you want to work toward.*
3. *Take action by doing what you can from where you are with what you have.*
4. *Surrender control over the details.*
5. *Evoke your mystical power.*
6. *Celebrate your victories and experience the joy and wonder of life.*

*Do you know how  
old I will be  
by the time  
I learn to do this?*

*Yes, the same age  
you will be  
if you don't.*

*So let's start.<sup>3</sup>*




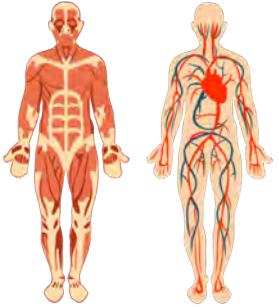

*Shhh. . this one's super secret . .but it's slowly getting out .. meditation works.*

# Meditation

*Meditation is the most practical action you can take for success in any aspect of your life. Five minutes a day will be effective.*

Meditation is no longer considered "woowoo" anymore. Modern scientific research shows that it enhances the mind, body, and soul. Meditation is the most effective tool

you have in your job-search toolkit for successful interviewing. Regardless of whether you believe in a higher spirit or not, it works.

Research-Proven Benefits of Meditation <sup>4</sup>	
<ul style="list-style-type: none"> <li>🕒 <b>Flow</b> - Better creativity, adaptability, intuition and perception and achieve flow or being "in the zone"</li> <li>🕒 <b>Positivity</b> - Positive mindset, will-power, self-discipline, motivation, optimism, grit/mental toughness, control anger, emotional stability, overcome shyness</li> <li>🕒 <b>Mental health</b> – Better mental health overall and overcome OCD, eating disorders, bipolar disorders, ADD, ADHD, addictions, habits, PTSD, anxiety, depression and phobias</li> <li>🕒 <b>Overall</b> - More success, greater happiness, better relationships</li> <li>🕒 <b>Brain</b> – Improves integration, balance, learning ability, IQ, power level, concentration, memory</li> <li>🕒 <b>Connection</b> - Better listening, tolerance, compassion, improves EQ (emotional quotient)</li> <li>🕒 <b>Other</b> - Neurogenesis, better than hypnosis, reduce fear</li> <li>🕒 <b>Mind-body connection</b> - Improves ability to heal the body through thought. Helps mitigate thinking that leads to disease.</li> <li>🕒 <b>Mind function</b> Quiet mind chatter, develop Einstein-like brain, reduce monkey mind, reduce fight or flight response, greater clarity</li> <li>🕒 <b>Seniors</b> - Stop or slow Alzheimers and dementia</li> </ul>	<p><i>Mind</i></p> 
<p><i>Body</i></p> 	<ul style="list-style-type: none"> <li>🕒 <b>Aging</b> -Slows aging, increases longevity, younger skin</li> <li>🕒 <b>Body functions</b> – Improves circulation, breathing/respiratory, endocrine system, nervous system, digestion, cardiovascular, the gut-brain axis, reduces muscle tension</li> <li>🕒 <b>Other</b> – Better pain management, reduces inflammation, increases libido, and energy, helps lose weight, lowers cholesterol, improves gene expression (helps good genes be more effective and less favorable genes, like cancer, stay dormant), reduces telomeres damage (aging factor), cure headaches</li> <li>🕒 <b>Chemicals</b> - Boosts chemicals for mood, health or longevity – melatonin, serotonin, DHEA and telomerase (longevity), GABA (feel calm), growth hormone, nitric oxide (Zen Molecule)</li> <li>🕒 <b>Brain</b> - fortifies it, better synchronization and balance, bigger brain</li> <li>🕒 <b>Feminine health</b> - Helps with feminine health – PMS, pregnancy/birth, infertility</li> <li>🕒 <b>Stress</b> - Reduces stress/cortisol, calms neurotransmitters, increases relaxation</li> <li>🕒 <b>Sleep</b> - Improves sleep, helps sleep be more rejuvenating, will need less of it</li> <li>🕒 <b>Health maintenance and healing</b> – Super-antioxidant, increases T Cells &amp; antibodies strengthens immunity</li> </ul>
<ul style="list-style-type: none"> <li>🕒 <b>Energy state</b> - Positive energy, law of attraction, balance your chakras</li> <li>🕒 <b>Spiritual level and development</b> - Spiritual awakening and growth and higher consciousness</li> <li>🕒 <b>Remote viewing</b> - The ability to witness with your mind's eye: places, events, objects, and people, at any location, no matter the distance or time</li> <li>🕒 <b>Access the quantum</b> - An all powerful, ever-present, omniscient force that is already within you</li> <li>🕒 <b>Kundalini rising</b> - Access an extremely powerful, dormant, force of potential energy along the base of your spine</li> <li>🕒 <b>Help lightworkers</b> - Helps people connect to the ephemeral energy of the universe.</li> <li>🕒 <b>Lucid dreaming</b> - Helps you better experience dreams that are helpful and provide insight.</li> <li>🕒 <b>Peace</b> - The power of "now", inner silence, peace of mind</li> <li>🕒 <b>Awareness, purpose and meaning</b> – Deepen awareness, open third eye, discover life purpose(s)</li> <li>🕒 <b>Connectedness and belonging</b> – To the self, the universe and with others</li> <li>🕒 <b>Synchronicity</b> - When events in your life seem to fall into place</li> </ul>	<p><i>Soul</i></p> 

*Draft*

# Meditation

## *HR True Story*

*I meditated in the waiting room before a two hour interview with four people on a Friday. I spent eight hours with them and was offered the job on Monday.*

Meditation is the most valuable thing you can do for yourself in your entire life, regardless of whether you look at it from a spiritual or scientific view. It has been said that prayer is when you talk to God/Benevolent Force and meditation is when you listen. A lot of recent research is proving that meditation is highly effective in changing your current reality in this time and space.

## *You cannot do meditation wrong.*

We have about 60,000–80,000 thoughts per day. Anything you do, that slows the frequency of your thoughts for any length of time, even as little as five minutes a day, is meditative and good for you. All our religious sages practiced some form of "quietness."

Meditation can directly improve your interviewing experiences. If you meditate regularly, you can use this to be very calm, confident and "in the moment" during an interview. I have used meditation to interview successfully to get jobs.

Once I was about to interview for a job. I really wanted and needed this particular job. I was supposed to interview with four interviewers over a couple hours. As I sat in the waiting area, my heart began to race and I became really nervous. So I closed my eyes and meditated for a couple of minutes. When I went into the interviews I was calm and clear-headed. I ended up interviewing with them for eight hours on a Friday. I was called the following Monday and offered the job. I took that job and it was one of the best jobs I've had.



# Draft

*If you meditate, you will find that you have more time than you have now, not less.*

# Meditation

Finally, the most common reason people say they don't meditate is that they don't have time. You will have more time in the long run if you meditate.

When you meditate, your reality will change. Sometimes you will get that close parking spot by the grocery. Some horrible client that needlessly took up your time will go somewhere else and a new awesome client will show up. Your child will suddenly want to do his or her homework, so you can focus on cleaning the kitchen.

Little things like that will occur and you will suddenly discover that you have more time instead of less. If you don't believe me, try it. Invest 5 minutes a day. Some people ask how much you should meditate – what is the max? There really isn't a maximum. Start with five minutes and then adjust the time as you see fit. But try to always do at least five minutes. For you Type A personalities, remember life is not a competition. It's about maximizing joy and fulfilling your purpose(s). Several methods are provided here. If you haven't meditated before, guided imagery is a good one.

## Heart Brain Coherence Method<sup>5</sup>

Research shows that there is a separate "little brain" in the heart. This brain functions separately from our regular brain. This method aligns the two brains which improves our effectiveness on multiple levels - health, creativity, intelligence, etc.

The steps are:

1. Touch your heart in a way that is comfortable for you. (your awareness will go to the touch where you feel the sensation - shifts you from your mind to your heart).
2. Slow your breathing to what is comfortable to you, maybe 5 seconds each. Turns your intention inward. You are telling your body that you are safe and to release your stress hormones.
3. Create a feeling in your heart where you feel the touch. Feel one of the following feelings: care, appreciation, gratitude or compassion for anything or anyone.

## Clearing Your Mind Method

With this method you close your eyes and clear your mind of thoughts and feelings and then remain that way. People tend to do this by focusing on their breath, take slow deep breaths and noticing the rhythm. They also may do a body scan where they start from the feet or the head and move up or down the body, noticing any tension in their muscles and mindfully relaxing those muscles. People who are new to meditation may find this method challenging at first, because their minds are not "practiced" at slowing down. So if you do try this and feel that you aren't able to keep your mind empty for any length of time, don't worry about that. You can just keep trying and the time you can do this will get longer or you can try other methods too.

## Focal Point Method

This method utilizes a physical or mental object that you focus on either in the real world or in your mind. You stare at the object for a while until your mind clears of everyday thoughts and as that happens, you close your eyes, if you haven't already, and drift off into that empty mental space. The most common object people tend to use is a lighted candle, either real or imagined. Others use mandalas. Any object that helps your mind pull away from all the activity in your life will work.

## Activity Based Method

Many activities can be meditative like walking, swimming, painting, journaling, singing, playing music, drawing, dancing or even sex. Anything that makes you calm, allows you a higher sense of awareness, slows your thoughts down and/or puts you "in the zone" or "in the flow" can be meditative. However, many of these activities could do the opposite as well, increasing insulin, stress and excitation. Such a state, periodically, is fine to be in, but if these activities do not put you in a meditative state, then choose another method for your meditation.

## Guided Imagery Method

With guided imagery, you are taken on a visualization in your mind. Sometimes the visualization involves making a journey like walking through the woods. Sometimes you are visualizing yourself being a certain way or having a certain physicality. You can probably create visualizations for yourself. But initially, it's probably better to try some that are created for you.

Draft



*There are infinitely many ways to meditate, find those that work for you.*

# Meditation

## Chanting Method

This method is just what it says it is - chanting. You typically chant a word or a phrase(s) that connects you to a higher consciousness. The chanting also helps slow down your thoughts to reach a meditative state. The following passages provide you several chanting options.

### *Deepak Chopra and Oprah Winfrey*

Deepak Chopra and Oprah Winfrey have partnered to create numerous recordings, that you get on CDs or through an app, on all sorts of topics - relationships, being in the flow, stress reduction, happiness, health, success, gratitude, hope, creating peace, weight loss, making every moment matter, energy of attraction, etc. The programs also provide a centering thought (an affirmation), journaling ideas and other ways for you to be reflective. A recording series on a particular topic typically runs \$50-\$70, but they often run specials where those costs are discounted or you can buy combo packs for less. They sometimes offer free 21-day programs. You can register at <https://www.deepakchopra.com> where you can buy their products and also be notified when they offering the free programs.

### *Nam Myoho Renge Kyo*

This is a great one for a person who wants something simple, but powerful. It comes from ancient wisdom and millions of people all over the world do this one and it's free. The singer, Tina Turner, was taught this practice and it helped her to make powerful changes in her life. You simply chant the phrase - Nam Myoho Renge Kyo - during your meditation time, when you want to slow down your thoughts and get in more of a trance state. But you can also chant it throughout your day whenever you have a free moment. People also light candles and/or create a sacred space with objects, like Buddha statues or the Bible, that have meaning for them. You can make it as simple or as elaborate as you want.

### *Ho'Oponopono Method*

With this method you chant the following phrases.

I'm Sorry. (in breath).

Please Forgive Me. (out breath)

Thank You. (in breath)

I Love You. (out breath)

You can find out more about this method at these two websites:

<http://www.livehooponopono.com>

<https://harmonyhealthmassage.com/practicing-hooponopono-in-four-simple-steps>

### *Other Common Chants (In Sanskrit Language)<sup>6</sup>*

The list below has some of the most commonly chanted phrases in an ancient language called Sanskrit. You can pick a different phrase each day and chant it in a quiet place with perhaps some soothing music. The English translation is provided for you as well.

- |  |  |
|--|--|
| ☉ Aham Brahmasmi - I am the wholeness of all creation.       | ☉ Vam - I am love.   |
| ☉ Aham Prema - I am love.                                    | ☉ Ram - Everything I desire is within me.  |
| ☉ So Hum - I am.   | ☉ Yam - I am happiness.  |
| ☉ Sat Chit Ananda - Existence, consciousness, bliss          | ☉ Ham - I am creativity.   |
| ☉ Ananda Hum - I am bliss.                                   | ☉ Om - Perfection. I am.   |
| ☉ Karuna Hum - I am compassion.                              | ☉ Om Namah Shivaya - I bow to the inner self.  |
| ☉ Om Hreem - I see unity behind diversity.                   | ☉ Yum - I activate peace, harmony, and love.   |
| ☉ Om Ram Ramaya - I bring balance and strength into my life. | ☉ Om Bhavam Namah - I am a field of all possibilities.                               |
| ☉ Siddho Hum - I am perfect and complete as I am.            | ☉ Om Hreem Namah - I open my consciousness to reality.                               |
| ☉ Lam - Opens the root chakra                                | ☉ Sharavana Bhava - My awareness is aligned with the creative power of the universe. |

# Draft

# Breathing

Similar to meditation, breathing exercises are helpful for health and vitality which are critical for creating the life you want. Deep breathing helps you reduce stress and boost your immunity and healing potential. Many doctors believe stress is the cause of most of our illness. Five minutes should be enough to make a difference. I usually do my breathing right before meditation. The breathing helps you relax as you move into a meditative state. Try any of these methods.<sup>7</sup>



*You can also try combining this with aromatherapy and/or taking a long hot bath.*

*Try making it "a thing".*

## Alternate Nostril Breathing Method

- 1. Sit up tall
- 2. Lengthen your spine
- 3. Allow your shoulders to drop down away from the ears.
- 4. Relax.
- 5. Allow your chin to run level with the ground, (do not tilt your chin up).
- 6. With your left hand, bring your index finger and thumb together to touch.
- 7. Rest that hand on your left knee or in your lap.
- 8. With your right hand, invite your pointer finger and middle finger to rest at the space between your eyebrows.
- 9. Now your thumb and ring finger are available and ready for use. You'll be using your right hand only for this practice. You will be breathing through the nose the entire time (your mouth will remain closed). Exhale.
- 10. With your right thumb, plug your right nostril and inhale through the left.
- 11. With your right ring finger, plug your left nostril and exhale through the right nostril.
- 12. Stay on the same side. With your ring finger, plug the left nostril and inhale through the right nostril.

## Alternate sides

- 1. With your thumb, plug the right nostril and inhale through the left.
- 2. With the ring finger, plug the left nostril and exhale through the right.
- 3. Keep using your fingers in the same manner.
- 4. Inhale through the right and exhale through the left.
- 5. Inhale through the left and exhale through the right
- 6. Repeat the cycle.

## Three Part Breathing Method

- 1. Place your right hand over your heart and your left hand over your belly.
- 2. Feel the natural rise and fall of the belly and chest as you breathe.
- 3. Allow the air to enter and exit at its own will.
- 4. Just observe the breath for a few cycles.
- 5. Once you've familiarized yourself with the nature of your breath, exhale completely.
- 6. Breathing through the nose, inhale into the belly, and pause. (You'll feel the air fill your belly like a balloon being inflated.)
- 7. Now sip in more air and fill the whole chest and hold. (You'll feel your side ribs flare open like fish gills.)
- 8. At the top of the breath, increase your lung capacity by gently sipping in a little more air, and retain.
- 9. Before you reach the point of discomfort, exhale through the mouth.
- 10. Repeat the cycle.

## Relaxation Breathing Method

- 1. Exhale completely.
- 2. Breathing through the nose, inhale for four counts and pause.
- 3. Retain the breath for six counts
- 4. Slowly exhale through the nose for seven counts.
- 5. Repeat the cycle

Draft

# Affirmations



*Imagine a hillside in which deep grooves, or gullies, have been cut by years of rain, washing downhill. Now, whenever it rains, the water washes down the same grooves each time cutting them deeper into the hillside. They are now permanently etched into the hillside and carry down all the water that falls on the hillside.*

*There are also deep grooves in your mind. They are channels through which your thought-energy moves. They were cut in your childhood. Now they're so deep that almost anything that happens in your adulthood will run down the grooves in your mind.<sup>8</sup>*

Due to the way our brain functions, negative messaging tends to cut the deepest grooves. Affirmations are a way to re-groove your mind. An affirmation is a short positive statement that can help you focus on goals, get rid of negative, self-defeating beliefs and program your subconscious mind. It is good to spend at least 5 minutes per day, saying and/or thinking affirmations. Some people say affirmations throughout their day as a way to offset the negative messages they received in the past and the negative messages that we receive all day long.

## Guidelines for Writing Your Own Affirmations

- 🕒 It's easier to remember short affirmations, but I regularly see both long and short ones. So do what feels right for you.
- 🗣️ Start your affirmations with "I" or "My."
- 🗣️ Write your affirmations in the present tense.
- 🗣️ Don't begin your affirmations with "I want" or "I need."
- 🗣️ Make sure all your affirmations are positive statements.
- 🗣️ Create affirmations that you believe.

## Sample Affirmations

Next you will find a list of affirmations for many topics including health, relationships, prosperity, purpose, positivity, self-confidence, self-esteem, stress management, creativity, happiness, success, gratitude, weight loss, communicating and more. Feel free to use these or write your own.

"Universal benevolent force" is used to represent whatever force created the universe, people, planet, trees, flowers, animals, gravity, wind, sun, rain, etc. Substitute whatever words best mean that for you, whether it's God, Christ, Jesus, Buddha, God/Mind, Allah, Confucius, Krishna, etc. You could also change reference to "force" to spirit, holy spirit, higher power, higher consciousness, humanity's consciousness, the quantum power of the universe or something else that better fits you.

If you struggle to "own" or truly believe an affirmation, like "I am awesome" then create a transitional affirmation that you can own like "I am becoming awesome" or "I am becoming a better person."

# Draft

# Affirmations

## Financial Prosperity

- ☉ The universal benevolent force makes financial abundance available to me.
- ☉ The source of my financial abundance will come from the universal benevolent force directing and working through me.
- ☉ I am able to give up ego control of my life, so that I will get what I really want and need.
- ☉ I am able to trust in the goodness of the universal benevolent force.
- ☉ I give some of my resources to others, trusting that such energy will be returned to me in an even greater amount.
- ☉ I give some of my resources to others, knowing that my current abundance was created by my past generosity.
- ☉ I believe that everyone, including me, deserves financial abundance.
- ☉ I focus on activities that lead to my well being.
- ☉ I am grateful for my life.
- ☉ I am grateful for the people in my life.

## Health

- ☉ I create my perfect health.
- ☉ My small changes for health are making a big positive difference.
- ☉ My body sends me wise messages and I respond in a right and perfect way.
- ☉ My mind and body are in rhythm.
- ☉ I am perfect, healthy and strong.
- ☉ My body perfectly connects me to spirit.
- ☉ I maintain healthy habits.
- ☉ My outer self reflects my truest inner self.
- ☉ I am one with the universal benevolent force.
- ☉ I am one with the breath of life.

## Relationships

- ☉ My relationships are thriving.
- ☉ I choose empowering relationships.
- ☉ I see the true nature of other people.
- ☉ I am able to forgive others.
- ☉ I am blessed by others.
- ☉ I love and am loved unconditionally.
- ☉ I nurture my relationships.
- ☉ I am fully present with other people.
- ☉ I am at peace.
- ☉ My presence is healing to the people around me.

## Success

- ☉ My true self will create my success.
- ☉ My soul steers me toward my greater good.
- ☉ I am pure unbounded awareness.
- ☉ I am the universe.
- ☉ I choose steps toward my wholeness.
- ☉ Freedom is my true destiny.
- ☉ My deep desires come from my soul.
- ☉ My desires manifest at the right time and place.
- ☉ I manifest desire easily and naturally.
- ☉ I take action toward my desires.

## Forgiveness

These can be said to help with forgiveness for yourself and/or others.

- ☉ The universal benevolent force wants me to forgive myself/ others and I am able to do so.
- ☉ I release the past so that I may be a part of a perfect future.
- ☉ I release the past so that I can be who I am meant to be.
- ☉ In the perfect creation of life, there is no shame. Thus, I should forgive myself/others.
- ☉ I/other people are doing the best I/they can based on my/ their current consciousness.
- ☉ I have the power to forgive now.
- ☉ Everyone is experiencing what they are supposed to be experiencing for their greater good in the long term.
- ☉ I forgive others, so I can claim my power.
- ☉ I forgive myself, so I can fully love, help and be present for others.
- ☉ Everyone is on their own perfect spiritual path.

## Happiness, Peace and Positivity

- ☉ The happiness of others is my own happiness.
- ☉ My presence creates peace.
- ☉ I am exactly where I am supposed to be.
- ☉ I nurture myself in every way.
- ☉ I allow myself to just be.
- ☉ The best time of my life is always now.
- ☉ I feel the harmony of existence.
- ☉ I am grateful for the incredible gift of life.
- ☉ I am always enough, exactly as I am today.
- ☉ I recognize my achievements thus far.

## Weight Loss

- ☉ I am able to feel peace and joy in the present moment.
- ☉ I hear and act from the wisdom of my emotions.
- ☉ I am nourished by the experiences in my life.
- ☉ I am the source of my own inner healing.
- ☉ I live as who I was meant to be.
- ☉ There is nothing that I have to do. I can rest.
- ☉ I don't have to be perfect to be awesome.
- ☉ I choose companions who support my well being.
- ☉ I transform negativity and darkness into light.
- ☉ I transform heaviness into lightness.

## Creativity

- ☉ I activate my vision everyday.
- ☉ I clearly hear the wisdom of my soul.
- ☉ I trust myself and the benevolent universal force.
- ☉ My creativity is the expression of my journey toward wholeness.
- ☉ I heal myself and others.
- ☉ I help others be free.
- ☉ I allow my light to emerge.
- ☉ I rejoice, celebrate and honor my journey as it has unfolded so far.
- ☉ I communicate authentically.
- ☉ The universal benevolent force created me to live from my deepest desires and I do this.

Draft

*It's about "vibrating" at a more powerful higher level of consciousness.*

# Affirmations & Journaling

## Affirmations Continued

### Self-Confidence and Self-Esteem

- 🕒 I matter and I am powerful.
- 🕒 I am unique and my existence has a purpose.
- 🕒 I allow myself to be fully who I am in order to help others.
- 🕒 I am supposed to contribute my uniqueness to the world and I do.
- 🕒 I am brave.
- 🕒 I listen to the voice of my soul and do what it says to do.
- 🕒 I share my light with the world.
- 🕒 I am aware of my true nature.
- 🕒 I define myself by choosing who I want to be.
- 🕒 I am surrounded by loving people.

### Purpose and Meaning

- 🕒 I hear my soul.
- 🕒 My actions are inspired.
- 🕒 I fully experience and am grateful for each moment of my life as it unfolds.
- 🕒 I live authentically.
- 🕒 I am limitless.
- 🕒 My heart knows the answer.
- 🕒 I am intuitive.
- 🕒 I help others to be free.
- 🕒 I fearlessly take action toward my deepest desires.
- 🕒 I bring joy, peace and love to the world by healing myself.

## Journaling

There is power in writing, the physicality of moving your thoughts from your mind to paper or pressing the keys on your electronic device to move the energy from your

mind to the physical world. It helps you better invoke your intention, draw from the innate wisdom of your soul, practice gratitude, recognize your growth, celebrate your accomplishments and consciously make choices from a place of awareness. Four methods are provided here but there are many others out there.

### Three Pages Method<sup>9</sup>

- 🕒 Write at least three pages each day in a journal in a stream-of-consciousness style during which you just write whatever is in your head.
- 🕒 Even if nothing is in your head, just write "Nothing is in my head, nothing is in my head, nothing is in my head."

Trust me on this one. There is a magic in this process.

### Reach Method<sup>10</sup>

- 🕒 Write about these five topics.
- 🕒 Release - Release anything that may hold you back.
- 🕒 Energy - What you plan to spend your energy on today.
- 🕒 Awake - What learning or insight did you gain yesterday.
- 🕒 Celebration - Celebrate what you did or achieved yesterday.
- 🕒 Heart - What filled your heart with joy or gratitude yesterday.

Initially, this method takes maybe 15-20 minutes; but over time it will usually take about 5 minutes.

### Bullet Method

A mixture of journaling and art in which you tend to make bulleted-lists or grids of items to help you do things you need or want to do and you also decorate the journal pages for various holidays and/or with inspirational thoughts. This can be concise or elaborate. Just type in bullet journaling into your search browser and you can find many resources and ideas for this method.

### Dear Diary

This can just be typical journaling where you just write about whatever you want in whatever format you want and as long or short as you want. You can also address your journal as though you are writing to a specific person, like Oprah, Mother Theresa, a loved one or anyone who inspires you.



*Draft*

*The more complex the mind, the greater the need for the simplicity of play."*

# Creativity

*Creativity can be defined as the tendency to generate or recognize ideas, alternatives, or possibilities that may be useful in solving problems, communicating, and entertaining ourselves and others.*

Many people think they aren't creative. I think they are wrong. First of all creativity comes in many forms. If you've ever solved a problem, had an idea, improved a process, used humor to diffuse a difficult situation, created a new food dish or designed a football play, then you've been creative.



## Why is creativity important?

Creativity is important for several reasons.

1. Creativity comes forth from a person when they are connected to the power of the universe. It is an unleashing of your personal power and unique gifts that you were meant to bring to the universe. It raises your consciousness level, which is critical for problem-solving and manifesting.
2. Businesses who are really successful tend to have fostered a culture where being creative is embedded in their way of being. Interviewers in such companies will resonate with your creativity in two ways - to

your underlying "creative" way of being and to the stories you tell about your problem solving, overcoming challenges, etc.

3. Change on our planet is occurring at a pace greater than anytime in human history, which will drive a greater need for creative people. More opportunities arise for creation and creative solutions; and employers place more value on these activities during such times. Thus, smart employers will pay more for people who can demonstrate outside-the-box thinking.

## Exercising Creativity At Work

I do want to provide a warning about using creativity at work. If you are in a creative-oriented job, like being an artist, creativity is expected in your work. However if you are in a job that doesn't tend to need creativity, like boxing items that are to be shipped out, then you need to make sure you are achieving the non-creative elements of your work first.

Also, if your job doesn't require overt creativity, then it may not be valued and may even be viewed negatively. Your boss could view you as not being focused on the job. Finally, the less "creative" your boss is, the less they will tend to value creativity and they may even be intimidated by your creativity. For example, you could come up with a time-saving new way to structure the boxing process, but your boss could see this as being competitive with him or her. He or she could also just be dismissive, thinking "you're just a line-worker who couldn't possibly come up with a fabulous idea, that creativity or problem solving is more of a "manager thing".

So be careful with when and where you are creative in your work environment and if you tend to be creative, continue to try and find work that is the best fit for you. Whatever you do, don't devalue yourself just because you have a boss that doesn't see the value of what you bring to the table.

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# Creativity

## How do I increase my creativity?

You increase your creativity by playing, having fun, feeling gratitude or joy, seeing new things, experiencing new people and situations, being in the present moment rather than thinking about the past or future and feeling the wonder of existence.

Kids go into school full of creativity - energized, authentic, with ideas just bursting out of their heads and non-judgmental about their work and the work of others.

The mechanics of society, at the current time, tends to squash creativity. We subject people to "grading" and condition them to conform to cultural norms.

So you may need to "unlearn" some of that conditioning. This is not to say it was "bad" as those "lessons" got you to adulthood, but the degree of such conditioning probably no longer serves you optimally. Your consciousness level is likely at a place where you will be more fully you - i.e. fulfill your purposes - by being more non-conforming.

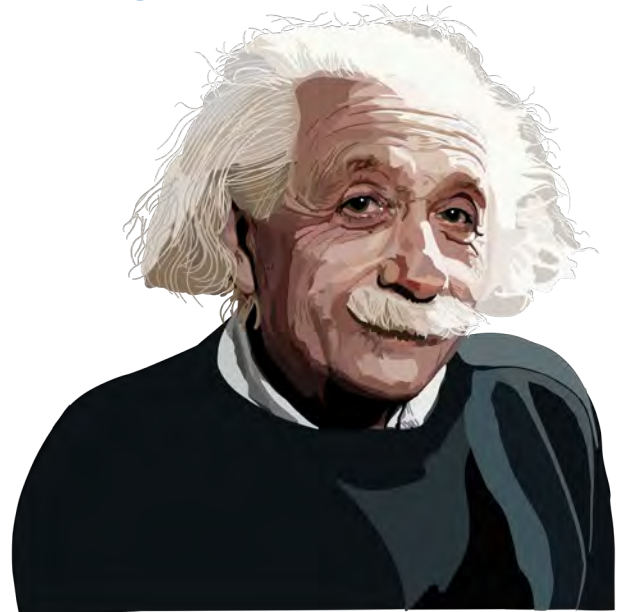
This is addressed further later in the book, but for now, you can start expanding your creative way of being. The great thing about this, is that can be superfun, if you let it. You need to let yourself be a child again.

## Where to Start

If you have access to a child or children, go play with them. Go play with them again. . . and again . . . and . . . you get the picture. Anything you can do that is childlike is probably helpful. You need to play. There are many books, podcasts, and workshops, etc. It is likely that any resource on creativity will help you.

## EXCEPT FOR:

**AVOID ANY EXPERIENCE PROVIDED BY SOMEONE WHO IS NEGATIVE, NON-SUPPORTIVE, FEARFUL, EGOTISTICAL, DEMEANING, CONDESCENDING, A KNOW-IT-ALL, JUDGMENTAL, NARCISSISTIC, SELF-CENTERED, NARROW OR SINGLE-MINDED, OR JUST GENERALLY NOT CREATIVE.**



These types of people will crush your creativity. Do your best to avoid them. Unfortunately, some of these people may be your closest friends, relatives or co-workers. Do your best to surround yourself with people who understand creativity and support you. Minimize the opportunities you provide to unhelpful people to destroy your enthusiasm and confidence.

## Resources

- 🕒 *The Artist's Way, Julia Cameron*
- 🕒 *The Spark and the Grind: Ignite the Power of Disciplined Creativity, Erik Wahl*
- 🕒 *Six Thinking Hats, Bono Edward De*
- 🕒 *The War of Art: Winning the Inner Creative Battle, Steven Pressfield*
- 🕒 *Steal Like an Artist: 10 Things Nobody Told You About Being Creative, Austin Kleon*
- 🕒 *Big Magic: Creative Living Beyond Fear, Elizabeth Gilbert*
- 🕒 *The New Drawing on the Right Side of the Brain, Betty Edwards*
- 🕒 *Creativity, Inc., Overcoming the Unseen Forces That Stand in the Way of True Inspiration, Ed Catmull and Amy Wallace*

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# Visualization

Visualization is another area like affirmations, meditation and breathing that can seem like "woowoo."

Visualizing is a very effective activity toward making the life you want. Stephen Covey, the author of, *Seven Habits of Highly Effective People*, advocated that we should "begin with the end in mind." Sports coaches often have their teams visualize success, catching the ball, passing the ball, winning the game. Why do they do this? Like the other "woowoo" areas, it works.

## Visualization Guidelines

- 🕒 5 min a day - One time a day for 5 minutes a day is sufficient.
- 🕒 Like brushing your teeth - Make it a ritual if you can, part of your daily routine.
- 🕒 Imagine every detail - What do you see, hear, smell, and feel physically and emotionally, Who are you with? What are you doing?
- 🕒 Feel it - Allow yourself to REALLY feel being there.
- 🕒 See the endgame. See yourself achieving the goal and enjoying the results.
- 🕒 Get physical if you can. Dancing is highly recommended accompanied by singing, shouting, high-fives with yourself, pats on your back. Ice cream could be in order.
- 🕒 Make it real. If you want to be an animal photographer, take pictures of animals. If you want wealth, then do something that makes you "feel" wealthy.<sup>14</sup>

## Maximize Your Power

Ok, now write a short paragraph summarizing one of your dreams. If you don't like writing, you could make a vision

*I'm going to give you a little advice. There's a force in the universe that makes things happen. And all you have to do is get in touch with it, stop thinking, let things happen, and be the ball.<sup>13</sup>*



board. People do this many ways. You can take magazines and cut out pictures that resonate with you and reflect your dream. You could draw or paint your dream. One of my friends kept a folder with pictures she cut out of magazines of the kind of house she wanted - the furniture, the rooms, types of home lots she liked, etc. She would add to it when she saw something she liked. I've seen people have a cork board that they would decorate to reflect their dream.

Do whatever will help you really feel your vision each day. As you visualize each day and read or do other activities in this book, you may find other elements that should go in your vision. Just add them as they arise.

Think about how you can make it more real. How can you "live it" now? If you want to be a singer, what does it feel like to be on the stage? Find somewhere to be on a stage. Stand up on a box. Can you volunteer to sing somewhere?

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*If you have faith the size of a mustard seed, you will say to a mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you.<sup>15</sup>*

# Visualization

Imagine yourself traveling to an exciting location. See yourself in front of the crowds. Buy yourself an outfit that you would wear on stage. Would your family be with you? Would you invite them onstage? Who would come to see you after your performance? Buy a microphone and sing into it in the mirror. Take singing and/or music classes. You can often find free or low cost courses at the library. Find a group that needs a singer or join a singing group on meetup.com. As I've said and will say on this activity and a few others, do it because it works.

## Visualization of Ideal Job

Your 5-minute visualizations will be more effective if you have a really good vision of what you want. This exercise will help you do that. We've structured this one on your work or career, since this is the focus of this book. However, you can do this same activity for any area of your life or any dream you have - love, community, travel, happiness, health, financial wealth, etc. What does your ideal work look like? Write down your thoughts in the following areas, related to a job or career, that are listed on the next page.



*It's an energy field created by all living things. It surrounds us and penetrates us; it binds the galaxy together. Close your eyes. Feel it. The light...it's always been there. It will guide you.<sup>16</sup>*

## Visualization and Dreaming Tools In Last Chapter

There are visualization and dreaming tools provided in the last chapter. You can take the work you've done here and add to it using the tools.



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# Job Visualization

## Work Characteristics

Think about the jobs you've had. What characteristics did you like about a job and what did you not like? For example, I like variety in the work I do. So a job where I do exactly the same thing every day does not work for me. I have a friend who is very much the opposite. She likes her work to be, I would guess, about 90% predictable and similar from day to day with only a surprise every now and then.

Below is list of characteristics you might consider.

- ④ **Physical Environment** - When you go into work, what is it like physically? Are you in an office? Are you outdoors? Is it a clean or dirty environment? Do you have a desk? An office? Are you near water? Do you smell trees? Do you have a big desk? Are you able to look out a window?
- ④ **People** - Think of five people you enjoy being around and five people who annoy you, drive you crazy or irritate the hell of you. You can also think about whether they are energy drainers or energy builders. Do you feel more energized, hopeful, valued, powerful or inspired from being with them or the opposite, demoralized, defeated, weak, self-critical, exhausted? Do they help you be more who you really are and bring out your best self or the opposite? Does more of your inner light shine or less when you are around them? If you have more or less than five in each category, that's fine. On a piece of paper draw a line down the center to divide it into half. On one side write down the characteristics of the people you enjoy and on the other side, the characteristics of people you don't enjoy. What are their personalities like? Is part of what you like about them, the type of work they do and/or how they engage with people or both.
- ④ **Autonomy** - Do you like to direct your day or would you rather that your work be directed by others? When do you come into work and when do you leave? Where do you do your work? What time of day or week?
- ④ **Success** - What makes you feel successful, valuable, or useful? Remember, that you are always valuable regardless of what you do, but when you are doing something you know "in your bones" fits you, you can feel it. Have you had moments where you knew, or later realized, that you were "in the zone" where time stands still, you are totally in the current moment, and you knew you did something great, unusual or unique.
- ④ **Geography** - What part of the world do you want to work and live in? What type of areas do you like - rural, urban, suburban? Would you rather work in a small office in a strip mall or in a big office building? Would you like to be close to home or don't mind working some distance from home.
- ④ **Travel** - Would you like a job where you travel? If so, how much? Where?
- ④ **Interests** - What are you fascinated by? Space, ancient history, what makes people tick, socks, sports, iguanas, etc. Do you have hobbies? What are they? What do you like about them? What do you spend time on outside of work? Where there any elements of your previous jobs where you felt a spark of passion?

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*All our dreams can come true, if we have the courage to pursue them.<sup>18</sup>*

# Dream

Stop reading right now and get some paper and a writing instrument. Write a description of your biggest dream/wish/goal/desire. Write as much as you can think about it. Make it as big as you think possible for you. Take about 5 minutes or longer if you need it.

Now make it bigger. Did you limit your dream based on your current finances, your perception of your skills or what your mother told you for 30 years. Can you remove those limitations from your dream? Write down your thoughts again.

Consider your dream once more. **Is your dream big enough? Does it reflect your true inner soul? Is it worthy of your full power and energy?**

If your dream doesn't inspire passion, if it doesn't light a fire beneath you, it's probably not a big enough dream. However, if your dream provides you some inspiration, even a little, go with that. Begin taking some action toward it. The rest will come to you over time as long as you are moving toward something. The Universe will take over and send you clarity on the rest of it.

The quote at the top of the page is by Walt Disney. Walt Disney created the Disney Company. Disney is one of the biggest and best-known companies in the world, and has been ranked number 53 on the 2022 Fortune 500 list of biggest companies in the United States by revenue.

Disney says it all started with a mouse. He also wanted to create a place where all members of a family could have fun including the adults. A simple concept, a cute little cartoon and courage. That was his initial dream, a small seed that grew into a mighty oak.

Now make a list of all your other important dreams, wishes, goals, or desires and explore those that strongly resonate with you. Here is a list to help trigger your thoughts.

*The culture doesn't encourage you to think about such things until you're about to die. We're so wrapped up with egotistical things, career, family, having enough money, meeting the mortgage, getting a new car, fixing the radiator when it breaks – we're involved in trillions of little acts just to keep going. So we don't get into the habit of standing back and looking at our lives and saying, **Is this all? Is this all I want? Is something missing?**<sup>19</sup>*

- 🕒 Wealth accumulation
- 🕒 Creative fulfillment
- 🕒 Find my people/friends/tribe/life partner
- 🕒 Become an entrepreneur
- 🕒 Live vibrantly, in health
- 🕒 Discover my passions
- 🕒 Unleash my power
- 🕒 Tap into my gifts
- 🕒 See the world
- 🕒 Love myself
- 🕒 Spiritually grow and learn
- 🕒 Get excited about life
- 🕒 Live without resistance
- 🕒 Have fun and be HAPPY
- 🕒 Build self-confidence

## Visualization Versus Dreaming

These may feel like the same thing and they kind-of are, but with a slight difference. Dreaming is when you take some time and really think about the big things you want in life and document that in some way like journaling. Visualization is "feeling" how you would feel if you had already achieved your dream. Both will help you manifest.

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*Whatever you dream you can do, begin it. Boldness has genius, power, and magic in it.<sup>20</sup>*

# Action

There's a old joke about taking action. A person is sitting on the roof of a house, because the lower floor has been flooded by a storm. Another person comes by in a boat and offers to pick up the person on the roof. The person declines the offer saying, "The Lord will provide." This happens two more times with other people in boats coming by and each time, the person on the roof declines the offer to get into the boat. Finally, the person becomes concerned that the Lord hasn't come to save him and asks, "Why haven't you come to help me?" The Lord says to the person on the roof, "I sent you three boats."

This joke has two lessons for us. The first is that you must take action in order for the power of the universe to be set into motion - in order to manifest the reality you want, you must do what you can, from where you are, with what you have. The second lesson is that you must be open to unexpected solutions. More on this later.

*Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans. That the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.<sup>21</sup>*

*Do what you can, from where you are, with what you have.<sup>22</sup>*



# Draft

*Every now and then, choose the blue tape special.*

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# Surrender

There are three types of letting go that you may have to do. **First, you may have to let go of elements of your current way of being.** It doesn't mean you have to let go of them forever. It is more likely that what you end up doing is learning new ways of being and then you use both your old way of being and your new ways of being depending on the situation.

When I was completing my certification in life coaching we had a ceremonial ritual in which we had to write three things we were going to do and three things we were going to give up. Then we would step over a long piece of blue tape on the floor to symbolize these changes. I still have a piece of that blue tape that I carry with me as a reminder of the fire and courage I have within me.

There is a reason (or reasons) that you are looking for or thinking about looking for a job right now. There may be elements of your way of being that you need to let go of. Again, it doesn't mean those elements have to go away forever. It could mean that, but it could be that you are supposed to develop some element of your soul or personality that hasn't been developed thus far.

For example, let's say you are naturally a peacemaker; that existing in harmony is a key value for you. In that case, you may be put in a situation of chaos or strife in order for you to learn how to do that. So you should do your best to approach your situation thinking "What am I supposed to be learning?" and "Is there something I need to give up or change?" You may need to let a door close in order for a new one to open up.

You may need to learn new information, new skills, new ways of thinking or new ways of being. It is essential that you go into this as an exploration of your own destiny and be open to what the universe sends you. Every once in a while you have to get the blue tape special. A job search is usually one of those times. Another way to think about this is, if situations seem to be forcing you to change, there

is some power within you that is not being fully realized yet, and the universe is setting into motion, the events that will foster that power.



**The second type of letting go is releasing the details and timing of your dream.** This may seem contradictory to the visualization process described previously in which you visualize and try to feel your dream as deeply as possible.

Mike Dooley, in *Seven Steps for Engaging Life's Magic*, provides the best image to keep it simple. You pitch the ball. God or the universe or the creative force hits the ball. Imagine the "big ticket" stuff and do expect them to happen - like connection, belonging, love, fulfillment, fun, health or financial security, but let go of specific requirements for people or specific events to occur.<sup>23</sup>

Thus, it's fine to visualize a behavior or way-of-being for someone else or for specific situations to occur; but you must let go of these results the rest of the time. The "universe" may send you someone else who provides what you really want from a relationship - connection, belonging, love.

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*You pitch. The Universe hits. Together, you are unbeatable.*

# Surrender

The Universe might send you a great job, but it's not the job you were expecting. When you visualize, you should visualize all the details, really feel what it's like to be in that reality, but be open to the possibility that your "prayers" will be answered, with surprises and unexpected turns.

This way of thinking is a jump-start to higher consciousness. The great thing about this is that it makes life interesting. It also releases you from the "results." You pitch your "balls" to the universe. The universe hits a home-run for you and shores up the win.

**The third type of letting go is expecting others to change.** You cannot "manifest" people to do something unless they are naturally inclined for the change to occur, unless their soul concurs. However, if their soul does naturally want the change, then your "manifesting" can influence them.

The best reason for functioning with the view, that you pitch and the universe hits the home runs, is, as I've said about several other activities in this book, because it works.

Surrendering what is not in your control, helps you optimize your efforts. If you focus on the areas you can impact and let the universe manage the rest, you will achieve more because you won't be wasting energy.



You can also give up guilt and shame if events haven't occurred to your satisfaction, yet. Remember that your purposes are driven by your soul, the power that innately exists within you. The universe will make what is supposed to happen, happen. You just have to keep pitching.

One final note about taking action - do what you can, with what you have, from where you are. Many great thinkers have conveyed this idea. A journey of a thousand miles begins with a single step. You've already taken a big one by getting this book. Just keep going.

#### *What You Don't Control*

1. *Other people*
2. *The details of the results*
3. *The timing of the results*

#### *What You Do Control*

1. *Yourself*
2. *The big-ticket goals or desires*
3. *Taking action*

*Let's  
play  
ball !!!  
Draft*

# Surrender

When I used to do my calculus homework in high school, I remember sometimes working on a particular problem for a long time, 30 minutes or more. Then I would get tired and decide to do something else for a while. When I came back to the homework, I would often solve the problem right away. I have seen this play out over and over in my life. The minute I truly let go of wanting a certain result at a certain time, that's when what I really wanted or needed would manifest.

That's why the song, "Let It Go" in the movie, *Frozen*, is so powerful. In order for Elsa to be who she was meant to be she has to:

- 🕒 Own, value and let out all of herself, taking off the mask she has been wearing.
- 🕒 Quit worrying about what other people will think or do.
- 🕒 Let some element of herself that she has been holding on to, go or change, so that other parts of her can live.



# Evoke

There are some basic ways of thinking and being that a majority of successful people and our mystical/spiritual leaders have consistently cited as characteristics of higher consciousness and/or reasons for their success. Your need or desire to find a new job may be caused by your soul driving you to make changes so that you can better evoke your power. There may be something you are supposed to learn or do at this point in your life and the job search is acting as a catalyst.

*Frozen* is a very popular movie and Olaf may be the most popular character in the movie. Why is that? Olaf has a pure soul. He truly cares about others. He lives in the moment. He knows who he is and owns that fully. He experiences joy almost all the time. He celebrates life. He is honest and authentic. He is confident in himself and his values. He doesn't have an ego in the sense that he doesn't have to be "better" than anyone else in order to feel good about himself. He also trusts his instincts with regard to who he associates with, who he can trust, who is worth his time and energy. He is a good friend and were he a parent, he would be a good parent. He also has dreams and pursues them. Olaf knows how to evoke his power.

Is there something you need to learn or change to be more like Olaf? When you operate from power, it may be scary, especially at first, but even later on. Because when you evoke your power, you are often taking risk or doing something new. However, as you evoke your power, you will begin to sense the "rightness" of your path. You will have a quiet confidence even in the face of challenges or the unknown. You may want to think about each of the following areas and see if any of them apply to you.

These areas that could be impacting your evoking power. If you are not getting the job search results you want, it could be because of something you are doing or not doing in these areas. The next few pages discuss each of these.



- 🕒 Recognizing and managing the void
- 🕒 Maintaining faith and inspiration
- 🕒 Protecting your dream from the evil monsters!
- 🕒 Managing anger and forgiveness
- 🕒 Developing or maintaining good parenting
- 🕒 Practicing gratitude
- 🕒 Giving and tithing
- 🕒 Being in the now
- 🕒 Dancing with Grace
- 🕒 Recognizing the themes and patterns of your life as potential signposts
- 🕒 Evoking Tips

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# The Void

## *Life Coaching Secret*

*The most common frustrations during a transition period in a person's life are the thoughts "what am I doing wrong", "I'm not good enough" and not seeing results quick enough.*

Let's say you want to find a new relationship. Your job is to get yourself out there in the dating field and optimize your chances of meeting someone who is good for you. So you might make a list of what you want in a relationship, what the person would look and be like. Then maybe you get a couple of nice outfits to look your best. You join a couple of groups where there are people of similar interests, where you might meet someone. You put yourself out there on the online dating services. You visualize, meditate, write and say affirmations, do breathing exercises and all the rest. But your prince charming doesn't show up even after several months !!!



Whenever you are experiencing a potential major life change, you are in the "void." For most people the void is an uncomfortable and even scary place. The void is an in-between place. It is a place of change. It

is a place of death and birth; where something in your life ends or dies and something in your life is yet to be born. It's like the twilight of the day. The sun is setting on some element of your life and a new sun hasn't yet broken the horizon with something new.

Most people are very uncomfortable being in the void. Change and facing the unknown typically creates fear in us. Fear is a good thing in some situations. A healthy dose of fear keeps us from putting our hand on a hot burner or walking in front of a car. Fear has helped us survive the dangers of our existence. So having some anxiety or fear is just fine, especially if it's warranted by the circumstances.

However, if fear, depression or anxiety is persistent, constant or debilitating, then you should seek additional help. If you aren't sure, then you probably should get some help. I discuss this more in the Brand Development chapter. No matter what your mental state is right now, if you are looking at a major life change, you may feel scared, frustrated, shame, guilt and/or angry at various moments in the process. I know I have - lots of crying and gnashing of teeth. But you can and will get through this and come out better on the other side.

*And you ask, "What am I not doing?"  
She says "Your voice cannot command."  
In time, you will move mountains,  
And it will come through your hands.*<sup>27</sup>

In John Hyatt's song, *Through Your Hands*, an angel tells the person that you will move mountains, but you cannot command when that happens.

During your job search process, you will likely need patience and you may come to doubt yourself, your past choices, your worthiness, etc. Just keep going, keep taking action even in the face of doubt and impatience.

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*You are exactly where you are supposed to be in your life journey at all times.*

# Faith and Inspiration

*You can't connect the dots looking forward; you can only connect them looking backward. So you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.<sup>28</sup>*

So how do I have faith and keep going?

*Learn more about people you admire.*

What you will find when you do this is that you will see the mentality, the way of thinking that these people have. You may not end up duplicating that. You may end up taking bits and pieces of the mentality of different people and weaving it into your own mentality - raising your current consciousness, but still creating something that is uniquely you.

If it's a true and balanced representation of these people you will also see the fear and doubt they experienced when they were in the void. This will help you feel better about your own concerns. You will understand that your feelings are "normal". You will see that they did not let their fears stop them, at least not in the long term. They certainly may have stopped in a particular moment; but in the long run they held on to their dream and kept going.

You will find out how often their success occurred by being in the right place or meeting the right person at the right time. You will see how the magic of the universe played out in their lives. You will see the universe hitting the home run and it will help you believe the universe will do the same for you.

You will see how many times they failed, how many obstacles they faced, how many things they tried and what degree of risk they had to take on, before achieving their dream.

*I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.<sup>29</sup>*



# Draft

# Faith and Inspiration

## Life Coaching Secret

*Procrastination can be a sign of lack of faith in yourself or the power of the universe. Know that procrastination will likely happen from time to time. This too, happens for a reason. It's ok. It will be ok. In fact, it will be awesome. Just keep going.*

The power of positive thinking has been discussed and written about since man was writing on papyrus. Again, the reason for this is that it works. I'm not referring to some "fake" positivity where you really feel like crap but you pretend you don't. However, we receive many negative messages every day. We received many negative messages as children.

## 17 Minutes A Day

I heard a very successful man, Mike Dooley, talk about one of the most negative, fearful periods in his life - where his means of making a living was deteriorating, he was running out of money and he didn't know what he was going to do. He was sad most of the time. He realized, looking back on it, that he was only positive for about 17 minutes a day, on average, during this time. But his 17 minutes of positivity and consistently taking some kind of action toward his dream were enough for him to start a brand new career that is incredibly successful, find the love of his life and start a new family. He is very happy today, as far as I know. This has always made me feel much better as I knew I could find a way to feel positive for at least that much time.<sup>30</sup>

Additional activities include:

- 🕒 Being with positive people
- 🕒 Read inspiring books
- 🕒 Listen to inspiring music
- 🕒 Being in nature
- 🕒 Watch comedy or inspiring shows
- 🕒 Being with animals
- 🕒 Help someone else

- 🕒 Experiencing joy
- 🕒 Laughing
- 🕒 Having fun
- 🕒 Meditation
- 🕒 Journaling
- 🕒 Visualizing
- 🕒 Saying affirmations
- 🕒 Doing or learning something new

## The Truth

*The truth is that our finest moments, more often than not, occur precisely when we are uncomfortable, when we're not feeling happy or fulfilled, when we're struggling and searching. But since we can never be sure we have considered all aspects of a situation, the willingness to think in depth often leads to indecisiveness. There's always a chance that we may leave something out, and we must be willing to bear the pain involved in being uncertain. In the face of this uncertainty, we still have to be able to act and make decisions at some point. In weighing our thoughts and feelings, what matters most is whether we are willing to wrestle with the realization that we don't know it all. This means not only being introspective, but also experiencing doubt. Doubt, I believe, is often the beginning of wisdom.<sup>31</sup>*

*If you're goin' through hell keep on going.  
You might get out before the devil even knows  
you're there.<sup>32</sup>*

Ok, we really hope you're job search isn't like going through hell and that you're not going through hell. But if so, keep going!!! And we really love that Rodney Adkins song.

# Draft

# Protecting Your Dream

Be careful of who you share your dream with and the people you surround yourself with.

*Do you think I'm crazy? Yes, but I also think that if you really feel you should do this, you should do it.<sup>34</sup>*

If everyone with a dream could get at least this level of support from their community and loved ones, it would be ideal. However, in most cases, the people in your life are comfortable with you as you are today. When you start to make a major change, it upsets their way of being as well. It often catalyzes their fear and it can intimidate them. How they respond depends on their own consciousness level and it just may not be high enough to support you well at that time.

*You can call me a son of a bitch, but you're going to do it from a distance.<sup>35</sup>*

Some people are just naturally negative. There is a value in negativity just as there is value in fear. But like everything else - at the right time and in the right measure. I used to work with a person who was like this. What I found was that the negative person can tell you everything that is going to go wrong if you attempt your dream. I would use their "constructive feedback" to offset everything they listed. Their feedback would become a success "checklist" that helped me get everything right. So the person actually became a tool for success for me.

However, when you are just starting to pursue a dream, and especially when the dream is big and close to your heart, your faith is typically small. Too much negativity can drown your will and faith to pursue your dream. Lastly and sadly, there are people who may try to take your dream as their own.

Whenever you really go for a big dream, it's really a dream of love. Freedom, beauty, love, equality, peace, self-sufficiency, taking care of others - it's all the same dream. The dream is bigger than you. We struggle to accept that it's possible and that we are supposed to be a part of it. But when you do accept that it's possible and you begin take action, you sent into motion, cosmic forces are that are full-on.

*There comes a time when all the cosmic tumblers have clicked into place - and the universe opens itself up for a few seconds to show you what's possible.<sup>36</sup>*

When your dream comes to you, you must protect it while it is growing and blossoming. So in the beginning, surround yourself with people who care about you and believe in you, if possible. Don't share your dream with people who are negative about you or life in general.

*Some say love, it is a river  
That drowns the tender reed.*

*When the night has been too lonely  
And the road has been too long  
And you think that love is only  
For the lucky and the strong*

*Just remember in the winter  
Far beneath the bitter snows  
Lies the seed that with the sun's love  
In the spring becomes the rose.<sup>37</sup>*



Draft

*Nothing ever goes away until it has taught us what we need to know.<sup>38</sup>*

# Anger and Forgiveness

## Anger and Forgiveness

It has been said that anger is like drinking poison and hoping the other person will die. If you hold significant anger toward yourself or others, this could easily be the reason why you are at a pivot point in your life. If so, you will still be at a pivot point until you deal with it.

Every major religion speaks about forgiveness of self and others. This is because holding onto negative emotions like anger keeps you from connecting to the universe and hearing your inner self. It also keeps you from being peaceful and happy. Thus it is in your best interest to find a way to release it. But that can be easier said than done.

## Forgiving Others

I certainly cannot say that at every moment, I harbor no anger, resentment or disappointment. However, I don't generally carry those thoughts around me all the time. The one vision that helps me is to think that the other person might be doing the best they can.

If someone beeps at me from their car, I think, maybe their child broke their arm at school and they are rushing to them. If a cashier at the bank is rude, I think, maybe their spouse yelled at them this morning. When I think about elements of my childhood that could have been better, I remember that my parents were still "children" to a degree in their young adulthood. As I've aged, I realize how much I've learned about life and what's important. I know that they too were still learning, growing, figuring things out as they did their best to raise me and my brothers.

However, sometimes the pain from the past is so deep and so big, that a simple "thought" doesn't offset the long term hurt that you've suffered. It can be very difficult to eliminate anger over events like rape, abuse, spousal infidelity, the death of a loved one, being fired from a job, neglect or a health issue. In these situations you may not ever

be able to fully let go of the feelings, but you can learn to manage them where you can still move toward your magnificence and happiness.

But you may need help. You likely need new experiences and new ways of thinking and being to get past your past. Some of the resources you can consider include therapy, life coaching, 12-step programs, books, podcasts, support groups, attending church. I include "church" with a caveat that much of church is loaded with anger, guilt, shame, or demeaning thinking toward yourself and others. With church or any of these resources, they should be generally positive about you, life and people in general. They should believe in you, your goodness and the goodness of others. If you don't sense that in your interactions with them. Get help somewhere else.

*Do the best you can until you know better.  
Then when you know better,  
Do better.<sup>39</sup>*



# Draft

# Anger and Forgiveness

## Forgiving Yourself

*What if you've done some terrible things in your life? Rape, pedophilia, theft, murder, killing in war, physical and/or psychological abuse of others, neglect of your children, fomenting bigotry or racism, and/or making unethical business decisions?*

You could be in prison right now reading this book or sitting in a boardroom where you've foster a decision that makes poor people poorer or puts poison in our water and food. You may be asking yourself - How do I forgive myself from that? Do I have to do penance? Do I have to be punished?

I added "killing in war" although I know that is not generally the same as the other activities listed. But I also know that many people who have gone to war and have had to kill or injure people, come back damaged with guilt and shame. Killing a person is still against "the soul" even if it's done in defense of a person or a country. So I add it as an event that can prevent you from moving forward with your well-being.

I want to discuss the quote at the top of this page, "Hitler was an angel." I read this statement in a book several years ago and I was deeply shocked by it. It took me a long time and a lot of thinking about it to understand it and to some degree, resolve it in myself. In my heart and mind, Hitler was the worst human being that I am aware of in my lifetime, the most inhumane and the most demonic.

*Any of us can be a Hitler.*

This was very difficult for me to accept about myself as I cannot imagine committing the horrors of the holocaust. I believe the thinking in this is that, under the right conditions, any of us could have been a Hitler. If (1) all we know

is violence, neglect, and/or psychological abuse in our childhood, (2) we are conditioned to obey without question, (3) that our value and belonging is because comply with our authority figures, and/or (4) we are taught to fear people who are different from us and that we are superior to them; the more likely we will perpetuate inhumane behaviors. So all of us are "angels" - inherently good - but our life experiences can cause us to do terrible things.

*The true measure of a company and it's leaders is it's impact on the world and how it treats their lowest paid employee.<sup>41</sup>*

Making business decisions that are unethical, is a terrible action, often worse than a single violent action, causing greater suffering. The water in Flint Michigan, the banking collapse, insider trading, bribing politicians for favorable treatment, cheating to get what you want, destroying the environment, fostering inequity and choosing wealth and power over humanitarian issues - all fall in the "terrible" category - meaning your soul will not "soar," if you are doing these.

You may congratulate yourself on your "worldly" success but deep down, your soul knows the truth. You may feel more removed from the damage in this type of action, but you are responsible for each child that died from cancer, each woman that got beaten by her husband when he was frustrated over his loss of income, each person who has felt "less than" because they can't be successful in the environment you've fostered, each suicide that occurred because they felt helpless and more recently, every person that has died from the pandemic.

So when I describe behavior changes that you will likely need to take to really structure a meaningful life, people who have made decisions like these behaviors are included for your consideration.

Draft

# Anger and Forgiveness

It is best for all of us, even those you've hurt, if you can find a way to forgive yourself. You are actually helping your victims or those you harmed by growing and improving yourself.

However, this does require, not so much penance or punishment, but sincere inner change. You have to reach a place where you will never behave in that way again. You have to also feel like you are now a good person (and you really are, deep down, a good person) who is moving forward in a good manner.

Sometimes the only way to get there is to go backward and visit the past and make attempts to repair the damage you created and "face the music" for your past actions. If you have truly changed on the inside, than your soul will likely not be "satisfied" until you start taking positive external actions and some of those actions may be in the form of reparations.

If this is the case, then get out there and start repairing. Know however, you may not be able to get forgiveness from the person or people you "wronged". Their experience may have been so bad, from you and other people, that they are unable to forgive you. You have to trust your soul as to what the right actions are for you. Whether you should try to directly help the people you hurt or devote some part of your life for some other positive cause, can only be determined by you.

12 step programs like Alcoholics Anonymous have this built into their recovery programs. In Step 8, you write down everyone you've harmed and in Step 9, you make amends to those you've harmed. From this list of programs, you can see both the broad areas in which people struggle with various behaviors and the power of self-forgiveness.

Alcoholics Anonymous  
Addictive Eaters Anonymous  
Anorexics Anonymous  
Anti-Depressants Anonymous  
Clutterers Anonymous  
CoDependents Anon  
Debtors Anonymous  
Emotions Anonymous  
Family Recovery  
Food Addicts Anonymous  
Gamblers Anonymous  
Marijuana Anonymous  
Narcotics Anonymous  
OCD Anonymous  
Overeaters Anonymous  
Self-Mutilators Anonymous  
Sexual Addiction Recovery  
Suicide Anonymous  
Survivors of Incest  
UnderEarners Anonymous  
Violence Anonymous  
Workaholics Anonymous  
Al-Anon and Alateen  
ACA / ACoA  
Nar-Anon  
S-Anon and S-Ateen

*It's not just other people we need to forgive ... We also need to forgive ourselves. For all the things we didn't do. All the things we should have done. You can't get stuck on the regrets of what should have happened. That doesn't help you when you get to where I am ... Make peace. You need to make peace with yourself and with everyone around you.*<sup>43</sup>

# Draft

*Anger is like drinking poison and expecting the other person to die.*

# Anger and Forgiveness

*I want to know if you can disappoint another to be true to yourself, if you can bear the accusation of betrayal and not betray your own soul, if you can be faithless and therefore trustworthy.<sup>44</sup>*

## Forgiving Yourself/Self-Worth/Self-Love

If you believe you are not worthy of something or don't deserve it, then it is less likely that it will be manifested. For many people, this may be the most difficult thing to do in their whole lives. When I first read the quote at the top of the page, by Oriah Mountain Dreamer, I didn't understand it. I think I do now.

Years ago, I went through a divorce. That one was my choice, but it was still very painful. I grew up believing that when you make a promise, you keep it. So I felt like a failure and that I was betraying him. I also truly loved my husband as a human being. He was a good man. However, our relationship was damaging my soul. I finally realized, that a promise I made 20 years earlier was not worth my life or my soul. I realized that although I loved my partner and vice-versa, the relationship was not good for either of us. If it's not good for one of the people, it's not good for the other person.

Whenever you make a significant change in your life, there will be fallout. The people in your life are used to you being as you are today. So when you make a significant change, people around you will be impacted. Most people are very uncomfortable and fearful of change. So the people around you may be scared, angry, confused, disappointed and many other emotions that we typically think of as "negative."

This is important in the context of love, self-worth and self-development. Your fear of peoples' reactions (1) may be making you feel bad about yourself for actions you took in the past and/or (2) may be holding you back from

taking action now to further development into the full you. You may need to take a look at whether either is true for you and take actions to deal with it. Dealing with it, like other potential changes, may require help, new experiences, new thinking, etc. including life coaching, therapy, books, podcasts, workshops, etc.

## Books I would recommend here are:

- 🕒 You can Heal Your Life - Louise Hay
- 🕒 The Art of Extreme Care - Cheryl Richardson
- 🕒 The Dark Side of the Light Chasers - Debbie Ford
- 🕒 Taming Your Gremlin - Rick Carson
- 🕒 The Dance of Anger - Harriet Lerner
- 🕒 Getting the Love You Want - Harville Hendrix
- 🕒 Better Boundaries: Owning and Treasuring Your Life - Jan Black
- 🕒 Greeting the Day: Wisdom from my Gardens - deJoly LaBrier
- 🕒 I am Beautiful - Dana Carpenter and Woody Winfree

## Key Thoughts that May Help

- 🕒 Typically we are not taught how to choose what we want from the start. This means you may have chosen a career, a spouse, to have kids, etc. in such a way that one or more elements of your life are not working for you.
- 🕒 Currently, our society doesn't function in a way that helps people be their best selves. We are conditioned to behave mostly from fear, rather than from love and empowerment. This is not an excuse for a person's poor behavior. But it is important that a person understand this and forgive themselves for the past.
- 🕒 It is important for the world, that you love and take care of yourself, regardless of what you've done in the past, even if you've murdered someone. We are all connected. If one person is struggling then we all are. So if you can't do it for yourself, then do it for others. Regardless of whatever you've done in the past, your best self is needed by humanity, so that we can all be our best selves and create the best world.

Draft



*If you have one or more children, they are the second-most important purpose in the world for you. #1 is you and #2 is your children and then there should be a balancing of the two.*

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# Parenting

*Do not ask your children to strive for extraordinary lives. Such striving may seem admirable, but it is the way of foolishness. Help them instead to find the wonder and the marvel of an ordinary life. Show them the joy of tasting tomatoes, apples and pears. Show them how to cry when pets and people die. Show them the infinite pleasure in the touch of a hand. And make the ordinary come alive for them. The extraordinary will take care of itself.<sup>45</sup>*

I do not have children, but I was a high school teacher and I've seen the damage of child abuse, neglect, teaching perfectionism, failure to develop accountability, and/or not teaching children their inherent value as a human being.

If you have one or more children, they are the second-most important purpose in the world for you. #1 is you and #2 is your children and then there should be a balancing of the two. This is true, regardless of whether you intended to have them or not. If you want to be fully who you are meant to be, it is far more likely to happen if your priorities are set up this way.

While this book is not about parenting, parenting could be an issue for you. If you have brought another human being into the world, raising that child to adulthood must become a priority for you. If your child is now an adult, but you know your child is not well-adjusted, happy or self-sufficient, it is still your obligation to try and help, but not, enable them.

You must structure life where that child gets appropriate support to learn how to reach their own destiny. Your desire or need for a new job could be driven by the universal force to help you better focus your own life, so that you can be an example to your children and a powerful force for them.

For those who do not have children yet, a special note. Our society has an expectation that we are supposed to have children to propagate humanity or to be fulfilled. I

vehemently disagree with this. These are not appropriate reasons to have children.

- 🕒 To propagate humanity
- 🕒 You think you are supposed to
- 🕒 You think you need to in order to be fulfilled
- 🕒 To improve the relationship with your life partner
- 🕒 For them to take care of you in your old age
- 🕒 To continue your family line
- 🕒 To improve your mental health
- 🕒 To resolve unhappiness in your life
- 🕒 To provide grandchildren for your parents

*The only reason you should have children is that you have so much love to give that it is bursting out of you.*

Do not have a child if you have never read a book on parenting or taken a parenting course. Society expects you to read a book and take a test in order to drive a car. Raising a child is far more challenging and more important. So if you can't put at least that effort into it, then your life is not ready for a child yet.

If you are a parent, no matter what age your child is, an infant or an 80 year old, I recommend that you start with any book by psychologist, Steve Biddulph. He is one of the world's best known parent educators.

Below are the titles of some of the books he's written. Raising Boys: Why Boys Are Different, Raising Girls Raising Boys in the 21st Century, The Secret of Happy Children, The New Manhood, 10 Things Girls Need Most, Raising Girls in the 21st Century, Raising Babies, More Secrets of Happy Children, The Secret of Happy Parents, The Making of Love, Stories of Manhood, The Secret Life of Men.

A special note to fathers - Steve once gave an estimate that only 10% of men have a good relationship with their fathers. This means that many of you did not have a good father role model (even if you think you did). Some of you may not feel good about yourself because of this. So you may want to start with one of Steve's books on men first. It is important that you try and heal any damage you feel within yourself in order help your child and be all that you were meant to be.

Draft

*Sometimes you just got to give yourself what you wish someone else would give you.<sup>46</sup>*

# Gratitude

## Practicing Gratitude

### *Life Coaching Secret*

*You have to find what is good and true and beautiful in your life as it is now.<sup>47</sup>*

This was said by a man with ALS (Lou Gerhig's disease). It is a debilitating disease and the man had lost most of the control of his body and had to be taken care of by others. You can imagine the embarrassment of being an adult man and having someone else clean your behind after you have defecated in a diaper. This man was still able to be grateful for at least some portion of the day - grateful for joys of his life and for the people that loved him.

*We must never forget that we may also find meaning in life even when confronted with a hopeless situation, when facing a fate that cannot be changed. For what then matters is to bear witness to the uniquely human potential at its best, which is to transform a personal tragedy into a triumph, to turn one's predicament into a human achievement. When we are no longer able to change a situation – just think of an incurable disease such as inoperable cancer – we are challenged to change ourselves.*

*There are situations in which one is cut off from the opportunity to do one's work or to enjoy one's life; but what never can be ruled out is the unavoidability of suffering. In accepting this challenge to suffer bravely, life has a meaning up to the last moment, and it retains this meaning literally to the end. In other words, life's meaning is an unconditional one, for it even includes the potential meaning of unavoidable suffering.<sup>48</sup>*

This was said by a man who lived through the concentration camps of Holocaust. He saw and experienced the worst of humanity.

Depending on how difficult your life is right now, it could be very difficult for you to "feel" gratitude. Also, people who are clinically depressed have difficulty experiencing "feelings," even in good circumstances. People who've been raised by an addictive person have often been conditioned to "not feel," to emotionally distance themselves from others and even from themselves. They become "robotic" just to make it through. That's ok too.

If you can just think, rather than feel, about something you know you should be grateful for - *like a beautiful sunset, a moment where you knew someone cared about you, a few minutes in the day where you are free to have your own thoughts, the painted handprint of your child on the refrigerator door, the pretty color of your hair, your favorite purse, the day where you were playing third base and fielded a ball that was foot outside the foul line and still threw that person out at first base* - that is a good start.

Spend a few moments of the day "thinking" or "feeling" gratitude, whatever you can do. That's your pitch. The Universe will hit the home run. It will foster a greater feeling of gratitude within you.



*Draft*

*Be kind whenever possible, especially toward yourself.  
It is always possible.*<sup>49</sup>

# Giving and Tithing

## Giving/Kindness/Tithing

Giving to others in terms of time or money is a universal tenet of all major religions. The reasons for this is (1) it raises your consciousness, (2) if you want new energy in some new format (money, time, success, freedom, kindness, love) to flow to you, you must let some of what you already have go, and (3) what happens to others impacts everyone's existence including your's.

### *Life Coaching Secret*

*No matter where you are in your life, there is always someone else in the universe who can be helped by exactly what you have to give.*

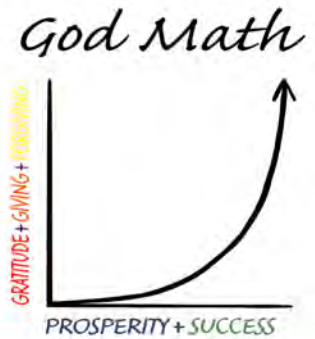
It could be money, a kind word, attention, creating art for them, a small gift, listening to their stories, letting them in front of you in traffic, making them laugh, etc.

One day, I went into a bank with a friend. It was the bank at their headquarters, so it was really big with many tellers. When we walked into the bank, every teller recognized her arrival. Every teller knew her name and she knew every teller's name.

As we approached a teller, the teller said "Well, who is this?" looking at me. The emotion with which she said this was lightly challenging; with an undercurrent message of "who was this unknown person accompanying this great woman and friend." It was protective of her. It was obvious that just her arrival brought joy to those bank tellers and they wanted to make sure that her companion was worthy of being with her.

Now I am nowhere near as good at this as my friend is. But I am much better than I used to be, thanks to her example. What I have found in each moment where I am able to focus on the joy and wellbeing of others, is that it always brings me more joy and wellbeing.

With regard to tithing, there seems to be a common 'measure' of giving at least 10% of your earnings, before taxes, etc. to others. Ministers often say it must be to their church. I've heard one minister say it should be to wherever you are spiritually fed. This of course, could be a wider circle than a single church.



They tend to separate this type of giving from giving to a charity or a particular person, averring that the 10% should be above and beyond any other giving. Part of me thinks this is sort of self-serving, wanting funds for themselves or their church organization. However, we do know that many churches barely survive financially and I can understand why they say this, so they can obtain enough funds to stay operational.

I would say, regularly look for opportunities to help others as much as you can, whether it's in the form of time or money; and make sure that some appropriate amount of it goes to where you are spiritually fed. When you do affirmations, affirm that the universe is directing your soul as to how much you should give and where it should go to.



# Draft

*The greatest lesson my mother and my daughters taught me is to be fully present. Her mother said "Anything that matters requires your full attention. 100% there."<sup>50</sup>*

## Being In the Now

This is another area that I struggle with. I don't tend to focus on the past too much, but I definitely tend to focus on the future. There's nothing wrong with focusing some of your attention on the past and some on the future. You learn from your past and it serves you in the present. If you have some sense of your purpose(s) and take steps toward them, then you are focusing your future.

However, if you find yourself spending too much time in your past or focusing on your future, you may be missing the mark. I can't say how much time is too much. Only each person will know this for him- or herself. But many spiritual leaders advocate that the way to move toward happiness and meaningfulness is to focus, to really live in the present moment - to really be with the people you are with, to focus on what you are doing in that moment.

For example, if your spouse wants you to sit down and watch a movie with him or her, do you really watch the movie? Do you engage with your spouse while watching the movie? Of course, people often do activities with the TV on in the background; but in each moment, decide what is the primary activity, really engage in that activity and appreciate the joy you can find in it. If you find that you don't have much joy in many of your moments, then it is probably time to take a hard look at that and start taking steps to create joy.

### *Life Coaching Secret*

*You are unlikely to be "in the zone" unless you are fully present in the moment.*

### **Course Correction**

So how do you know when you need to correct your course and start down a new path or make a detour from your current path? How do you know if it's the right path? How do you know you aren't giving up your real destiny or purpose, i.e. quitting or giving up versus moving in a new direction that is right for you.

### *Life Coaching Secret*

*Most of us reach adulthood without having a clear understanding of our power, purposes or passions, nor how to discover them. It's all a work in progress. We all have that place of wisdom, peace and strength. And we're all going to veer away from it again and again and again. I think ultimately, life is about how quickly do we course correct.<sup>51</sup>*

## Your soul knows.

You may be sitting there right now, thinking "My soul doesn't know." That's just fine. The more activities you do in this chapter and the next one, the more connected you will be to your inner power and your intuition. It may take a little while. One time I was in transition, it took me about a year to really "feel" what the next right path was for me. Another time, it took me more than four years of manifesting activities to know. I still took action during these times. It just took this amount of time before I felt fairly certain that these were the right paths.

When you do reach such a place there is a deep sense of peace. There may still also be doubt from time to time but there are moments of peace and certainty and they seem to expand over time. Each time you come to a crossroads in your life, you may experience doubt again and lose your sense of peace; but it seems to get easier at every fork in the road. You become more skilled at recognizing and understanding the signposts.

Eckhart Tolle's book, *The Power of Now*, is a good additional resource for this.

Draft

*Where is the writing on the wall? The burning bush?*

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# Dancing with Grace

*My truth is in the whisper of the wind, the babble of the brook, the crack of the thunder, the tap of the rain. It is the feel of the earth, the fragrance of the lily, the warmth of the sun, the pull of the moon. My truth - and your surest help in time of need - is as awesome as the night sky and as simply, incontrovertibly, trustful as a baby's gurgle. It is loud as a pounding heartbeat - as quiet as breath taken in unity with me. I will not leave you. I cannot leave you, for you are My creation and My product, My daughter and My son, My purpose and My . . . Self. Call on me, therefore, wherever and whenever you are separate from the peace that I am. I will be there - With Truth - With Light - And Love.<sup>52</sup>*

For the folks who didn't expect a spirituality lesson from this book, don't worry. This will be about as close as it gets. The universe may be sending you messages all the time. The only question is are you open to hearing them. I used to think "Well, I wish God/the Universe would just put the writing on the wall for me. "Where was the burning bush," I asked. Over time, I've begun to think, maybe the writing is already there and part of our growth is being able to see it.

It's like Plato's allegory of the caves. In Plato's story, there are people who have been prisoners in a cave since birth. They are chained where they can only see shadows on the wall from the fire behind them. So anything they see is a shadow of the actual physical object, rather than real object. One of the prisoners escapes the cave. As he leaves the cave, at first he is blinded by the light outside. Then once he is able to see what existence outside the cave is like he comes back to tell the others. The other prisoners don't believe him and are fearful of what he shares with them about the bigger world outside.

People throughout history and from all over the world have drawn various meanings from this allegory; but I think the biggest insights are:

- 🕒 We are in various developmental stages of being able to perceive all of "reality" and initially we may be blinded by the light of it.
- 🕒 We may not recognize the truth when it is presented to us and may even view it as dangerous to ourselves.
- 🕒 The Universe may be speaking to us through a variety of channels based on what we are able to handle at our current state of consciousness.
- 🕒 The unfolding of reality for you, me and for humanity could come in stages.



*Draft*

*When primal forces of nature tell you to do something, it's not prudent to quibble over details.*<sup>53</sup>

## Dancing with Grace

What does this mean for you, for me, for humanity?  
Particularly, what does this mean when you are in the middle of a job search or are considering a job search?

It means that if you want to use this moment as a powerful turning point in your life, then you must be open to learning and having new experiences. You must move outside your comfort zone in order to reach a new level of consciousness.

Modern science actually drives Plato's philosophical question to another level. Scientists have worked for many years to understand the universe by looking at these questions - how it began, what are all the physical and energetic elements of it, how do those elements interact, how do we impact the universe and how are we impacted by it.

What's very fascinating is that the scientific community seems to be in the process of realizing that research may need to go down another avenue. Early science sought to explain the visible universe, like the movements of planets, gravity and so on. Then scientists began to research parts of the universe that were not visible - like lightwaves, microscopic organisms, and particles of atoms. Medical research focused on how the body physically functions. Some research also focused on the mind and mental health. Only in very recent years, has research been studying the mind and body connection. Thus far, the scientific community has not been able to answer some key questions of existence.

- 🕒 How was the universe and the earth formed?
- 🕒 What is consciousness?
- 🕒 How does our consciousness impact reality (or the physical universe)?
- 🕒 Is there some existence of a life entity after what we observe to be life on this planet?
- 🕒 How does the mind affect the body and vice-versa?



For many of these, they have theories, but the theories don't fully explain all of what they have observed. The scientific community is performing experiments in these areas.

Of course, this isn't supposed to be a physics lesson either; but if there is a connection between our consciousness and the universe, then the more we can understand about it, the more we can likely evoke the power of our consciousness to

impact that universe, both individually and humanity as a whole. It may also provide scientific evidence for why the Manifestation Six Pack works. Current research supports the effectiveness of the Six Pack, but we could also learn the "why" of it.

It could be that the universal power has caused you to look for a job in order to find this book and learn about manifestation and to learn to recognize when elemental forces are steering you.

*Draft*

*Every event we experience and every person we meet has intentionally been put in our path to help raise our level of consciousness.*

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# Dancing with Grace

Dancing with Grace isn't literally dancing with me. Although if we meet, I'm could be up for that. Dancing with Grace is about how we interact with the universal force. It will be helpful to you in your job search process and in life overall, if you understand how the universal force is communicating with you.

During my own job search, I began to realize that I was getting messages from the universe and it absolutely freaked me out. I never thought I had any sixth sense. I had never had any sort of out of the ordinary experience that made me think there was anything to reality other than what I was experiencing every day.

However, odd things started to happen to me. It was so startling, over time, that I devoted 25 pages of a previous book I wrote, *Coming Out Coming Alive*, to describe what happened. Fortunately, I was journaling every day at that time, so I had a pretty good record of events. I'm not going to re-tell that story here, but here are the highlights.

Over the course of about a year, I began seeing a certain symbol everywhere. I also won't describe the symbol here, because friends of mine said that when they read my earlier book, they started seeing the symbol too, which could easily be the power of suggestion. Feel free to read that book to find out what it was.

I would see it on T-shirts, walls, decor. One of my acquaintances had three different sets of dishes, all purchased at different times, with the symbol. I went to a hotel that had the symbol incorporated into their decor, so the symbol was on everything, the furnishings in the room, the closet, the walls of the room, the room service tray, the walls and carpet in the hallways and in the conference rooms.

People would come up to me and say certain things that directly pertained to my struggles at the time. They would have a vision of me or a dream about me. Really weird stuff. This sort of thing is referred to as synchronicity.

Here is a great irony related to synchronicity. While I'm finishing this book, I ended up seeing a Youtube video about synchronicity. So it's a synchronicity about synchronicity. LOL. Anyway the video was very interesting and validating for me. I've been experiencing these synchronicities and not really feeling comfortable that they really were something "unusual" and not something that I'm just making up, through the power of suggestion.

The video provided an excellent breakdown of the types of synchronicity that may help you also, to begin to trust these synchronicities.<sup>54</sup>

1. **Warning or alert** - warn you of the chance of possible dangers.
2. **Confirmation** - confirm that a decision you've made or will make or an action you've taken or will take is the right one for you to manifest your best self.
3. **Prophetic** - signs, prophecies omens, dreams, symbolic messages or repetition of certain elements like numbers, sent at significant moments that have specific meaning for the person.
4. **Manifestation** - when you want or think of a certain thing and it appears in your physical reality.
5. **Opportunity** - when you meet the right person or have a certain event that provides an opportunity to follow a path that is the right path for you.

*Draft*

# Dancing with Grace

Now I have language that I can put with my personal synchronistic experiences. For the sake of brevity, I'm not telling the full stories here although they are in my other book. So when I classify their synchronistic type, you might not see all the types from just the descriptions here. I'm categorizing according to my full experience of the event, not just the description.

I ended up getting a couple of psychic readings, which I had never done before and they definitely knew things about me that they shouldn't have known. **(Prophetic, confirming)**

The universe spoke to me one time, where I could actually hear it. I was meditating and asking what my purpose was. I heard one word. It was a very deep, masculine voice and it said "freedom". I think I may understand this now, but I certainly didn't then. I was very surprised at the word and the event. It did not come from my conscious self. **(Confirming)**

I also went to a "healing" event in the bottom of a church I was going to. Two men waved their hands over me, maybe a foot above me, for an hour. I think this was Reiki, but at the time had no idea what it was. At the end of this event, one of the men also told me things that they would have had no way of knowing. **(Prophetic, confirming)**

I went to a workshop during this time and a lady came up and told me that she saw a halo over my head. At a life coaching training class, one of my fellow coaches came up and told me that she had a dream about me where I was dressed as an American Indian and I walked through a ring of fire. **(Confirming)**

Much of this activity died down after about a year, but whenever I'm at a decision-point, this type of thing starts again. I've not seen any type of symbols now, but the synchronicities happen. Over several years, I've noticed two

other patterns. These took me longer to notice because they weren't as dramatic and occurred less frequently. They seem to occur when I'm struggling with something or I'm at a crossroads in life.

One of the weirder moments in recent times was when the facility manager where we live saw us from his golf cart in the parking lot. He got out of the cart and brought us a wooden figure of a church and gave it to me and my spouse. This was during a time where I was recently ordained as a minister and was planning to start a new global spiritual community. **(Prophetic, confirming)**

I've also noticed that for me, animals turn up in weird ways. Like an alligator stayed outside my window for weeks (it was in a fenced off lake and I was on the third floor). A butterfly came up and stayed on me for at least 20 minutes. A duck came up and stood by us for about 20 minutes. When I look up the "shamanic" meaning of these animals, they always seem to have a direct application to my situation. **(Confirming)**

I was about to have a surgical procedure and was worried about it. Two days before the surgery, around 40 white egrets were positioned around the small lake I can see from my home. This actually happened twice before 2 different surgeries. I had never seen them there before, even though I had frequently been out at that time of day over the previous two years. **(Confirming)**





# Themes & Patterns

I'm also experiencing more synchronicities right now and I think it's related to this book.

The appearance of owls has been frequent lately. I've heard them around the lake even though I haven't heard them before. We ended up watching two or three TV shows/movies where owls were mentioned; and there was a person with an owl drawing and some statement about owls was on his shirt. **(Confirming)**

I will also hear odd words that I never use from TV, movies, my spouse, etc. They seem to come in pairs. A person around me will use a word or I will see it in a book and then within the same day, I will see or hear it again. This too, seems to happen when I'm at a juncture point. It's almost like the universe is saying, "I've got your back." **(Confirming)**

I had a vision of wanting big comfortable chairs, like big lounge chairs that you typically put inside, to put outside. Within a week 5 of these chairs were given to me. **(Manifesting)**

An e-mail came through about a free writers workshop held by Hay House, one of the biggest publishers in the US and the world. Through that workshop I have the opportunity to submit a book proposal to them. **(Opportunistic)**

I moved recently to an area of the country where there is a certain radio station, which might be a good launching point for the book and my other endeavors. I've called the program director and we are scheduling a meeting. **(Opportunistic)**

I've had to move 6 times in the last 2 years, long story there, and travel a lot. This experience has resulted in many synchronistic events. The traveling itself was the manifestation of a long term desire of mine. **(Warning, confirming, manifesting, and opportunity)**

A few final "evoking" actions you can consider trying.

## Themes and Patterns

Look for themes or patterns in your behavior, challenges, successes, and the people in your social circle. Do you find yourself attracting a certain type of person in your life? Do you have certain behaviors that you feel compelled to engage in? Are there certain challenges that you seem to face over and over again. Any of these can be very helpful. They may have been a critical aspect of how you got to where you are today.

However, whenever you find yourself thinking about or driven to change, it may be because you need to bring out another aspect of yourself. Consider this as a potential change to further evoke your personal power.

*It's true that the pattern is in my bones . . . our bones do not command us, nor our instincts, nor some unalterable doom. We command. We break patterns. We see through our blind spots.*<sup>57</sup>

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# Evoking Tips

## **Create a Special Space**

Many people create a special place for themselves. It can be decorated so that you feel peaceful or excited or whatever you want to feel on some regular basis. They use the space to meditate, read, write, listen to music, spend time in nature or be in the quiet.

## **Trusting Your Gut or Call on Your Intuition**

Many of us were not taught to use our intuition in decision-making. A person should certainly use data and logic when making decisions. However, data and logic are not all we have. Intuition is another kind of skill that we innately have and can further develop. Try taking 5 minutes each day and think about decisions you need to make, people you deal with and so forth. Ask yourself, what does your intuition tell you about the situation. Do this for a couple of weeks and see what happens.

## **Positive Prayer**

Typical prayer, based on Western cultural practice has tended to be where we ask for what we want, that we don't have. Many Eastern spiritual faiths and recent scientific research indicates that it is our own consciousness that creates what we perceive to be "reality." If we speak, act and think as though whatever we want to happen, has already happened, as much as possible, then it is more likely to happen in our reality. So when you pray, say it as though it has already happened. Instead of saying, "Please let me be able to get this car", say "Thank you for letting me get this car."

## **What You Fear/Resist, You Create**

Think about what you think about. Do you spend significant time thinking about certain topics? Are some of them fearful? Do you resist a certain situation in your life? There is a belief that whatever you focus on, spend your energy on, will become your reality. So if you spend a lot of time fearful or resisting a certain situation, it is more likely to occur or continue to occur. Now it is easier-said-than-done to say, "Don't think about that."

Here are some actions you might take when you find yourself fearing or resisting:

- 🕒 Substitute a phrase like "cancel, cancel, cancel" until your mind moves on
- 🕒 Substitute something more powerful in your mind - like an image of a loved one, a flower
- 🕒 Get up and move around in the room
- 🕒 Focus on easing any tension throughout your body or on how various parts of your body feel in the current moment
- 🕒 Move into a light meditative state
- 🕒 Become an observer of the situation, where you see yourself being you in the situation
- 🕒 Any activity that can put you in the present moment

## **Declutter or Simplify**

Look at any chaos in your life. It could be that chaos is awesome for you and you love it. That's just fine. I once had a boss whose office was complete disorder. He had file folders on every surface including the floor. I had to walk very carefully to sit in the guest chair - the one uncovered surface in the room. The folders were completely random - not numbered or alphabetized or arranged in any way. However, if he wanted the folder for any particular situation, he knew exactly where it was. So what looked like chaos to me, was perfect order for him. You could have physical chaos like a messy office, but it could also just be in the scheduling of your week, a person in your life or the file-folders on your computer. Just take an inventory of the areas of your life to find anything that seems unmanageable or overwhelming and consider if it is holding you back in some way.

## **Self Care**

Are you taking care of yourself in mind, body and soul? If you are neglecting yourself in some area, this could be a driver of why you are looking for a new role. That you are in this situation to force you to take a look at this. Also, when you are taking care of yourself, this will be evident when you interview. See the self care assessment in the Brand Development chapter for more information.

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# Celebrate

*The more you celebrate your life, the more you will manifest what you want.*

I cannot say enough about this topic. It is definitely an area in which I have not behaved in an optimal way. I have had many successes and victories in my life, but seldom have I celebrated enough. I would think ok, that's done, what's next.

However, over the years, I've discovered that the more you celebrate your life, the more you will manifest what you want.

Celebration can come in many forms. Sometimes it can just be a few minutes of gratitude. Other times, it can be buying some special item that you've wanted. It can also be carving out time for yourself, having a nice long hot

bath or going fishing in the wilderness - whatever makes you feel good and rewarded.

Another way of thinking about it is "practicing joy". Whenever I wake up and I feel sad or I don't know how to spend my day, I think - what can I do that will bring joy to my day.

*Whenever you are not sure of what you should do next, choose joy.*

If you choose to journal, it might be good for you to reflect on the day before and what joy you experienced and what joy you will choose today. If you do this, you will be amazed at how much joy is in your life and how much more comes to you. It is definitely a powerful manifestation activity.



# Draft



2

*YOU JUST DO YOU BABY!*

# Chapter Two

# Brand Development

# Introduction

*Your brand is who you are, what you value, what your experience has been and where you are headed.*

In the last few years, companies have been asking job applicants to describe their personal brand. The first time I saw this, I thought, what new crazy thing had some marketing person come up with? Why on earth would someone, other than someone who has a public persona, have a "brand". Your brand is who you are, what you value, what your experience has been and where you are headed.

When you apply for a job, companies are increasingly expecting you to have a "brand". Sometimes they will directly ask this question. Sometimes they will expect to see your brand in your business card, resume, website and more. They may also ask about this in indirect ways like asking you "What is your management style?" Reportedly, Disney often asks which Disney character is most like you, when you interview for a position in their organization.

Each of us is unique. We are one-of-a-kind. We are put on the planet to live out that one-of-a-kindness. There is profound beauty in each of us, because of our diversity. We were meant to live out our uniqueness, and experience the joy of seeing others do the same.

We are so often criticized, told we are not good enough, that we are weird or insufficient in some way. We steer clear of those areas and try to conform. Here's the secret truth. It is our weirdness, the places where we don't fit, can't conform, etc. that are like a pigeon steering you home. If you look at people who have achieved great things, often it came from the places where they were different from other people.

In a secular sense, it's a practical question about how you intend to interact with the world. In a non-secular sense,

it's really the most fundamental spiritual question – Why am I here? A good way to determine your brand, regardless of whether this is a practical and/or spiritual question for you, is by completing the activities in this chapter that resonate with or seem applicable to you.

*Why are you here? Is this all there is?*

I had a friend who knew she wanted to be in the dentistry field when she was really young, maybe six or seven years old. This seemed pretty unusual to me and I'm sure her friends, family and teachers thought she was a bit odd. She ended up going into dental hygiene and became a director of the dental hygiene program at a university. She is now considered to be an expert and provides professional guidance to others in her field across the globe.

One time I went to her school to see her room and I took a picture of her. When I looked at the photo, there was a halo over her head. I did nothing special in taking the picture, so this was pretty freaky to me. I actually printed it out, framed it and gave it to her. When she retired, hundreds of her students wrote her letters about what she meant to them. She was awarded the Outstanding Dental Hygiene Alumni Award from the Board of Governors of the school where she taught. She was born to do this work.

*Twenty years from now, you will be more disappointed by the things you didn't do than those you did. So throw off the bowlines. Sail away from safe harbor. Catch the wind in your sails. Explore. Dream. Discover!<sup>59</sup>*

# Draft

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# Introduction

But many of us don't know what we were born to do at first and/or may have several areas that we were born to be a part of. Right now, you may just be focused on getting a job asap and that is just fine. Sometimes however, the universe will force a big transition on you, like a job loss, a terrible work environment, not being appreciated for the work you do, an illness, or marital strife, etc. to make you stop and take a look at your life and adjust your course so that you keep heading in the right direction for what you were meant to do.

The activities in this chapter will help you understand yourself at a much deeper level. This will help you identify jobs that fit you better. Know your strengths and personality traits and so much more. You don't have to do any of them. But the more of them you do, the better chance you will have at creating the life and finding the job you want.

1. **Wheel of Life** - This is a great tool to begin life transformation. It is a very quick way for you to assess your life and identify any area you want to make a change in. It would be good for you to revisit this activity every six months or a year.
2. **Abuse Red Flags** - It is generally difficult for a person to hear and to take action toward their calling(s) in life, if they are being abused physically or psychologically. Some people don't realize that what they are experiencing is abuse. This tool helps assess whether you are experiencing abuse and provides some suggestions for a pathway out.
3. **Addiction Roadblocks** - Similar to abuse, addiction is something that generally keeps you from your callings and from living fully. People can be addicted to almost anything and they may not recognize it as an addiction. This tool helps assess whether you are addicted to something and provides suggestions to change it.
4. **Mental Health Signposts** - You could also have a mental health issue. It could be a permanent or temporary situation. You could be high-functioning or extremely debilitated by it. Either way, there are some pretty effective solutions. This tool helps assess whether you may have a struggle with mental health and provides suggestions to optimize your management of this situation.
5. **Gremlins** - This tool helps you identify the "gremlins" or "monsters" in your head and to develop processes to manage them.
6. **Feedback Form** - This questionnaire can be sent to family, friends, co-workers, supervisors and people you supervised to get a sense of how other people perceive you. This could be the most powerful part of this process for you.
7. **Lightworker** - Lightworkers are people who tend to work in humanitarian-type work, work that helps other people. Lightworkers may struggle being in the world as it is today. They tend to be more sensitive and more connected to the light. So the dark nature of some elements of our existence can be difficult for a lightworker. Knowing you are a lightworker may help you understand your challenges and how to make a better life for yourself. Using your Lightworker nature could be why you are at this juncture of your life.
8. **Spiritual Awakening** - You could be undergoing a spiritual awakening, when your soul is driving you to make significant change. This tool can help you recognize if you are experiencing this situation.
9. **LGBTQIA+** - This tool discusses your sexual orientation and gender and how those may impact on your life. It also speaks to those who are afraid of or do not support this community as your reaction to this community group also impacts your life and those of others.

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# Brand Development Tools

10. **AMOYO** - Tracking your activity for a short time can provide great clarity on where you are spending your energy. It can be very enlightening to see where you spend your time versus what you value and what you believe is important. It can help you see what you need to change, if anything, to bring your life in alignment with your values.
11. **Key Influences** - This activity will help you identify the major influences in your life thus far. It is a "big picture" of how your environment has impacted who you are right now. You will identify your defining moments, critical choices and pivotal people.
12. **Values** - This tool helps you identify your key values. If your life is out of alignment with your key values, you will likely be unhappy and the effort you are exerting is not optimized. This activity will provide you with a "litmus" test that you can apply toward any situation to help you make choices that align with your soul.
13. **Self Care and Healing** - This resource helps you assess how well you are taking care of yourself. Your need for a new job could be driven by your soul telling you that you need better self care or to heal yourself from traumas of the past.
14. **Ayurveda** - Ayurveda is a holistic system of medicine designed to help you optimize your mind, body and soul. It is focus on preventing health issues before they occur. This assessment helps you determine your Dosha distribution and identify if your Doshas might be out of balance.
15. **Chakras** - The Hindu religion and some other spiritual belief systems believe the body has energy centers and that you can enhance your life by taking certain actions related to each center. This section provides info on the Chakra system and helps identify if you might have an imbalance.
16. **Skills** - This is essential for writing a resume, job fit analysis, skill gap analysis and interviewing.
17. **Personality** - This is extremely helpful for resume writing, interviewing and really, every aspect of your life.
18. **Passions/Personality/Aptitude** - This page provides a list of assessments you can do to identify your passions, personality and aptitudes. This is critical to a successful job search.
19. **Change Spectrum** - Most people don't embrace change. This tool helps you determine where you fall in being open to change.
20. **Change Readiness** - You may not be ready for change in a particular time or area. This tool can help assess whether you are ready to make a change in a certain area. If you aren't, this is totally ok. You can just revisit this form, every six months, to determine if you are now ready for change. This can help you - not beat yourself up - if you simply aren't ready for change. Your soul could want to change something about your existence, but also not be ready to do this yet. The form will help you see patterns and alert you to the possible need for change now or in the future.
21. **Five Elements** - This assessment is tied to acupuncture and Eastern holistic healing methods, using the connection between the mind, body, and spirit and draws from the wisdom of nature.
22. **Entrepreneur** - This one evaluates whether or not you might be an entrepreneur, running your own business rather than working for someone else. The universe could have driven you here in order for you to realize this about yourself.

*Draft*

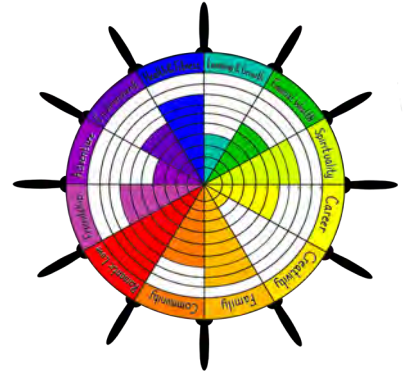
*How's that working for you?<sup>62</sup> Are you riding a psychotic horse toward a burning stable?<sup>63</sup>*

# #1 Wheel of Life

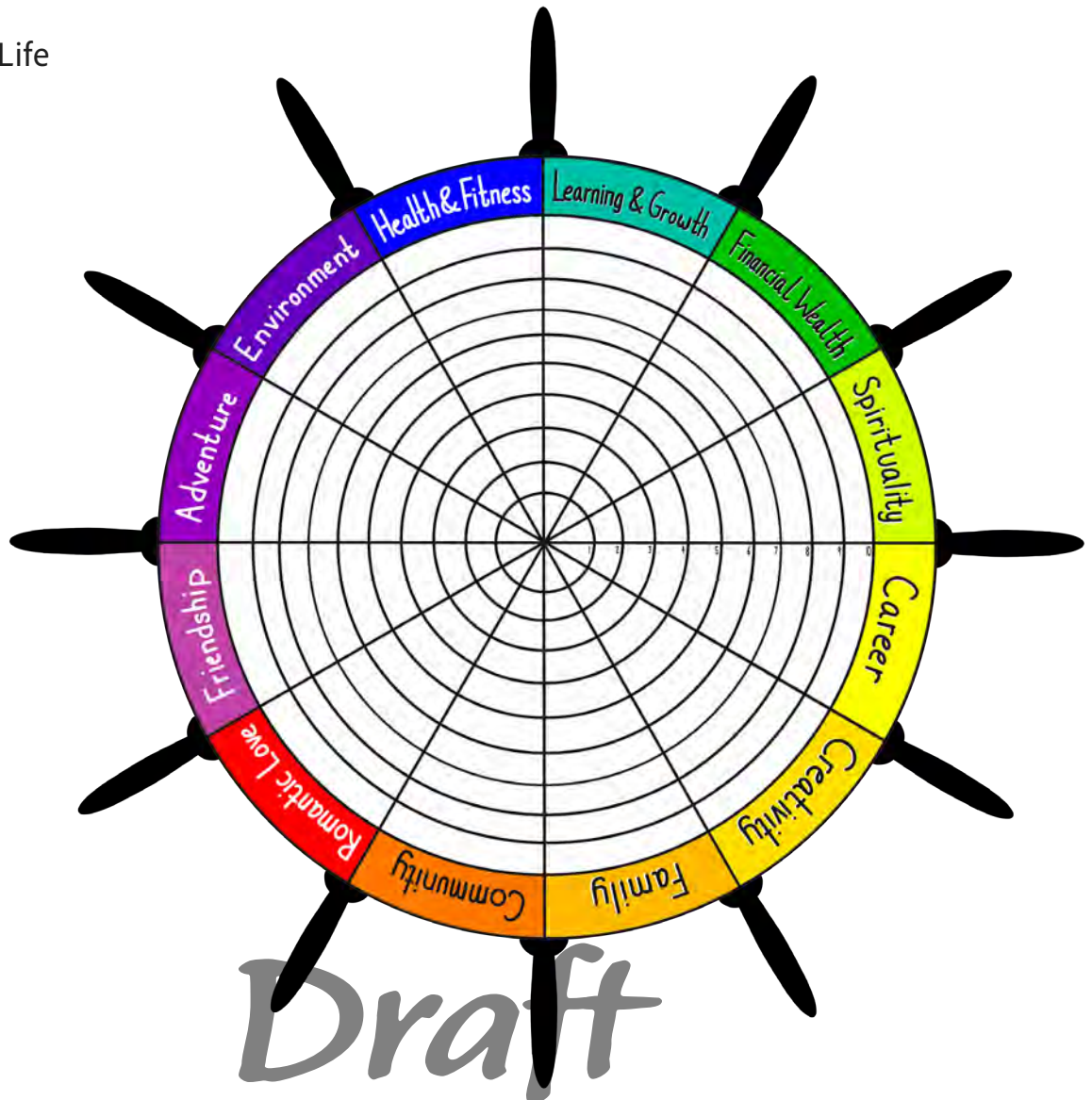
The Wheel of Life is an easy tool for a quick snapshot of your satisfaction with life. You color in each section to represent your satisfaction with your life in each area. The scale is from 1-10 with 10 being the highest, moving from the center to the edge.<sup>64</sup>

The rating you give should be based on your opinion, not the opinions of your friends or family, etc. There is no "right" or "wrong" in this activity. If the levels are very different - some high and some low; then how smooth is your life ride? However, maybe you like a bumpy ride at this point in your life, so that might be perfectly ok.

I recommend you revisit this exercise every six months or anytime you are making a big change or decision like looking for a new job. Use the information to steer your life in directions that make your life better. We often tend to be so busy that we don't take stock of our life every so often, so that we can adjust our course. A job change is a perfect time to use it.



## Your Wheel of Life





*An abused person's safety is most at risk when the abuser finds out and begins to believe that the abused person plans to leave the abuser. Plan for a safe exit, if possible.*

## #2 Abuse Red Flags

It is generally difficult for a person to hear and to take action toward their calling(s) in life, if they are being abused physically or psychologically. Some people don't realize that what they are experiencing is abuse. This tool helps assess whether you are experiencing abuse.

As with other tools, there is no "right" or "wrong" answer, but if you check the first row, you are being abused. Physical abuse is unacceptable, even if it is infrequent. If you check 3 or 4 of the other rows, you may want to seek more help. These behaviors may be psychological abuse and physical abuse is often not far behind.

Enter a checkmark for any description that seems to apply to you.

1. *Warning - An abused person's safety is most at risk when the abuser finds out and begins to believe that the abused person plans to leave the abuser.*
2. *Plan for a safe exit, if possible.*
3. *Resource URLs/phones*
  - *National Domestic Violence Hotline - 800-799-7233, <https://www.thehotline.org>*
  - *Everyday Health, <https://www.everyday-health.com/news/ways-to-get-help-for-domestic-violence>*

<input type="checkbox"/>	<b>1. Control of physical self:</b> The person controls your physical self in any way, other than for your own safety.
<input type="checkbox"/>	<b>2. Anger avoidance:</b> You avoid doing certain things that make the person angry.
<input type="checkbox"/>	<b>3. Frequent challenging:</b> The person opposes things often by challenging your opinions and perceptions.
<input type="checkbox"/>	<b>4. Having to check in:</b> You have to check in often with the person and let them know where you are and who you are with all the time.
<input type="checkbox"/>	<b>5. Not exercising your voice:</b> The person blocks you during conversations by accusing you of something or changing the topic.
<input type="checkbox"/>	<b>6. Hurtful jokes:</b> The person cracks jokes that are hurtful while complaining you are too sensitive.
<input type="checkbox"/>	<b>7. Discounts your feelings:</b> The person makes you feel as if your feelings are wrong, or they don't matter.
<input type="checkbox"/>	<b>8. Forced apologies:</b> The person makes you apologize for things you didn't do.
<input type="checkbox"/>	<b>9. Makes you feel selfish or stupid:</b> The abuser makes you feel selfish or stupid because of their actions.
<input type="checkbox"/>	<b>10. Speaks for you:</b> The person may put words in your mouth or speak for you without your consent to undermine your self-esteem.
<input type="checkbox"/>	<b>11. Mood swings:</b> The person has sharp mood swings.
<input type="checkbox"/>	<b>12. Denial of actions or words:</b> The person may deny things said or actions that took place.
<input type="checkbox"/>	<b>13. Puts you down:</b> The person puts you down and won't acknowledge your accomplishments.
<input type="checkbox"/>	<b>14. Punishes you:</b> The person keeps things from you as punishment, such as money, affection, or sex.
<input type="checkbox"/>	<b>15. Loss of sexual desire:</b> The person isn't someone you want to have sex with because the sexual desire is gone.
<input type="checkbox"/>	<b>16. Blaming:</b> The person makes you feel like things are your fault, and/or to feel sorry for them for no reason.
<input type="checkbox"/>	<b>17. Unrealistic and critical:</b> The person has unrealistic expectations and criticizes you when you can't meet them.
<input type="checkbox"/>	<b>18. Creates conflict:</b> The person likes to argue or create conflict.
<input type="checkbox"/>	<b>19. Emotional blackmail:</b> The person resorts to emotional blackmail.
<input type="checkbox"/>	<b>20. Superiority:</b> The person acts as if they are better than you.
<input type="checkbox"/>	<b>21. Social isolation:</b> The person controls you through isolation from your friends, family and/or community.

Enter your number of check marks out of 21 here

*Draft*

You can be addicted to anything.

## #3 Addiction Roadblocks

You can be addicted to almost anything including exercise, work, sex, drugs, alcohol, food, gaming, TV, shopping, collecting, hoarding, etc. Some addictions, like alcohol or drugs, tend to be so disruptive to a full life experience, that you definitely need to consider doing something about it. Other addictions may be ok, if they don't prohibit "you being you."<sup>65</sup>

For example, suppose you love socks. You buy them constantly. You think about what socks you will wear in the upcoming week and experience great joy from doing that. You display your most favorite socks in a display case in the living room. Sometimes you change your socks at lunchtime, simply to be able to wear a different pair.

### Resources

- 📞 Substance Abuse and Mental Health Services Administration (SAMHSA)
- 🌐 <https://www.samhsa.gov>
- 📞 1-800-662-HELP (4357)

Is this an addiction? Probably. However, it may be just fine for you to have this unusual love for socks. The key question is does it create problems in the rest of your life. Do you still have the rest of your life?

Put a check mark next to any of these characteristics that you tend to exhibit.

<input type="checkbox"/>	<b>1. Inability to stop:</b> Individuals struggle to quit or reduce the addictive behavior despite recognizing its harm.
<input type="checkbox"/>	<b>2. Mood and sleep changes:</b> Addiction affects mood, appetite, and sleep patterns, leading to fluctuations in daily life.
<input type="checkbox"/>	<b>3. Continuing despite consequences:</b> Even when faced with negative outcomes (health issues, legal trouble), the person persists.
<input type="checkbox"/>	<b>4. Denial:</b> Addicts often downplay the severity of their addiction, hindering their ability to seek help.
<input type="checkbox"/>	<b>5. Risky behaviors:</b> Engaging in risky actions (lying, stealing) to maintain the addiction, compromising safety.
<input type="checkbox"/>	<b>6. Preoccupation:</b> Thoughts about the substance or behavior dominate the individual's mental space.
<input type="checkbox"/>	<b>7. Legal and financial problems:</b> Addiction leads to legal troubles (arrests) and financial strain.
<input type="checkbox"/>	<b>8. Loss of interest:</b> The person loses interest in once-enjoyed activities due to addiction's overwhelming focus.
<input type="checkbox"/>	<b>9. Tolerance:</b> Over time, more substance or behavior is needed to achieve the same effect (escalating use).
<input type="checkbox"/>	<b>10. Withdrawal symptoms:</b> When reducing or stopping, withdrawal symptoms (anxiety, discomfort) may occur.
<input type="checkbox"/>	<b>11. Loss of control:</b> Struggling to regulate use or engagement, often exceeding intended limits.
<input type="checkbox"/>	<b>12. Escalation:</b> Addiction tends to escalate, requiring more frequent or intense exposure for satisfaction.
<input type="checkbox"/>	<b>13. Social isolation:</b> Addicts withdraw from social interactions, prioritizing addiction over relationships.
<input type="checkbox"/>	<b>14. Obsession:</b> Thoughts about the addictive behavior dominate daily life, affecting decision-making.
<input type="checkbox"/>	<b>15. Relapse:</b> Even after abstinence, relapses occur due to triggers or cravings.
<input type="checkbox"/>	<b>16. Neglect of responsibilities:</b> Work, family, and personal duties are ignored due to addiction's preoccupation.
<input type="checkbox"/>	<b>17. Rationalization:</b> Justifying the behavior despite negative consequences (e.g., "I deserve this").
<input type="checkbox"/>	<b>18. Secrecy and hiding:</b> Concealing the addiction from others, leading to a double life.
<input type="checkbox"/>	<b>19. Fixation on acquisition:</b> Constantly seeking the substance or engaging in the behavior to acquire it.
<input type="checkbox"/>	<b>20. Emotional dependence:</b> Relying on the addictive behavior for emotional relief or coping.
Enter your number of check marks out of 20 here _____	

Draft

*At first blush, going sane feels just like going crazy.<sup>66</sup>*

## #4 Mental Health Signposts

It is generally difficult for a person to hear and to take action toward their calling(s) in life, if they have unmanaged mental health issues. However, there are two sides to every situation.

*Here's to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes, the ones who see things differently. They're not fond of rules and they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things. They push the human race forward, and while some may see them as the crazy ones, we see genius, because the people who are crazy enough to think that they can change the world, are the ones who do.<sup>67</sup>*

So where is the line between crazy and genius? I don't think there's any definite line. Many people who have had extraordinary achievements also struggled with their mental health. But generally, similar to addiction discussed in the previous section, if you have a mental state that keeps you from being productive or having good relationships or taking care of yourself, it should probably be addressed.

In the past, many people did not get treatment for a mental health issue due to the stigma associated with such conditions. Many did not know that they had a mental health issue. A high percentage of people in prisons have mental health issues. Also, the connections between the mind, body and soul were not known or understood. People would have conditions like ADHD, PTSD, aspergers and autism and it would go undiagnosed and untreated.

The great news is that much of this is changing. Scientists and healthcare professionals are coming together to research how the mind, body and soul interact.

*Nearly one in five U.S. adults live with a mental illness (57.8 million in 2021).<sup>68</sup> Around 12.5% of the world's population is affected by a mental health disorder.<sup>69</sup>  
You are not alone.*

This research is going to help create more effective management strategies. It will help people manage their mental health while not losing what makes them unique.

*I'm thirty-six years old, I love my family, I love baseball, and I'm about to become a farmer. And until I heard the Voice, I'd never done a crazy thing in my whole life. . . .*



*It's okay, honey. I... I was just talking to the cornfield.<sup>70</sup>*

### Resources

- National Alliance on Mental Illness, [nami.org](http://nami.org), 800-950-6264
- <https://www.nami.org/NAMI/media/NA-MI-Media/Images/FactSheets/HelpLine-Resource-Directory.pdf>
- [https://www.brainhealthassessment.com/?utm\\_source=Google&utm\\_medium=search-paid&gad\\_source=1&gclid=EAlaIQob-ChMI7cLH1qSVhAMVchitBh3vFAkREAAYASA-EgJNAfD\\_BwE](https://www.brainhealthassessment.com/?utm_source=Google&utm_medium=search-paid&gad_source=1&gclid=EAlaIQob-ChMI7cLH1qSVhAMVchitBh3vFAkREAAYASA-EgJNAfD_BwE)

*Draft*

# #4 Mental Health Signposts

Use this checklist to see if you have some of the behaviors or feelings that might indicate a mental health issue. If you have any doubt or concern, then take steps to investigate this further.

<p><b>General Symptoms</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I am very anxious, worried or scared about a lot of things in my life.</li> <li><input type="checkbox"/> I feel that the world is out of my control.</li> <li><input type="checkbox"/> I feel restless, agitated, frantic or tense.</li> <li><input type="checkbox"/> I have trouble sleeping and/or don't feel well-rested when I wake up.</li> </ul>	<p><b>Substance You May Be Using</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Alcohol</li> <li><input type="checkbox"/> Cannabis</li> <li><input type="checkbox"/> Hallucinogens (e.g. LSD, Peyote, Psilocybin, PCP)</li> <li><input type="checkbox"/> Inhalants (e.g. glue, aerosols, lighter fluid, gasoline)</li> <li><input type="checkbox"/> Sedatives/Hypnotics/Anxiolytics/Opioids (e.g. Valium, Xanax, Restoril, Ativan)</li> <li><input type="checkbox"/> Stimulants (e.g. Cocaine, Ecstasy, Speed, Methamphetamine; Ritalin, Concerta, Biphedamine, Dexedrine)</li> <li><input type="checkbox"/> Other substances used to get high, numb your feelings or escape your thoughts.</li> </ul>
<p><b>Panic Attack Symptoms</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fluctuating or increase heart beat</li> <li><input type="checkbox"/> Excessive sweating,</li> <li><input type="checkbox"/> Shaking, trembling or tingly hands, legs or body,</li> <li><input type="checkbox"/> Difficulty breathing or swallowing,</li> <li><input type="checkbox"/> Pain in the chest,</li> <li><input type="checkbox"/> Stomach upset, nausea, diarrhea, dizziness,</li> <li><input type="checkbox"/> Hot or cold flashes,</li> <li><input type="checkbox"/> I've felt scared that I would lose control, go crazy or die.</li> </ul>	<p><b>Symptoms of Problematic Substance Abuse</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I try to cut down, but ended up using it more or for longer than I intended.</li> <li><input type="checkbox"/> I continue to use this substance despite the fact that it is affecting my relationships, got me into trouble at work/home, or affected my health.</li> <li><input type="checkbox"/> I experience cravings or withdrawal symptoms when I not using it (sweating, increased pulse rate, tremors, digestive problems, hallucinations, anxiety, headache, fatigue/drowsiness, sleep problems, appetite or weight changes, restlessness, depression, irritability, concentration problems, muscle pain, fever, etc.).</li> <li><input type="checkbox"/> I spend a lot of time covering up my use, and/or planning ahead to make sure I would have enough of the substance to get me through the day.</li> <li><input type="checkbox"/> I used the substance in situations in which it was physically dangerous or risky to do so</li> <li><input type="checkbox"/> I've had to take the substance in increasing amounts in order to achieve the effect I wanted.</li> </ul>
<p><b>Sadness</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I've become increasingly sad and haven't been able to snap out of it.</li> <li><input type="checkbox"/> I frequently feel sad that I can't go on.</li> <li><input type="checkbox"/> I've stopped having fun doing things that I used to enjoy.</li> <li><input type="checkbox"/> I've lost or gained weight without trying to primarily due to an appetite change.</li> <li><input type="checkbox"/> I've slowed down compared to my usual pace.</li> <li><input type="checkbox"/> I feel exhausted.</li> <li><input type="checkbox"/> I feel worthless or guilty.</li> <li><input type="checkbox"/> I think about death or taking my own life</li> <li><input type="checkbox"/> I've had difficulty functioning in my personal, social or work life</li> </ul>	<p><b>Mood swings</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I experience unusually elevated moods where I am extremely elated, energetic, or irritable.</li> <li><input type="checkbox"/> I have sudden bursts of confidence or feel like I am better than anyone else</li> <li><input type="checkbox"/> I have periods of time when I need little or no sleep, yet function as well or better than usual.</li> <li><input type="checkbox"/> My mind is flooded with thoughts and I talk more/faster than usual.</li> <li><input type="checkbox"/> I started to tackle multiple goals/activities at once (more than I usually would) or jump from one interest to another in an attempt to do everything.</li> <li><input type="checkbox"/> I participate in activities that could have negative consequences (carefree or unprotected sex, shopping sprees, unwise investments, excessive gambling, etc.)</li> <li><input type="checkbox"/> I have extreme mood swings from depression to elation for no apparent reason</li> <li><input type="checkbox"/> My mood swings have kept me from regular life activities.</li> </ul>
<p><b>Traumatic Events</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I have been exposed to a traumatic event either directly or through someone's experience.</li> <li><input type="checkbox"/> I am haunted by memories, flashbacks or nightmares.</li> <li><input type="checkbox"/> I've lost trust in humanity and/or myself.</li> <li><input type="checkbox"/> I've begun expecting the worst of others and of situations.</li> <li><input type="checkbox"/> I feel fear, guilt, shame or blame myself or others for the event.</li> <li><input type="checkbox"/> I've lost interest in activities I used to enjoy.</li> <li><input type="checkbox"/> I've become irritable or enraged because of minor issues.</li> <li><input type="checkbox"/> I've been reckless or taken unnecessary risks</li> <li><input type="checkbox"/> I've become excessively vigilant, tense, "on guard" or jumpy</li> <li><input type="checkbox"/> I have trouble focusing, concentrating, or remembering things.</li> <li><input type="checkbox"/> I purposely avoid anything that reminds me of the event (e.g. certain people, places, objects or activities).</li> <li><input type="checkbox"/> I am unable to feel happiness, contentment, joy, or love, or had trouble connecting with other people.</li> </ul>	<p><b>Mood swings</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I experience unusually elevated moods where I am extremely elated, energetic, or irritable.</li> <li><input type="checkbox"/> I have sudden bursts of confidence or feel like I am better than anyone else</li> <li><input type="checkbox"/> I have periods of time when I need little or no sleep, yet function as well or better than usual.</li> <li><input type="checkbox"/> My mind is flooded with thoughts and I talk more/faster than usual.</li> <li><input type="checkbox"/> I started to tackle multiple goals/activities at once (more than I usually would) or jump from one interest to another in an attempt to do everything.</li> <li><input type="checkbox"/> I participate in activities that could have negative consequences (carefree or unprotected sex, shopping sprees, unwise investments, excessive gambling, etc.)</li> <li><input type="checkbox"/> I have extreme mood swings from depression to elation for no apparent reason</li> <li><input type="checkbox"/> My mood swings have kept me from regular life activities.</li> </ul>
<p>Enter your number of check marks out of 54 here</p>	

Draft

## #5 Your Gremlins

Most of us, if not all of us, have voices in our heads. Sometimes the voices are positive and uplifting. Sometimes they are not. This list gives you a sample of thoughts that are not helpful or empowering.

- I am fat, unattractive. It impacts how others perceive me. I have to be three times as good to even have a chance.
- I always fail when it comes to the big play.
- That's crazy, impractical.
- You'll never do it, so why try.
- You have so far to go, that it is impossible.
- Have another piece of pie, you deserve it.
- You at least have control over this, so do what you want.
- Is God really all about you being happy?
- Life is hard.
- It's important that you are liked.
- You can't fail or make a mistake.
- It must be perfect.
- It must be better than anyone would have imagined.
- You'll be alone, if you leave him.
- You are supposed to be giving and loving.
- You cannot change him, only you, so leave it be.
- Their attitude is so unfair. I'm not going to change for them.
- You are not as smart as other people.
- That's just the way it is. It won't be different anywhere else.
- If you can't get at least an hour of work done, you might as well not do it.
- Only wimps cry.
- No one really cares or will help you.
- You have to be tough and strong.

Make a list of what your gremlin(s) say to you today and enter how many are in your list here \_\_\_\_\_

Often, just giving voice to the gremlin's existence is enough to kill it. Other times, you may have to take other steps to get rid of it. One key step is working on yourself. Spend time getting to know yourself well, as referenced a few passages earlier. The better you know yourself, the

more you will begin to recognize your value, what you really bring to the table. This will help you get rid of some gremlins.

Another process that is helpful is to begin truly loving yourself and actively working to take care of yourself. The more you do this, you will diminish the power your gremlin has over you. In truth, you may not really get rid of a gremlin, but you can significantly reduce its influence. Make a list of what the gremlin says to you, particularly the thoughts that are very powerful to you and that have re-occurred for years.

Think about how these thoughts have impacted you and those you want to change. I have found that once you are aware of your gremlins and the more you do "manifesting" activities - the activities in Chapter 1 - the less power gremlins will have over you.

*A gremlin is a vile, vicious, villainous, insufferable bully lurking in the shadows of your very own mind. The gremlin is out to make you miserable. Left to do his thing, he'll zap your health, foul up your relationships, ruin your disposition, dampen your creativity, hamper your productivity, drive you into low-down funks, and wind you up in to fits of anxiety.<sup>72</sup>*



Rick Carson's book, *Taming Your Gremlin*, can give you more information on how to deal with your gremlin.

Draft

## #6 Feedback

*This was probably the best and most powerful activity I've ever done. The results definitely helped me be significantly more successful in subsequent years, than I would have been otherwise. It also made me a better person.*

The purpose of this activity is to help the participant learn more about themselves. Sometimes other people can see things about you that you don't see at this time. They remember events that you don't. They also view events with a significance level that is different than you. So you might have taken an action that you don't remember. But for the person completing the form, it was very important to them and you did a very good job.

*I recommend that you do not do this activity if you feel emotionally fragile right now. I think you will generally get positive and really helpful information. But sometimes a person just isn't ready to receive any negative feedback and that's fine.*

The next two pages contain two versions of a feedback form. Form A is longer and includes a category labeled "blind spots/areas for improvement" designed to open the door for the person to tell you something less than positive about yourself that they might not do otherwise. Form B is shorter and is designed to get mostly positive feedback. It is still set up where they can include something less than positive, but doesn't "invite" them to do so. Distribute either form (or design one of your own) to 7-15 people and ask them to complete it for you. You can mix it up as well. Using Form A, Form B, a form of your own or a simple e-mail - whatever works for you.

Suggested people include current and former friends, co-workers, supervisors, people you supervised, your significant other, your kids, other family members. A mix of people is good. Include some people that you think might be a little tough on you. But also include people from situations that went well. It is important that you get balanced feedback. Again, if you feel emotionally fragile right now, then send it only to people you know will be generous/non-critical in their feedback.

*I recommend that you do NOT send the form to someone who is regularly critical of you or who is just not a positive person. The former type of person is already giving you*

*feedback. The latter type of person will likely not have any "constructive" feedback and that's what you want here. If you get feedback from someone who is mostly a negative person, the accuracy of such information is questionable as their reality is different than the average group of people.*

Once you get the forms back, complete the summary form on the last page of this section.

### Summary Form Completion

Review the feedback forms you receive. Summarize your key takeaways from the information you received.

Pay particular attention to:

- 🕒 Similar feedback you receive from more than one person.
- 🕒 If your patterns differ depending on the environment like work, home, church, or community, etc.
- 🕒 Is a particular behavior or tendency driven from your childhood? Is this optimal for you now?
- 🕒 Are there any perceptions people have of you that are different from who you really are?
- 🕒 Are others' perceptions of your values in alignment with your true values?
- 🕒 Do you see feedback that indicates your behavior differs when you are stressed? If so, what type of environments do you find stressful? How does your behavior change? Is this optimal for you? If is isn't, then should you or the environment be changed?
- 🕒 What are the characteristics of situations (type of work, people, environment, etc.) in which you performed well or were favorably viewed?
- 🕒 Alternatively, what are the characteristics in which you didn't perform as well or weren't viewed as favorably as you would have liked?
- 🕒 Do you have characteristics that you didn't realize? Should any of these be added to other assessments? If so, add them to the summary for that assessment. Alternatively, you can highlight them here and then include them in branding summary.

Draft

Thank You!, Thank You!, Thank You!

---

# #6 Feedback Form A

Hello "Person's Name",

The person (the participant) who sent you this form is completing some self-knowledge activities as part of a self-development course. For that purpose, would you please provide feedback in the areas listed in the table below. Be as honest as you can. Specific examples might be helpful in some cases. Feel free to include them where it makes sense to do so. If there is an area in which you don't have experience with the participant, skip that area. If you need more room than is provided, feel free to adjust the form as needed or provide that information separately from the form. The information you provide is confidential for the participant, in that the participant is not required to divulge the feedback as part of the course. Please be as open as you can. Thank you so much for your time!

Abilities, strengths, effective tendencies	
Blind spots/ areas for improvement	
Accomplishments	
Personality	
Interests	
Values	
Other Information	

*Draft*

*Thank You!, Thank You!, Thank You!*

---

# #6 Feedback Form B

Hello "Person's Name",

The person (the participant) who sent you this form is completing some self-knowledge activities as part of a self-development course. For that purpose, would you please provide feedback in the areas listed in the table below. Be as honest as you can. Specific examples might be helpful in some cases. Feel free to include them where it makes sense to do so. If there is an area in which you don't have experience with the participant, skip that area. If you need more room than is provided, feel free to adjust the form as needed or provide that information separately from the form. The information you provide is confidential for the participant, in that the participant is not required to divulge the feedback as part of the course. Please be as open as you can. Thank you so much for your time!

Abilities, strengths, effective tendencies	
Other Information	

*Draft*



*But I keep cruising, Can't stop, won't stop moving.  
It's like I got this music in my mind. Saying, it's gonna be alright.<sup>74</sup>*

## #6 Feedback

Summarize the feedback you received in the provided table.

Feedback - Key Takeaways	
Abilities, strengths, effective tendencies	
Blind spots/ areas for improvement	
Accomplishments	
Personality	
Interests	
Values	
Other Information	

*Draft*

*The most important days of your life are the day you are born and the day you find out why.*<sup>75</sup>

## #7 Lightworker/Empath

You may be a lightworker or empath and this may have an impact on your life and your career choices. A lightworker is someone who has a strong desire to help others. An empath is someone who is very aware of and may even take on the emotions of others. The culture in many situations does not recognize nor support these types of people. Our society is not structured where these types of people can fully thrive and bring the full breadth of their gifts to humanity. If you've had trouble fitting in, either at school, in your career or community, this could be the reason why.

Discovering this information about yourself could be the reason you are searching for a job and the reason you found this book. It may be that, you are supposed to have a career in this area. It may also be that, you need tools to navigate the current consciousness of humanity. Lightworker and empaths can give too much of themselves to others and there are people who will take advantage of this either accidentally or intentionally. Lightworkers and empaths can do more good, once they find ways to protect and replenish themselves. Review the list on this page and the next one and see how many characteristics apply to you.<sup>76</sup>

	<b>1. Higher purpose:</b> You intuitively know that you are alive for a higher purpose, one that is directly related to awakening and transforming your own life and the lives of others by helping to raise the collective consciousness of human beings.
	<b>2. Intuitive:</b> You are highly intuitive, and have had an innate wisdom about life since the time you were young. You are naturally philosophical and spiritual, and often perplex people with how you seem to know so much for your age.
	<b>3. Introverted:</b> Though you connect with people easily and it is part of your purpose to help them, you are somewhat of a loner. You are sensitive to other people's energy, and can only take it in doses.
	<b>4. Traumatic experiences:</b> Your young life set you up for a series of traumas, challenges and other difficulties. You understand that these were not intended to hurt you, rather to awaken you to the healer you are now.
	<b>5. Continuous improvement:</b> You are constantly on a mission to improve your own life and the lives of those around you. Your core drive in life is to identify what needs to be fixed, and how you can possibly make it better. Though this sometimes becomes a shadow of perfectionism, when used the right way, is an incredible gift.
	<b>6. Mental illness:</b> Though you once may have struggled with certain mental illnesses, you have come to understand that they were adaptations to your circumstances rather than innate problems. You understand that part of your purpose is to revolutionize the way people see their mental, emotional, physical and spiritual health.
	<b>7. Spiritual but not religious:</b> You are spiritual, but tend to move away from traditional religions. Your life work is to help people re-internalize their power. Even if you use teachings or principles from one enlightened master or another, you maintain focus on awakening the god within each individual and helping them to see their unlimited power, potential and healing capabilities.
	<b>8. Creative:</b> You are naturally creative, and your healing process often involves some kind of art, writing or one-on-one healing modality.
	<b>9. Old Soul:</b> You are the epitome of an old soul. You are wise, mature and seem to have the experience of many lifetimes, despite being far too young to be as tuned in as you are.
	<b>10. Lack of belonging/fitting:</b> You have always been inexplicably different from your family, friends and peers. Because of this, you may have struggled to find your "tribe" or feel as though you really fit in anywhere.

Draft

*If something is meant to be born in our lives it will be born whether we want it to or not.*<sup>77</sup>

## #7 Lightworker/Empath

Continue to review the remainder of the list below identifying the characteristics that apply to you.

	<b>11. Deepening Self-Awareness:</b> You are constantly coming into deeper self-awareness about yourself and your life. Through your ongoing journey of awakening and healing, you continue to shine light on the shadow aspects that most people reject and deny.
	<b>12. Powerful manifestor:</b> You are an extremely powerful manifestor. When you think or focus on something clearly, you receive it or are able to create it in very short amounts of time.
	<b>13. Strong energy:</b> This energy is both a blessing and a curse: you have to be careful of what you focus on, because you will end up creating it in your life, whether it is good or bad.
	<b>14. Drawn to ancient:</b> You are naturally drawn to ancient spiritual texts about energy and ascension; you resonate more with eastern philosophies than western.
	<b>15. Psychic:</b> You are almost psychic in your ability to intuit what other people are thinking, feeling, or need in order to heal.
	<b>16. Purpose is to become:</b> You know you are here in this life to dissolve your old karmic patterns, and to break into a new level of consciousness and awareness. You understand that your purpose here is not just a job or a task, but rather, to just become who you are meant to be.
	<b>17. Self-growth:</b> Your main objective in life is self-growth. You are always focused on how you can better yourself, and know that the best years of your life are yet to come.
	<b>18. Connection to nature:</b> You feel a strong connection to nature, and believe that it is the closest that we can get to becoming most aligned with source.
	<b>19. Intense spiritual awakening:</b> At one or multiple point(s) in your life, you experienced an intense spiritual awakening. Your worldview shattered, and you were forced to purge out all of the limiting beliefs that were once holding you back. You understand that awakening can be an exhausting, sometimes painful process, but that it is often necessary.
	<b>20. Part of global effort:</b> You can sense that you are part of a global effort to raise people's consciousness, and are often referred to as a "front runner" in the spiritual community. This is not to say that you are enlightened and other aren't, it is just to say you learned your lessons a little sooner, so that you could help others through their own.
Enter your number of check marks out of 20 here _____	

### Resources

<https://thoughtcatalog.com/brianna-wiest/2018/03/20-signs-youre-whats-known-as-a-lightworker>

<https://www.eomega.org/article/are-you-a-lightworker#:~:text=A%20lightworker%20is%20someone%20who,positive%2C%20and%20full%20of%20love>

<https://medium.com/mystic-minds/9-clear-signs-you-are-a-lightworker-6620154eb103>

<https://lonerwolf.com/lightworker>

# Draft

*The need to look for a new job could be a sign of a spiritual awakening.*

## #8 Spiritual Awakening

You could also be going through a spiritual awakening without realizing it. This can be both exciting and frightening. It is exciting because you will gain new insights about life and about your place in it. You will likely be a happier, more powerful and centered person afterward.

It can be frightening because it is an in-between period I call the void. The void is where some element(s) of you are being called to be minimized or reduced while other elements of you are emerging. I describe this further in a section earlier in the book.

But the key thing to remember is to get help if you feel you are floundering. This help could be spiritual counseling, mental health therapy or life coaching or more than one of these. It could just be a call to a network of friends or reading a lot of books. Just know that you will get through it and be better thereafter.

### Resources

- 🔗 <https://chopra.com/blogs/personal-growth/10-signs-of-spiritual-enlightenment-awakening>
- 🔗 <https://www.spiritearthawakening.com/spirituality/manifestation/soul-intention/signs-your-spiritual-awakening-is-causing-a-stir>
- 🔗 <https://www.mindbodygreen.com/articles/spiritual-awakening>

Put a check mark next to any of these characteristics that you are experiencing.<sup>78</sup>

<input type="checkbox"/>	<b>1. Increased Intuition:</b> A heightened sense of inner knowing and guidance.
<input type="checkbox"/>	<b>2. Feeling Drawn to Service:</b> A call to contribute positively to the world.
<input type="checkbox"/>	<b>3. Psychic Abilities:</b> Enhanced intuition, visions, or knowing.
<input type="checkbox"/>	<b>4. Physical Sensations:</b> Tingling, buzzing, or shivers.
<input type="checkbox"/>	<b>5. Desire for Solitude:</b> Needing alone time for reflection.
<input type="checkbox"/>	<b>6. Awakening Dreams:</b> Vivid dreams with spiritual themes.
<input type="checkbox"/>	<b>7. Shift in Priorities:</b> Reevaluating what truly matters.
<input type="checkbox"/>	<b>8. Increased Compassion:</b> Greater empathy for self and others.
<input type="checkbox"/>	<b>9. Synchronicities:</b> Noticing meaningful coincidences.
<input type="checkbox"/>	<b>10. Heightened Awareness:</b> Becoming more present and mindful.
<input type="checkbox"/>	<b>11. Questioning Old Beliefs:</b> Challenging previously held assumptions.
<input type="checkbox"/>	<b>12. Changes in Energy Levels:</b> Feeling more attuned to subtle energies.
<input type="checkbox"/>	<b>13. Moments of Bliss:</b> Experiencing profound joy and peace.
<input type="checkbox"/>	<b>14. A Sense of Unity:</b> Recognizing the interconnectedness of all life.
<input type="checkbox"/>	<b>15. Desire for Meaningful Connections:</b> Seeking authentic relationships and connections.
<input type="checkbox"/>	<b>16. Feeling Lost and Disconnected:</b> Experiencing the "dark night of the soul."
<input type="checkbox"/>	<b>17. Loss of Interest in Material Pursuits:</b> Prioritizing inner growth over external achievements.
<input type="checkbox"/>	<b>18. Deeper Self-Honesty:</b> Questioning old beliefs, habits, and social conditioning.
<input type="checkbox"/>	<b>19. Heightened Creativity:</b> A surge in creative inspiration and expression.
<input type="checkbox"/>	<b>20. Empathy and Sensitivity:</b> Feeling deeply connected to other people, animals, and the Earth.
Enter your number of check marks out of 20 here _____	

Draft

*Yes, I wear foundation. Yes, I live with a man. Yes, I'm a middle-aged fag.  
But I know who I am, Val. It took me twenty years to get here, and I'm not gonna let some idiot senator destroy that.  
Fuck the senator, I don't give a damn what he thinks<sup>79</sup>*

## #9 LGBTQIA+

*What a pain in the ass you are. And it's true: you're not young, you're not new, and you do make people laugh. And me? I'm still with you because you make me laugh. So you know what I got to do? I got to sell my plot in Key Biscayne so I can get one next to you in that shithole Los Copa, so I never miss a laugh.<sup>80</sup>*

Ok, this section is going to scare some of you, particularly men and people with certain religious beliefs. FYI on the letters, which typically are used to stand for these labels - Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, Asexual or Ally, + is everyone else who doesn't fit in the other categories.

The sheer number of categories above could indicate that "those folks" are just crazy - that they can't even figure out who they are. What you see in the acronym is the result of trying to place labels, which are finite and limiting, on people who are infinitely diverse; and that community's attempt to include EVERYONE who wants to stand with them.

So who is "that community". It is basically anyone who doesn't fit the norm with regard to gender and sexual attraction - with the norm being - a heterosexual (attracted to the opposite sex), and having a gender identity that is aligned with the culturally-expected behavior for the physical gender of the person at birth.

This section is not about "figuring" out if you are part of this community. It's fairly simple. If you are attracted to someone who does not look and/or behave as the opposite sex or if your soul feels you don't exactly fit your physical body, then you are in this community.

This section is about your awareness and possible acceptance of this. It is also about helping those who aren't part of this community consider becoming part of it, i.e.



helping those who are afraid of the LGBTQIA+ community and it's impact on humanity. For these purposes, a few discussion points are useful here.

One therapist in her book, *Essence*, states that: *The consequence of suppressing homosexuality are numerous and severe, though overlooked by many. They are lying there seething, dormant. If you are a suppressed homosexual person trying to be in a heterosexual relationship you will have confusion and pain that goes along with not living from your Essence. Those around you who love you will also have the pain and confusion of not being able to understand why your full love isn't present and consistent. Why they aren't good enough to hold your love and attention and know who you really are?*

She also states that latent homosexuality can impact the children in the relationship. *"The intimacy dysfunction in a marriage causes role confusion in the children. They often take on the role of the opposite sex parent and become surrogate spouses."* As these children become adults, they tend to attract latent homosexuals for relationship, perpetuating the situation.<sup>81</sup>

Draft

*And then the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.<sup>82</sup>*

## #9 LGBTQIA+

She describes many damaging behaviors that are caused by latent homosexuality and asserts that it is critical for our society to change its attitude toward being homosexual; that we must make it socially acceptable for people to explore their sexual orientation and to live what they are. Otherwise people will continue to be damaged.

If you are LGBTQIA+, know that you may have internalized self-hatred from being different and knowing at some level that you are different. Children tend to blame themselves and your “difference” may have made you feel “less than”. You doubt your value as a human being. Then if it becomes known to your loved ones that you are LGBTQIA+, and they reject you, your self-hatred can easily get kicked up to a new level.

LGBTQIA+ often have to work through drug abuse and mental health issues because of this when they become adults. Sometimes their self-loathing is so strong they find it hard to get up in the morning, much less flourish. So from a perspective of living your life fully and bringing your gifts to the world, it’s probably better for you to come out, at least to yourself, but ideally to your loved ones and as needed to the rest of the world.

However, there is often great risk in doing so. Losses that most of us hope we never have to face.

- ① Loss of current life structure
- ② Loss of spouse/significant other
- ③ Loss of family love, support and connection
- ④ Loss of job
- ⑤ Loss of child custody
- ⑥ Loss of love from your children
- ⑦ Loss of spiritual support from traditional spiritual organizations.

However, when you get older, you realize that your power and confidence comes, to a great degree, from the obstacles and fears you have faced. It’s that power that allows

you to do extraordinary things. Shining your own light allows others to shine their lights brighter. You become a beacon for others without even realizing it.

A couple of final notes for the LGBTQIA+, since there is so much risk in coming out, I highly recommend you get help with the process. There are many books, groups and organizations with resources. You may want load up on help including a therapist and a life coach. Develop a strong LGBTQIA+ support network before making the leap. If you do so, you will likely move through this change with greater ease.

Also, when you come out to a close friend or relative, you must plan to give them time to deal with it. Sometimes lots of time. This doesn’t mean you must allow yourself to be abused by them, but it may take time. Realize too, that this means they often have to consider whether to “come out” about you to their own social network of friends, family, church and community.



# Draft

The truth can stand any light put to bear on it.

## #9 LGBTQIA+



Now, some FAQs for those afraid of or not supportive of LGBTQIA+

### Why do they have to have a parade?

Well, who doesn't want a parade? Really? Seriously, in order for any group who has been marginalized to accept themselves as having value and taking an equal place in the human race, it is important that they are visible and celebrated. LGBTQIA+ parades started out answering the need for them to say we exist, we matter and we aren't alone. This is similar to marches for black and female equality. The LGBTQIA+ just do it with a bit more variety in color and perhaps a bit more nudity. It is the group's way of saying, loosen up and have some fun.

### Why do they have to tell me their gay (LGBTQIA+)?

Just like a white person who isn't not a person of color and a man who is not a woman, there are elements of a person's existence that you don't get, because you haven't had their experiences. You have no idea the number of times a day that an LGBTQIA+ person has to decide whether to come out or not.

A couple of examples for you. I didn't come out at a particular job for about four years. When I would come in and my boss or co-workers would ask me about my weekend, I would share some activity I did. I couldn't say I did all these things alone, and I was working so much that it was unlikely that I had time to go out and meet people (I was new to the city). So I would always refer to my "friend from the building". My spouse and I laughed about this now and I called her my friend from the building.

I was buying something at a store one day. I referenced my spouse with the store clerk. Then I said something where I had to choose to use pronoun - he, she or use the phrase "my spouse" again. I realize that day, that I would always have to be making that decision for the rest of my life, unless I always wore a T-shirt that said I'm a lesbian.

Sometimes, I don't come out in a particular moment. I just don't have the energy to see their expressions and deal with a potential shift in their energy. Sometimes I do. Sometimes if it is a person I'm going to likely see one time and it just doesn't seem critical to them or me, then I may not.

If it's a situation where I will have to be deceptive on a regular basis, I tend to come out. Being authentic is such a major value for me, I know it would damage me to constantly have to "lie" or "deceive." Being inauthentic is just not who I am at a very deep level in my soul.

One other reason that LGBTQIA+ may come out to you is an intentional attempt to be visible and to serve as a sort of ambassador to the non-LGBTQIA+ community. Studies have shown that the more connection people make with each other, the less judgmental they are. Personal connection tends to debunk whatever stereotypes people have about a group of people.

Draft

*If you want to choose a path of love and humility versus judgment and arrogance, then do your homework. This is what Jesus (and the mystics from most of our faiths) would do.*

## #9 LGBTQIA+

### As a man, why do I have so much fear of being perceived as gay?

Our global culture has developed in such a way that value of females or those with feminine characteristics have been undervalued as when compared to men. As a woman, I find this insulting and inappropriate. There may be many reasons this has occurred, but one significant reason cited is the power structure within our various religious faiths. Most religious groups in practice today, have a history of considering women as "unequal" in the eyes of the spiritual organization.

This has resulted in a history of violence toward women, subjugation, and unequal treatment for years. So a man who has "too many" feminine qualities has historically been made fun of. The only way this will stop is if we all choose to stop it. We are seeing this happen today. There are groups out there focused on why men give themselves permission to harm or dominate women and trying to change it. The #metoo movement has given another voice to this movement.

### What do I do if I think LGBTQIA+ are going to hell and they will influence others as well, bringing the downfall of our society.

The core of all major religions is love. I would say choose love over hate or fear. What this means is that before you choose to have a position on an issue, particularly a position that is condemning and doesn't honor another person's journey, is that you must do your homework.

If you:

- ① Haven't read a few books or watched some documentaries about LGBTQIA+ people,

- ② Don't know any gay people on a personal level,
- ③ Haven't read what people have written, discussing religious texts and what they say about LGBTQIA+, and
- ④ Haven't read the entire religious text of your faith, but have relied mostly on what others have said,

Then you haven't done enough research.

Some people don't do this because they have been told to be fearful - that they will go to hell for even considering being LGBTQIA+. I believe that the truth can stand any light put to bear on it. Meaning that you shouldn't be afraid of gaining more knowledge of a situation or issue. You will either gain more clarity or find out that more research is needed.

I've heard it preached from the pulpit that we must have faith that the Bible is the word of God; that if we choose "reason" over faith, that this is arrogance and that pride is considered one of the seven deadly sins. We've been told

"pride goeth before a fall."

If you choose to hate another person or group, because you think your faith/way of being/journey is superior to theirs, I think this is arrogance, particularly if

you haven't educated yourself from a variety of sources. We were given rationality - and heart and soul - for a reason. They are all tools that we should use to understand our world and our place in it.

Another thing to think about. There are more than 4,200 religions in the world. If the path to salvation/wholeness/peace is so clear, then why are there so many. Which one is right? How do you know your faith/beliefs are better/more right than those of other people? What if you are wrong about LGBTQIA+?



Draft



*Pride goeth before a fall.*

## #9 LGBTQIA+

### Is the need for a job search at this time, related to LGBTQIA+?

There may not be an obvious connection here for you. But one of my job search experiences triggered significant changes for me that may not have occurred otherwise. I learned that as a preciously created individual; that I had value no matter what I did while I was on earth. I realized my heterosexual marriage was not working out. My spirituality evolved in profound ways. Lastly, I realized I was a lesbian. Like I said, this section might scare you.

You may not be LGBTQIA+, but you may have friends or family who are. There could be some reason that you are meant to provide powerful hope, healing and love to someone for whom your opinion and your relationship really matters. Your job search and finding this book, may be triggers sent by the universe for you, so you can profoundly and positively impact the world. There may be one or more people who need your unconditional love, who are not getting it now. The person who needs the unconditional love could be you. It may be that you are supposed to build your side of the bridge to someone else.

*Appa: Uh, regular \$4.99, but this week, we have a discount only for the uh... What you is?*

*Therese: Come again?*

*Appa: You is what kind, transgender?*

*Therese: I'm a drag queen.*

*Appa: Oh, you is man who dress like girl?*

*Therese: A woman. Yeah. Why?*

*Appa: Why? Why you do like this?*

*Therese: Oh, um, I don't know. It feels like me.*

*Feels like home. Always has.*

*Therese: I'm Therese.*

*Appa: I am Mr. Kim.<sup>83</sup>*

### *Life Coaching Secrets*

*If the only way you feel good about yourself is by feeling superior to others, you will likely not realize happiness or inner peace.*

*We, as a species, will not be all that we can be, and that includes you and your loved ones, unless we recognize life in all it's forms - plants, animals, people of color, people not of color, LGBTQIA+, people different from us, etc. etc. etc. - and honor their path, allow them the freedom to pursue their path, and take care of them.*

*If you are spending a majority of your time hiding some significant aspect of yourself from others, it is a waste of your precious existence and your unique gifts that you are supposed to bring to the world.*



*Draft*



*You have been fed a lot of crap along the way about what you can and cannot do. Constantly question the crap and surround yourself with people who also question the crap.*

# #10 AMOYO

## Spoiler Alert - Look at previous page first.

Now go through your tracking list pages and put a check mark in the columns corresponding to these meanings:

A = Optimal Activities - activities that are typically good for you like learning, eating healthy, getting reasonable amounts of exercise and sleep, enjoying an activity that isn't detrimental to you long term, helping a friend because you want to.

B = Non-Optimal Activities - activities that you deem likely less optimal for your overall well being like being abused, fighting with your spouse, eating unhealthy food, satisfying an addiction that isn't good for you (see addiction page if you aren't sure) or doing an activity that you don't want to do or don't enjoy.

Then total up the minutes you've spent and calculate the percentage of time in each category.

Activity Type	Minutes	% of total	Calculation of % of total
A - Optimal for you			A divided by E
B - Less Optimal for you			B divided by E
E - Total	10,080	100%	NA

Now go through your tracking list pages again and put a check mark in the columns corresponding to these meanings:

C = Acting from Love - time spent primarily from love or positive reasons. Like if you do work that you love then much of your work day would probably feel positive and be energizing.

D = Acting from Fear - time spent primarily from fear or negative reasons. Like if you hate your job and do it to survive, then much of your time in your work day would probably feel negative and deenergizing.

Then total up the minutes you've spent and calculate the percentage of time in each category.

Activity Type	Minutes	% of total	Calculation of % of total
C = Acting from Love			A divided by F
D = Acting from Fear			B divided by F
F - Total	10,080	100%	NA

## Top 5 Activities That Are Less Optimal

Now go back to your tracking pages and see if you can identify up to 5 of your top activities that you feel are detrimental to you and list them in this box.

Activity Description

## Top 5 Activities That Are More Optimal

Now go back to your tracking pages and see if you can identify up to 5 of your top activities that you feel are optimal to you and list them in this box.

Activity Description

Additional Observations

*Draft*

## #10 AMOYO

**Spoiler Alert - Skip back two pages and read it first, if you haven't done so already. Otherwise, continue.**

From the moment we are born, we are told what to do. This is critical for our survival. We have to learn not to put our hand on a hot stove or cross the road without looking. However, this has fostered a tendency to look to others for validation and direction. What should happen in the journey to adulthood, but often doesn't, is a gradual shift in decision-making and validation from outside sources to the inside self - i.e. practicing a high degree of AMOYO - A Mind of Your Own.

*AMOYO is acting with "A Mind of Your Own"  
In a broader sense, it represents living out who you are, who you really are, before the world began controlling you either overtly or in more nuanced ways.*

*Your soul doesn't care what you do for a living - and when your life is over, neither will you. Your soul cares only about what you are being while you are doing whatever you are doing.*<sup>85</sup>

Marketers, politicians, social media and other organizations prey on this behavior; and some people are able to exert enormous influence on other people and often to their - and the world's - detriment. People end up going into a career that they aren't passionate about or marry someone they don't love. They end up spending a majority of their time doing things they don't want to or that damage them in some way.

You have been fed a lot of crap along the way, about what you can and cannot do. Constantly question the crap and surround yourself with people who also question the crap.

For any belief or attitude that is keeping you from taking action, look inward for the truth. Is it really true? Does it make sense to you deep down? Does it seem right/fair/just?



Ask yourself "why" a lot? Why do I believe this? Why am I doing this? Why do I think I should do this? Who says so? Am I really this label I have attached to me? Is it good for me to be doing this or is it only good for someone else? Is that ok? What advice would my best friend say to me about this? If I gave advice to my best friend under similar circumstances, what would I tell them?

# Draft

*Well, it's not the Taj Mahal.*

---

# #11 Key Influences



As you do this activity, remember that you are exactly where you are supposed to be in this moment. It is easy to look back at our lives and judge ourselves; that we should have made different decisions or taken a different action at some critical moment of our lives. Don't do this.

Your life is what it is today. There is/are reason(s) for this. Do not judge yourself for where you are. Your greatness will play out if you just let it, if you don't focus on the past. This exercise is just for you to be aware of what has influenced you in the past.

Once you are aware of these influences then you will change them if they are not optimal for you going forward. Realize that these influences got you to this point. They just may not drive behaviors that are optimal for you in the future; or they may. Only you will know this. The point of this activity is just to become aware of them.

An example from my own life. In my twenties, I was teaching math and physics. I was pretty poor because teaching did not pay much. I remember driving my Ford Escort to work with smoking coming out the back of it because I didn't have the money to fix it. I didn't have the money to buy furniture. My furniture was a mix-mash of items I had gotten from a variety of sources. So it certainly didn't have style, Feng Shui or much aesthetic beauty.

When I moved to a new place, my friends wanted to come over and see it. I remember one of my friends entered the

place and said, "Well, it's not the Taj Mahal." As a young person without a good sense of self and an understanding of what really matters, this shamed me and hurt my feelings a great deal. It wasn't long after this that I left teaching and shifted into work in business where I could make a lot more money. This wasn't the only reason, but it was a major factor.

I didn't realize this until years later, when I did this activity myself. I realized that I was a born teacher and that this one comment had driven me from teaching as my primary work. Looking over the course of my life, I realized that I had remained a teacher, per se, even in my life in business. I supervised teams of people and helped them with their careers. I developed communication materials all the time to educate employees. I proposed and executed programs for employees. So I never really quit teaching, just transferred those skills to a different environment.

This is ok. For some reason, my greatness was destined to play out this way. I continued to work in business for another fifteen years. However, realizing this situation above, did drive me to make a different decision going forward in recent years. It led me to write this book and work on several other projects that would have never happened if the Taj Mahal event had not occurred or if I had not realized it's impact on me. So it was the combination of the event and the wisdom I gained from it that led me here.

These activities could foster changes now or in the future or perhaps, not at all. Don't worry about that. Just allow yourself to see more of you, without judgment. Over time, you will find that there is a reason for all of it. You just may not see the reason at this time.

*Allow yourself to see more of you,  
without judgment.*

*The more you do this,  
the more you will find the gifts  
you are supposed to share with us.*

Draft

# #11 Key Influences

For the next three days, journal about these types of influences each day. Then transfer that information to the boxes provided here. Also, make observations about any key takeaways you've gained in this activity about who you are and your life so far.

## Ten Defining Moments<sup>87</sup>

In every person's life, there have been moments, both positive and negative, that have defined and redefined who you are. Those events entered your consciousness with such power that they changed the very core of who and what you thought you were. A part of you was changed by those events, and caused you to define yourself, to some degree by your experience of that event.

## Seven Critical Choices

There are a surprisingly small number of choices that rise to the level of life-changing ones. Critical choices are those that have changed your life, positively or negatively, and are major factors in determining who and what you will become. They are the choices that have affected your life up to today, and have set you on a path.

## Five Pivotal People

These are the people who have left indelible impressions on your concept of self, and therefore, the life you live. They may be family members, friends or co-workers, and their influences can be either positive or negative. They are people who can determine whether you live consistently with your authentic self, or instead live a counterfeit life controlled by a fictional self that has crowded out who you really are.

Ten Defining Moments	
1	
2	
3	
4	
5	
6	
7	
8	
9	
Key Takeaways	

Five Pivotal People	
1	
2	
3	
4	
5	
Key Takeaways	

Seven Critical Choices	
1	
2	
3	
4	
5	
6	
7	
Key Takeaways	

Draft

*When your values are clear to you, making decisions becomes easier.<sup>88</sup>*

# #12 Values

Indicate the level of importance you place in each of the areas below by placing a check mark in the corresponding column. H = High/Very, M = Medium/Moderate, L = Low/No Importance. As with the other activities, be as honest as you can be with yourself. There are no "right" values. Your values are simply the result of your soul and your experiences in your life thus far. Your values got you to where you are today. If you find a value isn't working for you, you can change it. You may also reaffirm that certain values are absolutely steadfast for you; that they are essential to you are and critical in your life. So just go exploring this area of yourself.<sup>89</sup>

H	M	L	Value
			<b>Acceptance</b> - to be accepted as I am
			<b>Accuracy</b> - to be accurate in my opinions and beliefs.
			<b>Achievement</b> - to have important accomplishments
			<b>Adventure</b> - to have new and exciting experiences
			<b>Attractiveness</b> - to be physically attractive
			<b>Authority</b> - to be in charge of and responsible for others
			<b>Autonomy</b> - to be self-determined and independent
			<b>Beauty</b> - to appreciate beauty around me
			<b>Caring</b> - to take care of others
			<b>Comfort</b> - to have a pleasant and comfortable life
			<b>Commitment</b> - to make enduring, meaningful commitments
			<b>Compassion</b> - to feel and act on concern for others
			<b>Complexity</b> - to have a life full of variety and change
			<b>Contribution</b> - to make a lasting contribution in the world
			<b>Courtesy</b> - to be considerate and polite toward others
			<b>Creativity</b> - to have new and original ideas

H	M	L	Value
			<b>Dependability</b> - to be reliable and trustworthy
			<b>Duty</b> - to carry out my duties and obligations
			<b>Ecology</b> - to live in harmony with the environment
			<b>Faithfulness</b> - to be loyal and true in relationships
			<b>Fame</b> - to be known and recognized
			<b>Family</b> - to have a happy, loving family
			<b>Flexibility</b> - to adjust to new circumstances easily
			<b>Forgiveness</b> - to be forgiving of others
			<b>Friendship</b> - to have close, supportive friends
			<b>Fun</b> - to play and have fun
			<b>Generosity</b> - to give what I have to others
			<b>Genuineness</b> - to act in a manner that is true to who I am
			<b>God's Will</b> - to seek and obey the will of God
			<b>Growth</b> - to keep changing and growing
			<b>Health</b> - to be physically well and healthy
			<b>Helpfulness</b> - to be helpful to others

*Draft*

*If you don't stick to your values when they are being tested, they're not values, they're hobbies.<sup>90</sup>*

# #12 Values

Indicate the level of importance you place in each of the areas below by placing a check mark in the corresponding column. H = High/Very, M = Medium/moderate, L = Low/Not Important

H	M	L	Value
			<b>Honesty</b> - to be honest and truthful
			<b>Hope</b> - to maintain a positive and optimistic outlook
			<b>Humility</b> - to be modest and unassuming
			<b>Humor</b> - to see the humorous side of myself and the world
			<b>Independence</b> - to be free from dependence on others
			<b>Industry</b> - to work hard and well at my life tasks
			<b>Inner Peace</b> - to experience personal peace
			<b>Intimacy</b> - to share my innermost experience with others
			<b>Justice</b> - to promote fair and equal treatment for all
			<b>Knowledge</b> - to learn and contribute valuable knowledge
			<b>Leisure</b> - to take time to relax and enjoy
			<b>Logic</b> - to live rationally and sensibly
			<b>Loved</b> - to be loved by those close to me
			<b>Loving</b> - to give love to others
			<b>Mastery</b> - to be competent in my everyday activities
			<b>Moderation</b> - to avoid excesses and find a middle ground
			<b>Monogamy</b> - to have one close, loving relationship
			<b>Order</b> - to have a life that is well-ordered and organized
			<b>Pleasure</b> - to feel good
			<b>Popularity</b> - to be well-liked by many people

H	M	L	Value
			<b>Power</b> - to have control over others
			<b>Purpose</b> - to have meaning and direction in my life
			<b>Realism</b> - to see and act realistically and practically
			<b>Responsibility</b> - to make and carry out responsible decisions
			<b>Risk</b> - to take risk and chances
			<b>Romance</b> - to have intense exciting love in my life
			<b>Safety</b> - to be safe and secure
			<b>Self-acceptance</b> - to accept myself as I am
			<b>Self-control</b> - to be disciplined in my own actions
			<b>Self-knowledge</b> - to have a deep understanding of myself
			<b>Service</b> - to be of service to others
			<b>Simplicity</b> - to live simply with minimal needs
			<b>Spirituality</b> - to grow and mature spiritually
			<b>Stability</b> - to have a life that stays fairly consistently
			<b>Strength</b> - to be physically fit and strong
			<b>Tolerance</b> - to accept and respect those who differ from me
			<b>Tradition</b> - to follow respected patterns of the past
			<b>Virtue</b> - to live a morally pure and excellent life
			<b>Wealth</b> - to have plenty of money
			<b>World peace</b> - to work to promote peace in the world

Draft



*I have learned that as long as I hold fast to my beliefs and values, and follow my own moral compass, then the only expectations I need to live up to are my own.<sup>91</sup>*

# #12 Values

After completing the activity on the prior two pages, go through all the values that you highly value, looking at all the check marks in the H column. Pull out your top ten values into the table below. Try to prioritize them if you can.

Top Ten Values	
1	
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3	
4	
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8	
9	
10	

*You will likely be unhappy in any situation that forces you to violate your highest values. To be happy, you will likely have to minimize that situation or change your values.*

Think about your life thus far.

Think about areas that you are not satisfied with. Is your unhappiness because your values are violated? What are those situations? Should your values change or should the situation change? Or a little bit of both?

Also think about areas of your life that you are very satisfied with. What is it about those areas that make you satisfied? Is that partly because your values are satisfied? Which values? Are these values part of who you inately are? Are they part of your core essence?

Consider these possibilities and make observations in the table provided.

Value Considerations	
Situation	Key Takeaways

*Draft*

*When you're most afraid, it's time to be kind and gentle with yourself. You've got to find a way to hold yourself in a safe and constructive manner while you handle the turmoil and strain.<sup>92</sup>*

# #13 Self Care

*If you have neglected an area of your life - emotional, mental or spiritual, the universe will send you messages. At first the messages are likely to be gentle - a repeated thought in your head over time; a repeated situation in which you have an opportunity or catalyst to make a change, but don't; or a person you repeatedly have conflict with or who reminds you of something you are or are not doing. If you ignore these messages, eventually the universe will hit you over the head with a hammer.*

Looking for a new job may be a trigger that your soul has sent you, indicating that you need to do a course adjustment in your life journey in the area of self-care. Cheryl Richardson, author of *The Art of Extreme Self-Care: 12 Practical and Inspiring Ways to Love Yourself More*. The 12 areas are described by these questions (a paraphrasing of the whole book).<sup>93</sup>

1. What are you deprived of?
2. Do you love yourself?
3. Do you spend a significant amount of time doing things you don't want to do?
4. Does your life have the ebb and flow that is optimal for your mind, body and soul?
5. How much of your day is spent controlling or trying to con-

6. Do you have a list of activities, behaviors, events that are an absolute "no" for you, that you won't tolerate having them in your life?
7. Does the place where you live, help your mind, body and soul feel optimal?
8. If you are a sensitive person, do you protect yourself and your talent in this area and further develop your sensitivity abilities?
9. Do you proactively take care of your health in terms of food, exercise, sleep, good habits, etc.?
10. How often do you want to say something but don't?
11. Do you have activities or passions that you love and do regularly?
12. Do you know what you need in times of crisis and have you prepared for those needs?

These are big topics. Cheryl's questions and the assessment below are good litmus tests for self-care. If you have an issue in any area, from the questions or the assessment - and many of us do, so you aren't alone - then Cheryl's book is an excellent place to start.

Enter your number of check marks in each area here.

Mental - \_\_\_\_\_ out of 8    Emotional - \_\_\_\_\_ out of 9  
Physical - \_\_\_\_\_ out of 12    Spiritual - \_\_\_\_\_ out of 12

Put a check mark in each box for which the description

<p><b>Mental</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Generally, your life is not stressful and when it is, you cope with it fairly well.</li> <li><input type="checkbox"/> Are generally contented with the big areas of your life.</li> <li><input type="checkbox"/> Are satisfied with your development of your intellect.</li> <li><input type="checkbox"/> Think and express yourself clearly.</li> <li><input type="checkbox"/> Have a belief system that supports you and works for you.</li> <li><input type="checkbox"/> Are open to new ideas without being overly impressionable.</li> <li><input type="checkbox"/> Devote time and attention to personal growth.</li> <li><input type="checkbox"/> Feel an overall sense of well-being and peace much of the time.</li> </ul>	<p><b>Emotional</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Feel confident and good about yourself overall.</li> <li><input type="checkbox"/> Feel positive most of the time.</li> <li><input type="checkbox"/> Make happiness a priority.</li> <li><input type="checkbox"/> Are able to relax.</li> <li><input type="checkbox"/> Are able to apply the appropriate level of control in most situations.</li> <li><input type="checkbox"/> Allow yourself to and are comfortable with expressing a full range of emotions such as fear, sadness, anger, love and joy that seem appropriate for each situation.</li> <li><input type="checkbox"/> Are able to set appropriate boundaries with people.</li> <li><input type="checkbox"/> Can relate to others in a close, intimate way.</li> <li><input type="checkbox"/> Have resolved emotional hurt or trauma from the past or manage it well-enough.</li> </ul>
<p><b>Physical</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Consume pure food, air and water.</li> <li><input type="checkbox"/> Engage in moderate exercise.</li> <li><input type="checkbox"/> Get enough sleep (eight to nine hours a day).</li> <li><input type="checkbox"/> Abstain from alcohol, tobacco and recreational drugs.</li> <li><input type="checkbox"/> Minimize use of prescription drugs.</li> <li><input type="checkbox"/> Follow a sensible regimen of good diet and physical activity.</li> <li><input type="checkbox"/> Allow your brain to reset by introducing downtime several times a day.</li> <li><input type="checkbox"/> Are physically healthy and active.</li> <li><input type="checkbox"/> Like and feel comfortable in your body.</li> <li><input type="checkbox"/> Enjoy your sexuality.</li> <li><input type="checkbox"/> Are comfortable in the material world.</li> <li><input type="checkbox"/> Are practical, down-to-earth, financially stable</li> </ul>	<p><b>Spiritual</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Life has purpose and meaning.</li> <li><input type="checkbox"/> Regularly visit your inner world through meditation, contemplation, and self-reflection and are able to spend time quiet and alone, just being.</li> <li><input type="checkbox"/> Practice gratitude and appreciation.</li> <li><input type="checkbox"/> Understand how to love and be loved.</li> <li><input type="checkbox"/> Trust that you are cherished in creation, and you act on this trust.</li> <li><input type="checkbox"/> Accept your own being as a source of infinite intelligence and intuition.</li> <li><input type="checkbox"/> Believe most problems have solutions.</li> <li><input type="checkbox"/> Know that personal setbacks are temporary.</li> <li><input type="checkbox"/> Ask for and receive support from Nature.</li> <li><input type="checkbox"/> Resist the endless demands and unceasing insecurity of the ego.</li> <li><input type="checkbox"/> Feel a sense of connection to your spiritual source.</li> <li><input type="checkbox"/> Have moments when you feel at one with everything or part of some greater whole</li> </ul>

Draft

# #14 Ayurveda

**Spoiler Alert - Skip this page and the next one, complete the third and fourth pages and then return to this page.**

Eastern (Asian and Indian) and Western (United States) societies' tend to view and manage health differently. In the United States, the management of health has been more "reactionary" where we treat health once we have a health issue. The focus has been primarily on the body. It is only in recent times that much research is being done on the connection between the mind, body and soul. Eastern medicine has been more focused on holistic health, viewing the mind, body and soul as irrevocably connected. It is also more focused on preventing illness before it occurs.

Ayurveda is the traditional Hindu system of medicine, which is based on the idea of balance in bodily systems and uses diet, herbal treatment, and yogic breathing. Within this system, Doshas are the three "energies" that move through us, called Vata, Pitta and Kapha. The distribution of these energies vary by person and there is no right or wrong distribution.

The focus is on keeping a person "balanced" in their energies. This doesn't mean having the same amount of all three types. It means looking for signs of imbalance and taking specific actions in terms of food, rest, activity, etc. that have been shown to optimize that energetic type.

The table below on the left, lists the physical and emotional signs that a certain energetic type of person may have a dosha imbalance. The table on the right gives you a high-level list of balancing activities for each dosha.

Review these tables to determine if any descriptions fit your current state. Be aware that these tables reflect guidelines or a simplified view of doshas. If you want to make changes in your life activities, you will probably want to get more information on Ayurveda and perhaps consult an Ayurveda practitioner.

Doshas - Signs of Imbalance <sup>94</sup>		
Vata (V)	weight loss constipation gas and bloating hypertension arthritis weakness	prone to worry anxiety insomnia forgetfulness overwhelmed stressed
Pitta (P)	skin rashes, acne, blemishes burning sensations excessive body heat indigestion, heart burn peptic ulcers	aggressive/overly competitive judgmental short-tempered argumentative arrogant
Kapha (K)	weight gain fluid retention allergies excessive sleep asthma diabetes	lethargic depressed greedy jealous resistant to change stubbornness

Doshas- How to Balance Them <sup>95</sup>	
Vata (V)	Slow down Create a stable routine Don't skip meals Remove excess stimulus (computers, TV, gadgets, etc.) Drink ginger tea to support digestion Take special care in the Fall Avoid excess cold and raw foods Use lavender, chamomile, ylang ylang and sweet orange, organic essential oils to ground and relax
Pitta (P)	Do not over work. Do schedule down time Do not skip meals Spend time in nature Drink cooling tea like fennel, cumin and coriander Favor cooling colors like blue and green Take special care in the summer Avoid spicy foods and acidic foods Use lemon, peppermint, sandalwood, rose and fennel organic essential oils to refresh
Kapha (K)	Seek stimulation - new sights, activities and experiences Wake up early and avoid naps Drink heating teas to stimulate digestion, like ginger, clove and cinnamon Make exercise a priority Take special care in the spring Avoid heavy and mucus forming foods like sugar, wheat and dairy Use eucalyptus, basil, camphor, and lemon organic essential oils to rejuvenate.

Draft

*When diet is wrong, medicine is of no use.  
When diet is correct, medicine is of no need.*

# #14 Ayurveda

**Spoiler Alert - Complete this page after you have read the prior page and completed the next two pages.**

For this first table, count all the responses, by Dosha type, in the next two pages in the Past (P) column and enter them in the Past (P) column in the table below. Do the same for the Now(N), entering those sums in the Now(N) column in this table.

Doshas In the Past and Now		
	Past (P)	Now (N)
Vata (V)		
Pitta (P)		
Kapha (K)		
Total		

In this table make similar counts, only this time group them by physical, mental or emotional, counting each V, P and K for specific questions and entering those totals here.

Doshas Physical, Mental and Emotional		
	Physical	Mental/Emotional
Question #	All other questions	14, 16, 17, 18, 20, 21, 25
Vata (V)		
Pitta (P)		
Kapha (K)		

Review these results and write your key takeaways in the box provided.

Your "past" dosha is often considered to be your true nature, but not always. If your dosha energy distribution as a child is different from what it is now, this could be the basis for being out of balance. It could also be that your current Dosha state is more true for you than how you were as a child.

What is happening in your life that could be related to any distribution shift you noticed?

Do you have a dominate dosha? If so, what is it? Describe your Dosha distribution in the box below.

Do you think you might have a dosha imbalance? If so, for which Dosha?

Do you have one predominant energy for the physical and something different for your emotional or mental? Does this feel ok to you or does it seem that something is off? It could be either and only you will know this answer.

Doshas
Key Takeaways

*For more information: A good book to start with is **Your Life is Medicine: Ayurveda for Yogis** by Kristen Schneider*

*Draft*

*The five pillars of Ayurveda include rest, movement, food and nutrition, meditation and emotional well-being.*

# #14 Ayurveda

Complete this table twice - once for when you were a child or your characteristics for most of your life (the "past" - Column P) and second for your characteristics "now" - Column N). Enter "V, P, or K" for the statement that best describes you in the two phases of your life. If more than one answer seems to apply, then write down the letters for each. If nothing fits you, then leave that response blank. If you aren't sure what your response would have been as a child, just write what you can remember or ask someone who knew you as a child.

Doshas <sup>96</sup>				
#	Category	Question	P	N
1	Physique	V - I am a slender person with a slight frame and I hardly gain weight. P - I am a medium build. I develop muscle tone easily. K - I am well built. I gain weight no matter what I do.		
2	Skin	V - My hair is dry and thin. I am prone to itchy and wrinkly skin. P - My skin looks flushed; I have lots of moles and freckles on my body. I am prone to sunburns or acne. K - My skin is smooth and soft, it has a tendency to be pale. People say I am blessed with youthful looking skin.		
3	Hair	V - My hair is dry, thin and brittle. It can look frizzy or crispy if I don't tame it. P - My hair may have a reddish hue, is fine or light in color. It is not dry. I started getting gray hair early in life. K - My hair is thick, full, lustrous and slightly oily. I have voluminous hair.		
4	Face	V - My face is oval, thin or bony. My features are slightly asymmetrical. P - My face is triangular (pointed chin, prominent jaw line) or heart shaped. K - My face is round or plump. I have large features.		
5	Eyes	V - My eyes are small; they feel dry often and tend to move quickly (looking around a lot). P - My eyes are medium in shape. They may be blue or green. People say I have a penetrating gaze. K - My eyes are big and round in shape. I have full eyelashes. People say I have warm and sweet eyes.		
6	Hands	V - My hands are generally dry and tough. I have slender fingers and dry and brittle nails. P - My hands are generally moist and pink. I have medium fingers and soft nails. K - My hands are generally firm and thick. I have thick fingers and strong and smooth nails.		
7	Joints & Bones	V - My joints are small, prominent bones and often crack. P - My joints are medium and loose. My joints feel inflamed. I have medium sized bones. K - My joints are large, sturdy and have lots of muscle or tissue surrounding them. I can get joint pain because my extra weight adds pressure to them. I have large and sturdy bones.		
8	Activities	V - I am a very active person (always on the go - mind constantly thinking). I need a lot of movement in my day to feel comfortable. P - I like to think before I do anything. I tend to be competitive. I need to be good at the activities I choose. K - I am steady and graceful. (I don't like to rush). I don't need excess movement in my day. I'm happy to take it easy.		
9	Actions	V - I walk fast and talk fast. I'm usually in a hurry or I lose track of time. P - My actions are very thoughtful and precise. I'm known for my punctuality. K - I like a slower pace and I take my time to accomplish things. I'm usually not concerned with time. I'll get there.		
10	Sleep	V - I rarely sleep soundly. I tend to toss and turn. I wake up early in the morning. P - I am a light sleeper, but if something wakes me up, I can go back to sleep easily. I wake up because I know I have things to accomplish. K - I am a heavy sleeper. I love sleeping in.		
11	Appetite	V - Varies. Sometimes I feel hungry, sometimes not, I feel anxious if I don't eat. P - I always feel hungry. If I don't eat I get irritable and angry. K - I don't feel hunger pains, but I love food. I can go without food easily for a day, but I enjoy eating, so I rarely miss a meal.		
12	Bowel Movements	V - I tend to have constipation and can go a day or two without a bowel movement. I experience gas and bloating. P - I am regular and sometimes stools are loose (tend to get diarrhea). I have experienced heartburn or acid indigestion. K - I have no problem. I wake up to go to the bathroom usually once a day. Sometimes I feel heaviness after eating (especially if I eat too much).		

*A person may be strongly one energy and only minimally the other two;  
or they could be more equally distributed.  
It is rare for a person to have equal distribution in all three energies.*

# #14 Ayurveda

Complete this table twice - once for when you were a child or your characteristics for most of your life (the "past" - Column P) and second for your characteristics "now" - Column N). Enter "V, P, or K" for the statement that best describes you in the two phases of your life. If more than one answer seems to apply, then write down the letters for each. If nothing fits you, then leave that response blank. If you aren't sure what your response would have been as a child, just write what you can remember or ask someone who knew you as a child.

Doshas <sup>96</sup>				
#	Category		P	N
13	Voice	V - My voice tends to be weak or hoarse. My voice tends to be high pitched. P - I have a strong voice. I may get loud sometimes. My voice is direct. K - My voice is deep, has good tone. My voice has a melodious quality. People tell me I sing well.		
14	Emotions	V - I am a born worrier. I often feel anxious and nervous. P - If things don't happen my way, I feel irritable and angry. K - I am a happy person, very loving and caring.		
15	Weather Preferences	V - I love warm and humid weather. P - I enjoy cool weather. I either really love or really despise hot weather. K - I like warm, but dry weather. Cool and cloudy days make me want to cuddle inside.		
16	Career	V - I thrive when my work is creative, fast paced and flexible. I would prefer not to have a desk job. P - I excel when I have a lot to manage and achieve. I prefer a leadership role. K - I enjoy caring for and helping other people. I'm okay with a desk job, or a supportive role.		
17	Learning Style	V - I learn quickly, but forget quickly. P - I grasp new ideas and concepts easily. K - It takes me a while to absorb new information, but I never forget it.		
18	Actions	V - I tend to be spontaneous. P - I'm a list maker. I like to plan and organize. K - I don't like to plan. I prefer to follow others.		
19	Stamina	V - I like to do things in spurts. I have a ton of energy, then I get tired very easily. My energy peaks and valleys. P - I have medium stamina. I can accomplish anything if I think it's important (despite my energy or lack thereof). K - I can work long hours and have endurance, but sometimes I suffer from fatigue.		
20	Mind	V - My mind gets restless easily. It can race in many different directions at once. P - I appreciate efficiency. I can get impatient easily. K - It takes a lot to make me mad. I can usually feel very calm.		
21	Decision Making	V - I change my mind more often and will take time to make a decision. P - I can make a decision easily. I am steadfast in my decisions. K - I want others to make the decisions.		
22	Personality	V - "Can I change my mind?" P - "It's my way or the highway" K - "Don't worry, be happy"		
23	Movement	V - I like action. I enjoy lots of movement. P - I like to win. I like sportsmanship and competition. K - I like to have fun. I take a chilled-out approach to pursuits.		
24	Health Problems	V - My symptoms are mainly pain, constipation, anxiety and depression. P - I often get skin infections, fevers, heartburn, hypertension. K - I tend to experience allergies, congestion, weight gain, and digestive problems.		
25	Hobbies	V - I like art (drawing, painting, dance) and travel. P - I like sports, politics and things that get my adrenaline pumping. K - I like nature, gardening, reading and cooking.		

Draft

*It may sound “woowoo” if you haven’t encountered the concept of Chakras before, but even WebMD provides information on it.*

# #15 Chakras

Chakras are also an energy system within the body. Chakra is the Sanskrit word for “wheel”. When your wheels are spinning properly, then your energy is flowing well in your body. Similar to doshas, it is believed that we perform at our best when these are balanced and there are ways to balance them. The table below describes how you might feel if one or more of your Chakras are out-of-balance.<sup>97</sup>

<b>First</b> <input type="checkbox"/> Chronic fatigue <input type="checkbox"/> Sinus issues <input type="checkbox"/> Pain and stiffness in feet or legs <input type="checkbox"/> Feeling ungrounded <input type="checkbox"/> Stress <input type="checkbox"/> Lack of courage <input type="checkbox"/> Insecurity <input type="checkbox"/> Material instability <input type="checkbox"/> Sexual and reproductive problems	<b>Second</b> <input type="checkbox"/> Issues related to sexual organs <input type="checkbox"/> Lower abdominal discomfort <input type="checkbox"/> Lack of joy and enthusiasm <input type="checkbox"/> Excessive hedonism <input type="checkbox"/> Inner wisdom and personal development challenges <input type="checkbox"/> Bliss-related feelings	<b>Third</b> <input type="checkbox"/> Headaches <input type="checkbox"/> Blurred vision <input type="checkbox"/> Hormonal imbalances <input type="checkbox"/> Moodiness <input type="checkbox"/> Volatility <input type="checkbox"/> Difficulty self-reflecting <input type="checkbox"/> Inability to face fears <input type="checkbox"/> Challenges in learning from others	<b>Fourth</b> <input type="checkbox"/> Heart-related issues <input type="checkbox"/> Respiratory problems <input type="checkbox"/> Difficulty giving or receiving love <input type="checkbox"/> Fear of rejection <input type="checkbox"/> Holding grudges <input type="checkbox"/> Lack of compassion <input type="checkbox"/> Loneliness
<b>Fifth</b> <input type="checkbox"/> Sore throat <input type="checkbox"/> Thyroid imbalances <input type="checkbox"/> Voice-related issues <input type="checkbox"/> Difficulty expressing oneself <input type="checkbox"/> Fear of judgment <input type="checkbox"/> Dishonesty <input type="checkbox"/> Inability to listen actively <input type="checkbox"/> Creative blocks	<b>Sixth</b> <input type="checkbox"/> Headaches <input type="checkbox"/> Vision problems <input type="checkbox"/> Sleep disturbances <input type="checkbox"/> Lack of intuition <input type="checkbox"/> Disconnection from inner wisdom <input type="checkbox"/> Difficulty making decisions <input type="checkbox"/> Overthinking <input type="checkbox"/> Closed-mindedness	<b>Seventh</b> <input type="checkbox"/> Migraines <input type="checkbox"/> Light sensitivity <input type="checkbox"/> Sleep disorders <input type="checkbox"/> Disconnection from spirituality <input type="checkbox"/> Lack of purpose <input type="checkbox"/> Ego-driven behavior <input type="checkbox"/> Materialistic focus <input type="checkbox"/> Closed-mindedness	<b>Enter your number of check marks in each chakra area.</b> <input type="checkbox"/> First _____ out of 9 <input type="checkbox"/> Second _____ out of 6 <input type="checkbox"/> Third _____ out of 8 <input type="checkbox"/> Fourth _____ out of 7 <input type="checkbox"/> Fifth _____ out of 8 <input type="checkbox"/> Six _____ out of 8 <input type="checkbox"/> Seventh _____ out of 8



*A chakra is an energy center in the human body.  
Chakra means 'Aneel or wheel' in Sanskrit.*

# #15 Chakras

To balance your chakras, you can take all sorts of actions including saying affirmations, doing meditative chants, having certain crystals, scents or colors near you or in your space, getting closer connected to the element associated with the chakra and more. The table below provides an overview of the system and the resource table at the bottom will head you in the right direction to learn more.

Chakra	Color	Area of Body	Energetic Area	Indian Word	Element	Crystals	Essential Oils	Chant Word	Affirmation
First	Red	Root, base of the spine, pelvic floor and first three vertebrae	Instinct, security, survival, grounding	Muladhara	Earth	Red jasper, onyx, hematite	Cedarwood, Myrrh, Ylang Ylang, Patchouli	Lam	I am at peace with the people and things around me.
Second	Orange	Sacral, above the pelvic bone and below the navel	Fluidity, pleasure, sense of self	Swadhisthana	Water	Carnelian, tiger's eye, sunstone	Mandarin, Ylang Ylang, Patchouli	Vam	I am beautiful, strong, vibrant and healthy.
Third	Yellow	Solar Plex, from the navel to the ribcage	Will, purpose, strength	Manipura	Fire	Citrine, pyrite, amber	Ginger, Juniper Berry, Lemon	Ram	I embody confidence and inner peace.
Fourth	Green	Heart, the center of the chest, including the thymus gland, lungs and breasts	Love, compassion, balance, acceptance	Anahata	Air	Rose quartz, jade, malachite	Geranium, Maritime Pine, Ylang Ylang	Yam	I give and receive love unconditionally
Fifth	Blue	Throat, thyroid, parathyroid, jaw, neck, mouth, tongue and larynx	Communication, creativity, resonance	Vishuddha	Ether	Lapis lazuli, aquamarine, kyanite	Cypress, Lavendar, Spearmint	Ham	I speak my truth and hear the truth of others
Sixth	Purple	Brow (Third Eye), pituitary gland, eyes, head and lower part of brain	Perception, integration, imagination, vision	Anja	Light	Amethyst, purple fluorite, labradorite	Clary Sage, Marjoram, Rosemary	Om	I am intuitive and all of the answers I need are inside me
Seventh	Violet	Crown, top of the head	Wisdom, knowledge, spiritual connection	Sahasrara		Selenite, clear quartz, lepidolite	Frankincense, Cedarwood, Lavendar	Ahh	I am complete and one with divine energy



I UNDERSTAND  
I SEE  
I SPEAK  
I LOVE  
I DO  
I FEEL  
I AM

DI

### Chakra Resources

Webmd - <https://www.webmd.com/balance/what-are-chakras>

Yoga International - <https://yogainternational.com/article/view/what-are-the-7-chakras>

Deepak Chopra - <https://chopra.com/blogs/yoga/learn-about-your-seven-chakras-and-how-to-keep-them-in-balance>

The Shift Network - [https://theshiftnetwork.com/course/EG\\_SuperchargeChakras](https://theshiftnetwork.com/course/EG_SuperchargeChakras)



*You are enough. You could be trying too hard, overthinking it.<sup>98</sup>  
They offered the Basic Instinct role to eighteen other people before Sharon Stone.*

# #16 Skills

Everyone has skills. Lots of skills. This provides a list of transferable skills which are needed in most jobs. Place a check mark by each skill for which you have a tendency toward or experience with in the tables on this page and the next one.

Communication	
<input type="checkbox"/>	Meeting facilitation
<input type="checkbox"/>	Persuasion
<input type="checkbox"/>	Presentation and public speaking skills
<input type="checkbox"/>	Teaching
<input type="checkbox"/>	Active listing*
<input type="checkbox"/>	Technical Writing
<input type="checkbox"/>	Written communication*

Data Use and management	
<input type="checkbox"/>	Data and information analysis
<input type="checkbox"/>	Database management

Financial	
<input type="checkbox"/>	Cost management
<input type="checkbox"/>	Financial analysis and modeling
<input type="checkbox"/>	Mathematical skills
<input type="checkbox"/>	Risk management

Managing People	
<input type="checkbox"/>	Management skills
<input type="checkbox"/>	Managing cross-functional teams
<input type="checkbox"/>	Managing geographically or culturally diverse teams
<input type="checkbox"/>	Managing remote teams
<input type="checkbox"/>	Motivating/inspiring others
<input type="checkbox"/>	Managing people*

Mental Skills	
<input type="checkbox"/>	Analytical reasoning*
<input type="checkbox"/>	Attention to detail*
<input type="checkbox"/>	Critical thinking*
<input type="checkbox"/>	Decision making
<input type="checkbox"/>	Learn new tasks quickly
<input type="checkbox"/>	Making abstract connections
<input type="checkbox"/>	Problem solving*

General	
<input type="checkbox"/>	Business development
<input type="checkbox"/>	Business process modeling
<input type="checkbox"/>	Contract negotiation
<input type="checkbox"/>	General business knowledge
<input type="checkbox"/>	Leadership*
<input type="checkbox"/>	Multitasking
<input type="checkbox"/>	Physical endurance
<input type="checkbox"/>	Record keeping
<input type="checkbox"/>	Reporting
<input type="checkbox"/>	Research
<input type="checkbox"/>	Strategic management
<input type="checkbox"/>	Synthesizing ideas
<input type="checkbox"/>	System or process testing/debugging
<input type="checkbox"/>	Time Management*
<input type="checkbox"/>	Troubleshooting
<input type="checkbox"/>	Workflow development
<input type="checkbox"/>	Spanish fluency*

People Skills	
<input type="checkbox"/>	Coaching or mentoring
<input type="checkbox"/>	Collaborating
<input type="checkbox"/>	Conflict management/deescalation
<input type="checkbox"/>	Customer service
<input type="checkbox"/>	Emotional intelligence
<input type="checkbox"/>	Interpersonal skills
<input type="checkbox"/>	Negotiating
<input type="checkbox"/>	Networking
<input type="checkbox"/>	Relationship building*

*Draft*

# #16 Skills

Continue check marks for the skills that you have in the tables in the left column.

Personality	
<input type="checkbox"/>	<b>Adaptability/flexibility*</b>
<input type="checkbox"/>	Being sensitive to others
<input type="checkbox"/>	<b>Creative, imaginative, innovative*</b>
<input type="checkbox"/>	Patience
<input type="checkbox"/>	Strong work ethic
<input type="checkbox"/>	<b>Teamwork*</b>

Project Management	
<input type="checkbox"/>	Coordinating and planning tasks
<input type="checkbox"/>	Organizing
<input type="checkbox"/>	Planning
<input type="checkbox"/>	Prioritization
<input type="checkbox"/>	<b>Project management*</b>
<input type="checkbox"/>	Scheduling
<input type="checkbox"/>	Six sigma techniques

Sales and Marketing Skills	
<input type="checkbox"/>	Marketing skills
<input type="checkbox"/>	Proposal writing
<input type="checkbox"/>	Sales and marketing
<input type="checkbox"/>	Social media and mobile marketing

Computer Skills	
<input type="checkbox"/>	<b>Computer skills*</b>
<input type="checkbox"/>	Spreadsheet software
<input type="checkbox"/>	Typing
<input type="checkbox"/>	Web development
<input type="checkbox"/>	Word processing

Also think about your hobbies, passions and other characteristics when you aren't at work. You are looking for skills that you have, but aren't listed in the skills list. Definitely also look at activities you do that bring you great joy or satisfaction. Are there skills in those activities? Include those in the tables to the right.

Look through the check marks in the skills list and write your top ten transferable skills. Also put a check mark in the asterisk (\*) column if it has an asterisk (\*) in the skills list. If it has an asterisk (\*) in the skills list, then it is one of the top skills required or desired for a job. This will be used later in the book.

Top Transferable Skills		
1	<input type="checkbox"/>	
2	<input type="checkbox"/>	
3	<input type="checkbox"/>	
4	<input type="checkbox"/>	
5	<input type="checkbox"/>	
6	<input type="checkbox"/>	
7	<input type="checkbox"/>	
8	<input type="checkbox"/>	
9	<input type="checkbox"/>	
10	<input type="checkbox"/>	
Key Takeaways		

Other Important Skills		
1	<input type="checkbox"/>	
2	<input type="checkbox"/>	
3	<input type="checkbox"/>	
4	<input type="checkbox"/>	
5	<input type="checkbox"/>	
Key Takeaways		

*Draft*

# #17 Personality

**Spoiler Alert - Read the introduction and instructions below and complete the next six pages before reading the rest of this page.**

## Introduction

In this section you will explore your personality. This is an area that you should spend some time, as we say in the South (U.S.) "pondering", if you able to. What I've found when life coaching people, is that a high percentage of people have abilities, passions and elements of their personality, that they don't incorporate in some part of their lives - and if those aspects of themselves are odd or don't fit behavioral norms, they may even think about them with embarrassment and even minimize/hide them. Yet their destiny, the reason(s) they were put on the planet, may lie IN their oddness. It may be completely fine that you don't give voice to a particular element of yourself or it could be a reason that you might be dissatisfied in some way. Only you will know that impact. This activity is first about becoming aware.



DO NOT FEAR THE  
WHACK-A-DO IN YOU

## Instructions

On the next few pages, look through each page and mark any word that highly describes you. All of the words in the list may apply to you in a given situation, but here you are looking for the top 20 words that describe you, but also should look to expand how you think about yourself. Think about all your environments, groups and activities - work, home, community, church, hobby groups, etc.

Be honest with yourself, choosing words that are favorable and those that are not. What you want to gain here is a view of your strongest personality traits at this point in your life. Also know, that if there is a trait you would like to see more of or less of in yourself, you can make such a change. However, as with any of these activities, it is best if you can approach this without any judgment of a particular word or of yourself.

Go to the next page now and begin marking your traits, then return here to put in your results.

## Assessment Result

This information can be used in several activities in later sections. For now, just review them and write any observations you have about them in the table below. You can also add traits at the bottom of the table if you think more than 20 that strongly apply to you; and this could be valid.

Top Twenty Personality Traits	
1	
2	
3	
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18	
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## Key Takeaways

Blank space for writing key takeaways.

Draft

*All his life has he looked away... to the future, to the horizon.  
Never his mind on where he was... what he was doing.<sup>101</sup>*

# #17 Personality

Mark any word that highly describes you in any of your environments. Think about all your environments, groups and activities - work, home, community, church, hobby groups, etc. **Personality Traits - Table 1 of 7**

C	Trait	C	Trait	C	Trait	C	Trait	C	Trait
	Abrasive		Amiable		Attentive		Boyish		Chatty
	Abrupt		Amicable		Attractive		Braggart		Chauvinist
	Absent		Amoral		Audacious		Brainy		Cheerful
	Absentminded		Amorous		Austere		Brave		Childish
	Abusive		Amusing		Authentic		Bright		Chivalrous
	Academic		Analytical		Authoritative		Brilliant		Chummy
	Accepting		Androgynous		Autonomous		Brittle		Civil
	Accessible		Angry		Average		Broadminded		Classy
	Accommodating		Animated		Avid		Brooding		Clean
	Accountable		Annoying		Awful		Brutal		Clear-Headed
	Accurate		Antagonistic		Awkward		Bubbly		Clever
	Active		Anti-Violence		Backbiter		Bull-Headed		Clingy
	Adamant		Anti-War		Balanced		Bureaucratic		Clumsy
	Adaptable		Anticipative		Banal		Businesslike		Coarse
	Addicted		Antisocial		Barbaric		Busy		Cocky
	Admirable		Anxious		Bashful		Calculating		Cold
	Adventurous		Apathetic		Belligerent		Callous		Colorful
	Affable		Appalling		Benevolent		Calm		Colorless
	Affectionate		Appreciative		Benign		Cantankerous		Comical
	Afraid		Approachable		Bewildered		Capable		Commanding
	Aggressive		Arbitrary		Big-Hearted		Capricious		Communicative
	Agitated		Ardent		Big-Thinking		Captivating		Companionly
	Agonizing		Argumentative		Bigot		Carefree		Compassionate
	Agreeable		Arrogant		Bitter		Careful		Competitive
	Aimless		Artful		Bizarre		Careless		Complacent
	Airy		Articulate		Bland		Caring		Complaintive
	Alarmed		Artificial		Blunt		Casual		Complex
	Alcoholic		Artistic		Boastful		Cautious		Compliant
	Alert		Ascetic		Boisterous		Cerebral		Complicated
	Alluring		Asinine		Bold		Certain		Composed
	Aloof		Asocial		Bookish		Challenging		Compulsive
	Altruistic		Aspiring		Boorish		Charismatic		Conceited
	Ambiguous		Assertive		Boring		Charitable		Concerned
	Ambitious		Astute		Bossy		Charming		Conciliatory
	Amenable		Athletic		Bothersome		Charmless		Condemnatory

Draft

A great interview question you can ask is “What does excellence look like for this job.”

# #17 Personality

Mark any word that highly describes you in any of your environments. Think about all your environments, groups and activities - work, home, community, church, hobby groups, etc. **Personality Traits - Table 2 of 7**

C	Trait	C	Trait	C	Trait	C	Trait	C	Trait
	Condescending		Criminal		Deserter		Disobedient		Easygoing
	Confident		Critical		Desperate		Disorderly		Ebullient
	Conformist		Crooked		Despicable		Disorganized		Eccentric
	Confrontational		Crude		Destructive		Dispiriting		Economical
	Confused		Cruel		Destructive		Disposed		Educated
	Congenial		Cultured		Detached		Disputatious		Effeminate
	Conniving		Cunning		Detailed		Disreputable		Effervescent
	Conscientious		Curious		Determined		Disrespectful		Efficient
	Conservative		Cute		Deviant		Disruptive		Egalitarian
	Considerate		Cynical		Devious		Dissolute		Egocentric
	Conspiring		Dangerous		Devoted		Dissonant		Egoistic
	Constant		Daredevil		Difficult		Distant		Elegant
	Contemplative		Daring		Dignified		Distinctive		Eloquent
	Contemptible		Dauntless		Diligent		Distractible		Emotional
	Contemptuous		Debauched		Diplomatic		Distressful		Empathetic
	Contradictory		Debonair		Direct		Distrustful		Energetic
	Contrite		Decadent		Dirty		Disturbed		Energized
	Controlling		Deceitful		Disbelieving		Disturbing		Engaged
	Conventional		Decent		Discerning		Docile		Engaging
	Conversant		Deceptive		Disciplined		Dogmatic		Enigmatic
	Convolutd		Decisive		Disconcerting		Dominating		Enterprising
	Cooperative		Dedicated		Discontented		Domineering		Enthusiastic
	Cordial		Deep		Discouraging		Doubtful		Entrancing
	Corrupt		Defector		Discourteous		Down-To-Earth		Entrepreneurial
	Courageous		Defenseless		Discreet		Dramatic		Envious
	Courteous		Defensive		Discriminating		Dreamy		Equable
	Covetous		Defiant		Discriminatory		Driven		Equipped
	Cowardly		Deficient		Disdainful		Droll		Equitable
	Crabby		Delicate		Disgraceful		Dubious		Erratic
	Crafty		Demanding		Dishonest		Dull		Erring
	Cranky		Dense		Dishonorable		Dutiful		Escapist
	Crass		Dependable		Disingenuous		Dynamic		Esthetic
	Crazy		Dependent		Disinterested		Eager		Ethical
	Creative		Deplorable		Disloyal		Earnest		Even-Handed
	Creepy		Derisive		Dismissive		Earthy		Evil

Draft

*The only thing standing between you and your goal is the story you keep telling yourself as to why you can't achieve it.<sup>102</sup>*

# #17 Personality

Mark any word that highly describes you in any of your environments. Think about all your environments, groups and activities - work, home, community, church, hobby groups, etc. **Personality Traits - Table 3 of 7**

C	Trait	C	Trait	C	Trait	C	Trait	C	Trait
	Exaggerated		Flexible		Glamorous		Helpless		Imaginative
	Excellent		Flippant		Gloomy		Heretical		Imbecile
	Excitable		Fluent		Glum		Heroic		Imitative
	Expectant		Focused		Gnarly		Hesitant		Immature
	Expedient		Folksy		Go-Getter		Hideous		Impartial
	Experienced		Foolhardy		Good-Natured		High-Handed		Impassive
	Experimental		Foolish		Gossip		High-Minded		Impatient
	Expressionless		Forceful		Graceful		High-Profile		Imperious
	Expressive		Forgetful		Graceless		High-Spirited		Impersonal
	Extraordinary		Forgiving		Gracious		Hoity-Toity		Impetuous
	Extravagant		Formal		Grand		Honest		Impious
	Extreme		Forthright		Grandiose		Honorable		Imploring
	Exuberant		Foul-Mouthed		Grateful		Hopeful		Impolite
	Facetious		Fraudster		Greedy		Hospitable		Impractical
	Fair		Fraudulent		Gregarious		Hostile		Impressionable
	Faithful		Freak		Grim		Hot-Headed		Impressive
	Faithless		Freethinking		Grouchy		Huffy		Imprudent
	Familial		Freewheeling		Grumpy		Humane		Impulsive
	Familiar		Frenzied		Guileless		Humanitarian		Inactive
	Fanatical		Friendly		Guilt-Ridden		Humble		Inadequate
	Fanciful		Frightening		Guilt-Stricken		Humorless		Inappropriate
	Fascist		Frightful		Gullible		Humorous		Inapt
	Fatalistic		Frivolous		Happy		Hurtful		Inattentive
	Fawning		Frugal		Happy-Go-Lucky		Hypnotic		Incisive
	Fearful		Fun-Loving		Hardworking		Hypocrite		Inclusive
	Fearless		Funny		Harebrained		Hysterical		Incompetent
	Feisty		Fussy		Harried		Iconoclastic		Incongruous
	Felicitic		Gallant		Harsh		Idealistic		Inconsiderate
	Fervent		Generous		Hasty		Idiosyncratic		Inconspicuous
	Fickle		Genial		Hateful		Idiotic		Incorruptible
	Fiery		Genius		Haughty		Idle		Incurious
	Finicky		Gentle		Healthy		Ignorant		Indecent
	Firm		Genuine		Hedonistic		Ill-Mannered		Indecisive
	Fixed		Gifted		Heedful		Illiterate		Independent
	Flamboyant		Giving		Helpful		Illogical		Indifferent

Draft

*The lesson of Icarus isn't don't fly too close to the sun, it's make better fucking wings.<sup>103</sup>*

# #17 Personality

Mark any word that highly describes you in any of your environments. Think about all your environments, groups and activities - work, home, community, church, hobby groups, etc. **Personality Traits - Table 4 of 7**

C	Trait	C	Trait	C	Trait	C	Trait	C	Trait
	Indiscreet		Interfering		Leisurely		Meticulous		Moralistic
	Indiscriminate		Intimidating		Lenient		Mature		Morbid
	Individualistic		Intolerant		Lethargic		Mawkish		Morose
	Indolent		Intrusive		Level-Headed		Mealymouthed		Motivated
	Indulgent		Intuitive		Lewd		Mean		Muddle-Headed
	Industrious		Invasive		Liar		Mechanical		Multi-Leveled
	Inefficient		Inventive		Liberal		Meddlesome		Multifaceted
	Inept		Investigative		Libidinous		Meek		Mystical
	Inert		Invisible		Limitless		Melancholic		Nagging
	Inexperienced		Involved		Listless		Mellow		Naive
	Infantile		Invulnerable		Lively		Melodramatic		Narcissistic
	Inflated		Irascible		Logical		Merciful		Narrow-Minded
	Inflexible		Irate		Loquacious		Meretricious		Nasty
	Informed		Irrational		Loud		Merry		Natty
	Infuriating		Irreligious		Lovable		Mesmerizing		Natural
	Ingrate		Irresponsible		Lovely		Messy		Neat
	Inhibited		Irreverent		Loving		Methodical		Negative
	Innocent		Irritable		Low-Profile		Methodological		Negativistic
	Innovative		Jealous		Loyal		Meticulous		Neglectful
	Inoffensive		Jolly		Ludicrous		Mild		Neighborly
	Inquisitive		Joyful		Lyrical		Mischievous		Nervous
	Insecure		Judgmental		Machiavellian		Miserable		Neurotic
	Insensitive		Keen		Mad		Miserly		Neutral
	Insightful		Killjoy		Magnanimous		Misguided		Nice
	Insincere		Kind		Magnetic		Misinformed		Nihilistic
	Insistent		Knowledgeable		Malicious		Misleading		No-Nonsense
	Insouciant		Lacking		Malignant		Mistaken		Noble
	Inspired		Laid-Back		Manic		Moderate		Nonauthoritarian
	Inspiring		Languid		Mannered		Modern		Nonchalant
	Instinctive		Lascivious		Mannerless		Modest		Noncommittal
	Insulting		Late		Many-Sided		Money-Minded		Noncompetitive
	Intellectual		Laudable		Marvelous		Monotonous		Nosy
	Intelligent		Law-Abiding		Masculine(Manly)		Monstrous		Nuisance
	Intense		Lazy		Materialistic		Moody		Nutty
	Interested		Leaderly		Maternal		Moral		Obedient

Draft

*The pessimist complains about the wind; the optimist expects it to change;  
the realist adjusts the sails.<sup>104</sup>*

# #17 Personality

Mark any word that highly describes you in any of your environments. Think about all your environments, groups and activities - work, home, community, church, hobby groups, etc. **Personality Traits - Table 5 of 7**

C	Trait	C	Trait	C	Trait	C	Trait	C	Trait
	Objective		Pacifist		Pitiable		Prodigy		Reactionary
	Obliging		Painstaking		Placid		Productive		Reactive
	Obnoxious		Panicky		Planful		Profane		Realistic
	Observant		Paranoid		Playful		Proficient		Reasonable
	Obsessive		Parsimonious		Pleasant		Profligate		Rebellious
	Obstinate		Particular		Plodding		Profound		Receptive
	Obtuse		Party-Pooper		Poised		Progressive		Reckless
	Odd		Passionate		Pokerfaced		Prominent		Redundant
	Offensive		Passive		Polished		Prompt		Refined
	Officious		Paternalistic		Polite		Protean		Reflective
	One-Dimensional		Pathetic		Political		Protective		Regimental
	One-Sided		Patient		Pompous		Proud		Regretful
	Open		Patriotic		Popular		Providential		Relaxed
	Open-Minded		Patronizing		Positive		Provocative		Reliable
	Opinionated		Peaceful		Possessive		Provoking		Religious
	Opportunistic		Peacemaker		Power-Hungry		Prudent		Remarkable
	Oppressed		Pedantic		Practical		Prying		Remorseful
	Oppressing		Penitent		Precise		Pugnacious		Repentant
	Optimistic		Perceptive		Predatory		Punctual		Repetitive
	Orderly		Perfectionist		Predictable		Pure		Replaceable
	Ordinary		Permissive		Prejudiced		Puritanical		Repressed
	Organized		Perplexing		Preoccupied		Purposeful		Repulsive
	Original		Persistent		Prepared		Pushy		Resentful
	Outdated		Personable		Preposterous		Qualified		Reserved
	Outgoing		Persuasive		Present		Quarrelsome		Resolute
	Outrageous		Perverse		Presentable		Questioning		Resourceful
	Outspoken		Pessimistic		Presumptuous		Quick-Tempered		Respectable
	Outstanding		Petty		Pretentious		Quick-Witted		Respectful
	Over-Critical		Petulant		Prim		Quiet		Responsible
	Overachieving		Philanthropic		Primed		Quirky		Responsive
	Overbearing		Philosophical		Principled		Quixotic		Restrained
	Overconfident		Phlegmatic		Private		Racist		Result-Oriented
	Overexcited		Physical		Procrastinating		Radical		Results-Driven
	Overimaginative		Picky		Procrastinator		Rash		Retiring
	Overreacting		Pioneering		Prodigal		Rational		Reverential



*You find peace not by rearranging the circumstances of your life,  
but by realizing who you are at the deepest level.<sup>105</sup>*

# #17 Personality

Mark any word that highly describes you in any of your environments. Think about all your environments, groups and activities - work, home, community, church, hobby groups, etc. **Personality Traits - Table 6 of 7**

C	Trait	C	Trait	C	Trait	C	Trait	C	Trait
	Revolutionary		Self-Important		Sloth		Steadfast		Suspicious
	Ridiculous		Self-Indulgent		Slothful		Steady		Sweet
	Rigid		Self-Pitying		Slovenly		Stealthy		Sympathetic
	Ritualistic		Self-Reliant		Slow		Steely		Tactful
	Romantic		Self-Righteous		Sluggish		Stern		Tactless
	Rowdy		Self-Sufficient		Sly		Stiff		Talented
	Rude		Selfish		Small-Thinking		Stingy		Tardy
	Rude		Sensible		Smart		Stoic		Tasteful
	Ruined		Sensitive		Smart aleck		Straightforward		Tasteless
	Rumor-Monger		Sensual		Smooth		Strange		Teachable
	Rustic		Sentimental		Snappy		Strategic		Teacherly
	Ruthless		Seraphic		Sneaky		Strict		Temperamental
	Sacrilegious		Serious		Snobbish		Striking		Tenacious
	Sadistic		Sexy		Snooping		Stringent		Tender
	Sage		Shallow		Snooty		Striving		Tense
	Sanctimonious		Shameful		Sober		Strong		Terrible
	Sane		Sharing		Sociable		Strong-Willed		Terrific
	Sarcastic		Sharp		Soft		Stubborn		Testy
	Satisfied		Shortsighted		Soft-Spoken		Studious		Thankful
	Scandalous		Show-Off		Solemn		Stupid		Thievish
	Scheming		Showy		Solid		Stylish		Thorough
	Scholarly		Shrewd		Solitary		Suave		Thoughtful
	Scornful		Shy		Sophisticated		Subjective		Thoughtless
	Scrupulous		Silly		Sophomoric		Submissive		Threatened
	Secretive		Simple		Sordid		Subservient		Threatening
	Secure		Sincere		Spaced-Out		Subtle		Thrifty
	Sedentary		Single-Minded		Spiteful		Sullen		Tidy
	Self-Absorbed		Sinister		Spoiled		Superficial		Timely
	Self-Centered		Skeptical		Spoilsport		Superfluous		Timid
	Self-Conscious		Sketchy		Spontaneous		Superior		Tolerant
	Self-Critical		Skilled		Sport		Superstitious		Tough
	Self-Defacing		Skillful		Sporting		Supportive		Tractable
	Self-Denying		Slack		Stable		Sure		Trainable
	Self-Disciplined		Slandering		Stagnant		Surly		Traitor
	Self-Harming		Sloppy		Staunch		Surprising		Transparent

Draft

*Old man's gotta be the old man, fish has gotta be the fish.  
You gotta be who you are in this world, no matter what.<sup>106</sup>*

# #17 Personality

Mark any word that highly describes you in any of your environments. Think about all your environments, groups and activities - work, home, community, church, hobby groups, etc. **Personality Traits - Table 7 of 7**

C	Trait	C	Trait	C	Trait	C	Trait	C	Trait
	Treacherous		Undogmatic		Unremarkable		Vicious		Withdrawn
	Trendy		Uneconomical		Unrepentant		Vigilant		Witty
	Troublesome		Uneducated		Unresponsive		Vigorous		Workaholic
	Trusting		Unethical		Unrestrained		Vile		Worrywart
	Trustworthy		Unfathomable		Unruffled		Vindictive		Worthless
	Turgid		Unfazed		Unruly		Violent		Youthful
	Typical		Unfit		Unsatisfied		Virtuous		Zany
	Unaggressive		Unfoolable		Unschooling		Visionary		Zealous
	Unambitious		Unforgiving		Unself-Critical		Vivacious		
	Unapologetic		Unfriendly		Unselfish		Vulgar		
	Unappreciative		Unglamorous		Unsentimental		Vulnerable		
	Unassuming		Ungrateful		Unskilled		Wallowing		
	Unbearable		Unhealthy		Unsophisticated		War-Monger		
	Unbecoming		Unhurried		Unstable		Warm		
	Uncaring		Unimaginative		Unstoppable		Wary		
	Unceremonious		Unimpressive		Unsuitable		Wasteful		
	Uncertain		Uninhibited		Untrustworthy		Watchful		
	Unchanging		Unjust		Untruthful		Weak		
	Uncharitable		Unkind		Unusual		Weak-Willed		
	Unchaste		Unlikable		Unwavering		Weird		
	Uncivilized		Unlovable		Unwise		Well-Behaved		
	Uncomplaining		Unmoved		Unyielding		Well-Bred		
	Uncomplicated		Unnerving		Upbeat		Well-Mannered		
	Unconcerned		Unorthodox		Updated		Well-Meaning		
	Unconvincing		Unpatriotic		Upright		Well-Read		
	Uncooperative		Unperturbed		Urbane		Well-Rounded		
	Uncouth		Unpolished		Vacuous		Well-Traveled		
	Uncreative		Unpredictable		Vague		Whimsical		
	Uncultured		Unpretentious		Vain		Whiny		
	Undemanding		Unprincipled		Valiant		Wicked		
	Underachieving		Unproductive		Venial		Willful		
	Understanding		Unrealistic		Vengeful		Willing		
	Undeserving		Unreasonable		Venomous		Winning		
	Undiplomatic		Unreflective		Venturesome		Wise		
	Undisciplined		Unreliable		Versatile		Wishful		

*You're only given a little spark of madness. You mustn't lose it.*<sup>107</sup>

# # 18 Aptitude & Passions

When looking for careers, aptitudes, passions/interests and skills are typically considered - using these descriptions.

- ① Aptitudes/abilities - Your natural ability to do something.
- ② Skills/Expertise - Knowledge you've gained in your life thus far.
- ③ Passion/Interests - Activities you enjoy doing.

Historically aptitude/abilities were believed to be natural from genetics, not something you can learn from your environment - like your Intelligence Quotient (IQ), ability to rotate a shape in your head, or memorizing a list of words. Skills or expertise were defined to be behaviors or knowledge that can be learned from your environment.

However, recent research has revealed that such lines may be blurred in the use of the terms and in the ability of a test to truly separate and distinguish these elements of people. Many measurement tools have also been found to be biased in terms of race, education, etc.

The big lessons from this information are:

1. Consider all information from assessment tools in these areas with a grain of salt - meaning it's not advisable to make a huge life change based solely on the information from one tool. This is true for this book, any tool, and any self-help program or guru.
2. It is very helpful to take a number of assessments and see if there are patterns in the results.

For now, take as many of the assessments, as you have time for and can afford. These assessments were not included in paper form because many of them are driven by sophisticated analysis tools that would be lost in a paper format.

**Assessment Cost** - Many of these can be taken for free regularly or on a one-time basis. Some can be obtained for free if you buy the book associated with the test. Some tests may not have a free option and you will have to decide whether or not to invest in them at this time. I will tell you that I've never regretted a dollar I've spent on self-development. It has always resulted in my being better off financially in the long run. However, there were definitely times where I had to choose to not take a test due to cost. No worries though. If you take even a few of the assessments and do a few activities in this book, you will find yourself a better prepared job candidate than most people.

Aptitude, Passions and Other	
Assessment	Key Takeaways

## Other Assessment Resources

ONET - [mynextmove.org/explore/ip](http://mynextmove.org/explore/ip)

Myers Briggs

- [16personalities.com/free-personality-test](http://16personalities.com/free-personality-test)
- [truity.com/test/type-finder-personality-test-new](http://truity.com/test/type-finder-personality-test-new)
- [crystallknows.com/jung-myers-and-briggs-personality-test](http://crystallknows.com/jung-myers-and-briggs-personality-test)
- [myersbriggs.org](http://myersbriggs.org)

Johnson O'Conner Research Foundation Test - [jocrf.org](http://jocrf.org)

Enneagram - [enneagramtest.com](http://enneagramtest.com)

Gallup's StrengthsFinder 2.0 - [gallup.com/clifton-strengths/en/home.aspx](http://gallup.com/clifton-strengths/en/home.aspx)

DISC - [thediscpersonalitytest.com](http://thediscpersonalitytest.com)

Birkman - [birkman.com](http://birkman.com)

John Holland's Self-Directed Search - [self-directed-search.com](http://self-directed-search.com)

Talent Insights - [talentinsights.com](http://talentinsights.com)














Truity.com - This website appears to offer many of these tests for free, so you may want to start there.
















*Draft*

# #19 Change Spectrum

**Spoiler Alert - Don't look at the next page until you do this one.**

Most people do not like change. Change puts you in "the void" - a place where you are having to surrender your current way of being, at least in a certain situation, and adopt a new way of being or acting. We tend to be uncomfortable with doing this. This table will let you know where you fall within the change spectrum. Enter a number from 1-6 to categorize the degree to which a description is like you or not like you. As with other activity, do not judge yourself over where you fall in the spectrum. This is simply useful information when making decisions about various elements of your life.<sup>109</sup>

In this table, enter a number from 1 to 6 indicating whether the statement describes you or not. 1 means the statement is not like you at all 6 means the statement is very much like you.		Enter 1, 2, 3, 4, 5, or 6 below
	I'm inclined to establish routines and stay with them	
	I can make any situation work for me	
	When something important doesn't work out, it takes me time to adjust	
	I have a hard time relaxing and doing nothing	
	If something can go wrong, it usually does	
	When I get stuck I'm inclined to improvise solutions	
	I get frustrated when I can't get a grip on something	
	I prefer work that is similar and in my comfort zone	
	I can handle anything that comes along	
	Once I've made up my mind, I don't easily change it	
	I push myself to the max	
	My tendency is to focus on what can go wrong	
	When people need solutions to problems, they call on me	

In this table, enter a number from 1 to 6 indicating whether the statement describes you or not. 1 means the statement is not like you at all 6 means the statement is very much like you.		Enter 1, 2, 3, 4, 5, or 6 below
	When an issue is unclear, my impulse is to clarify it right away	
	It pays to stay with the tried and true	
	I focus on my strengths not my weaknesses	
	I find it hard to give on something even if it's not working out.	
	I'm restless and full of energy	
	Things rarely work out the way you want them to	
	My strength is to find ways around obstacles	
	I can't stand to leave things unfinished	
	I prefer the main highway to the back road	
	My faith in my abilities is unshakable..	
	When in Rome, do as the Romans do	
	I'm a vigorous and passionate person	
	I'm more likely to see problems than opportunities	
	I look in unusual places to find solutions	
	I don't perform well when there are vague expectations and goals	

Draft

*The definition of insanity is doing the same thing over and over and expecting different results.<sup>110</sup>*

# #19 Change Spectrum

## Spoiler Alert - Look at previous page first.

This table allows you to tie your scores on the previous page to specific behavioral categories related to change. Copy your numbers from the previous page to this page.

Symbol	Total	Change Category
 Light Blue Planes		Resourcefulness
 Yellow Stars		Optimism
 Green Yin Yang		Adventurousness
 Red Bus		Passion/drive
 Blue Smiley		Adaptability
 Orange Infinity		Confidence
 Purple Square		Tolerance for ambiguity
Key Takeaways		

The optimal range for all categories is reported to be between 22 and 26. However, the better way to look at this is: "Is a particular characteristic serving me in this situation?" If the answer is yes, great. If the answer is no, then either I need to change the situation or change me, in order to optimize my experience. If you can't change either one to any great degree; then you can

just use this awareness to understand why you may feel apprehensive if you are experiencing a big change.

Go to the next page to review a description of each change category. Then return here to complete the rest of the activity. Your scores may vary as you look at each category. This is typical and you can do activities that will help you change your score in a particular area.

Also know that people of every type are needed in the world. For example, I am unusual in that I often like change. I tend to be a change-maker, trying to improve situations. I'm still a bit nervous if I'm in "the void" too long like most everyone else, but I usually like change and variety. I tend to see things as they can be, versus the reasons that they aren't like that now.

However, I supervised a person who was at the other end of the spectrum and never wanted change. What I would do is have her voice all her concerns about a big upcoming change. Then we work through all her concerns. This allowed me to use her talent of seeing the obstacles to make the change more positively resulting in better outcomes.

Write in any key takeaways you have from this experience. How can you use this information in your current life? What type of jobs do you think might be good for you based on who you are today? If you are planning on different work than you've done in the past, how will you consider your change levels? If you are very adverse to change, then you may need to surround yourself with some risk-takers and people who can encourage you as you make changes.

*Draft*

# #19 Change Spectrum

**Spoiler Alert - Skip back two pages and read it first.**

This page provides descriptions for each change category.

- 🕒 **Resourcefulness:** Resourceful people are effective at taking the most of any situation and utilizing whatever resources are available to develop plans and contingencies. They see more than one way to achieve a goal, and they're able to look in less obvious places to find help. They have a real talent for creating new ways to solve old problems. When people low in resourcefulness encounter obstacles, they get stuck, dig in their heels, and go back to the old way. Very high scorers (over 26) might overlook obvious solutions and create more work than is necessary.
- 🕒 **Optimism:** Is the glass half empty or half full? Optimism is highly correlated with Change Readiness, since the pessimist observes only problems and obstacles while the optimist recognizes opportunities and possibilities. Optimists tend to be more enthusiastic and positive about change. Their positive outlook is, founded on an abiding faith in the future and the belief that things usually work out for the best. Very high optimism scorers (over 26) may lack critical-thinking skills.
- 🕒 **Adventurousness:** Two ingredients capture this adventurous spirit: the inclination to take risks and the desire to pursue the unknown, to walk the path less taken. Adventurous people love a challenge. Since change always involves both risk and the unknown, they usually perform well during organizational shake-ups. They are the proactors, the employees who initiate and create change. But very high scores (over 26) may indicate a tendency toward recklessness.
- 🕒 **Passion/Drive:** Passion is the fuel that maximizes all the other traits. If you have passion, nothing appears impossible. If you don't, change is exhausting. Passion is the individual's level of personal dynamism. It shows up in a person's level of intensity and determination. To make a new procedure work, to overcome the myriad of problems that any plan for change unwittingly produces, you've got to have passion and enthusiasm. Very high scorers (over 26), however, may mean you're bullheaded, obsessed, and heading for burnout.
- 🕒 **Adaptability:** Adaptability includes two elements: flexibility and resilience. Flexible people have goals and dreams like everyone else, but they're not overly invested in them. When something doesn't work out, they'll say, "Plan A doesn't work, let's go to Plan B." Resilience is the capacity to rebound from adversity quickly with a minimum of trauma. Failure or mistakes do not throw them. They don't dwell on them and get depressed but bounce back quickly and move on. High scorers on this trait are not wedded to specific outcomes. If the situation changes, their expectations shift right along with it. Scoring too high (over 26) in this trait indicates a lack of commitment or stick-to-it-ness.
- 🕒 **Confidence:** If optimism is the view that a situation will work out, confidence is the belief in your own ability to handle it. There is situational confidence - "I know I can swim across this channel, learn this program, write this report" - and self-confidence - "I can handle whatever comes down the pike." Self-confidence is the kind of confidence the Change Readiness Scale measures. High scorers are generally individuals with a strong sense of self-esteem. But more specifically, they believe they can make any situation work for them. Scorers above 26 may indicate a cocky, know-it-all attitude and lack of receptivity to feedback.
- 🕒 **Tolerance for Ambiguity:** The one certainty surrounding change is that it spawns uncertainty. No matter how carefully you plan it, there is always an element of indefiniteness or ambiguity. Without a healthy tolerance for ambiguity, change is not only uncomfortable; it's downright scary. But too much tolerance can also get you in trouble. You may have difficulty finishing tasks and making decisions. If you scored over 26 you fall in this category.

Draft

## #20 Change Readiness

There is a difference between your overall change tendencies and being ready to change in a particular area of your life. You can use this tool anytime you are thinking about change in a particular area to determine if you are ready for change in that area. Think of a change you are considering making and circle the response for each statement that best describes your current state regarding this change.<sup>113</sup>

1. Regarding my awareness about this behavior:
  - A. Others have suggested that I have a problem behavior but I don't agree.
  - B. I might have a problem behavior but I am not sure.
  - C. I have a problem behavior.
2. When a loved one or trusted friend suggests that I may have a problem behavior ...
  - A. I am likely to tune them out, change the subject or get defensive.
  - B. I don't like it, but I know that they see something that worries them and are right in expressing concern.
  - C. I am ready to listen and talk about it.
3. This problem behavior ...
  - A. is really just a nuisance and I don't have time to deal with it.
  - B. is causing me worry and/or distress.
  - C. is causing me, and some of the people I care about, significant worry and/or distress.
4. When I think about my problem behavior ...
  - A. I usually make excuses, rationalize or minimize its impact on my life.
  - B. I want to change but I don't because of fear, pride or lack of motivation.
  - C. I really want to change but don't know how to begin or continue once I start.
5. Regarding knowledge of my problem behavior:
  - A. I know very little about it.
  - B. I have begun learning more about it.
  - C. I have learned a great deal about it.
6. Regarding my knowledge of resources for my problem:
  - A. I don't know of any resources.
  - B. I have learned about some of the resources available but don't feel I have enough information.
  - C. I have more than adequate knowledge about how or where to get help.
7. Regarding my current motivation for change:
  - A. I have practically no, or very little, motivation at this time.
  - B. I have some motivation to change but I will need more to succeed.
  - C. I am very motivated to change.
8. Regarding my current plans to change:
  - A. At this time, I have no plans to change.
  - B. I am thinking about change and the impact it would have on my life.
  - C. I have a definite plan for change.
9. Regarding my support for change for others:
  - A. I have almost no support from others.
  - B. I have some support but it may not be enough.
  - C. I have excellent support.
10. Regarding previous attempts to change
  - A. I have never seriously attempted to change this behavior.
  - B. I have tried to change on one or more occasions but have failed miserably.
  - C. I have tried to change before and have had some temporary success.

*Life Coaching Secret*  
*The more often you have tried to make a change, the more likely you will actually make the change. So even if you have tried to make a change several times, do not be discouraged. If you really need to make the change, then keep trying. Just balance those attempts with other needs and desires in your life.*

*Draft*

*If you want to build a ship, don't drum up people together to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea."*<sup>14</sup>

# #20 Change Readiness

According to this model, the process of a specific behavior change typically follows a series of stages:

- 1. Precontemplation** – "I can't change this behavior" or I won't change this behavior"
- 2. Contemplation**– "I might change this behavior" Individuals hoping to enter the preparation stage must first define their motivators, obstacles and solutions.
- 3. Preparation (0-3 months)** – "I will change this behavior" The individual will create a set of necessary guidelines and seek support for the ensuing attempt at change
- 4. Action (3-6 months)** – "I am changing this behavior" It's common that within this stage individuals relapse. Successful lifestyle change stems from the ability to recover from such slips.
- 5. Maintenance (6+ months)** – "I am continuing to change this behavior"

Continued adherence to the new behavior for an extended period of time will lead to the habit becoming part of the everyday lifestyle.

### Scoring key:

If you answered "A" to any question, give yourself 1 point.  
 If you answered "B" to any question, give yourself 5 points.  
 If you answered "C" to any question, give yourself 10 points.

### Results - If your score is:

- 10-15 points, you are in the precontemplation stage. Your score suggests that you are not yet ready to engage in changing this problem behavior.
- 16-40 points, you are in the contemplation stage. Your score suggests that you are considering changing this behavior but are not quite ready. People in this stage seek knowledge and additional encouragement before they engage in behavior change.
- 41-100 points, you are in the preparation stage. Congratulations. Your score suggests that you are preparing to change this behavior. People in this stage have acquired additional knowledge and support and have a viable plan.

Change Readiness - Change 1 What is the change being considered?			
_____			
Re- sponse Type	# of respon- ses	# of points per re- sponse	Total Points (# responses <i>times</i> # of points per response)
A		1	
B		5	
C		10	
Total	10	NA	

Change Readiness - Change 2 What is the change being considered?			
_____			
Re- sponse Type	# of respon- ses	# of points per re- sponse	Total Points (# responses <i>times</i> # of points per response)
A		1	
B		5	
C		10	
Total	10	NA	

Change Readiness - Change 3 What is the change being considered?			
_____			
Re- sponse Type	# of respon- ses	# of points per re- sponse	Total Points (# responses <i>times</i> # of points per response)
A		1	
B		5	
C		10	
Total	10	NA	

*Draft*



The five elements can help you understand people better and thus help with interviewing.

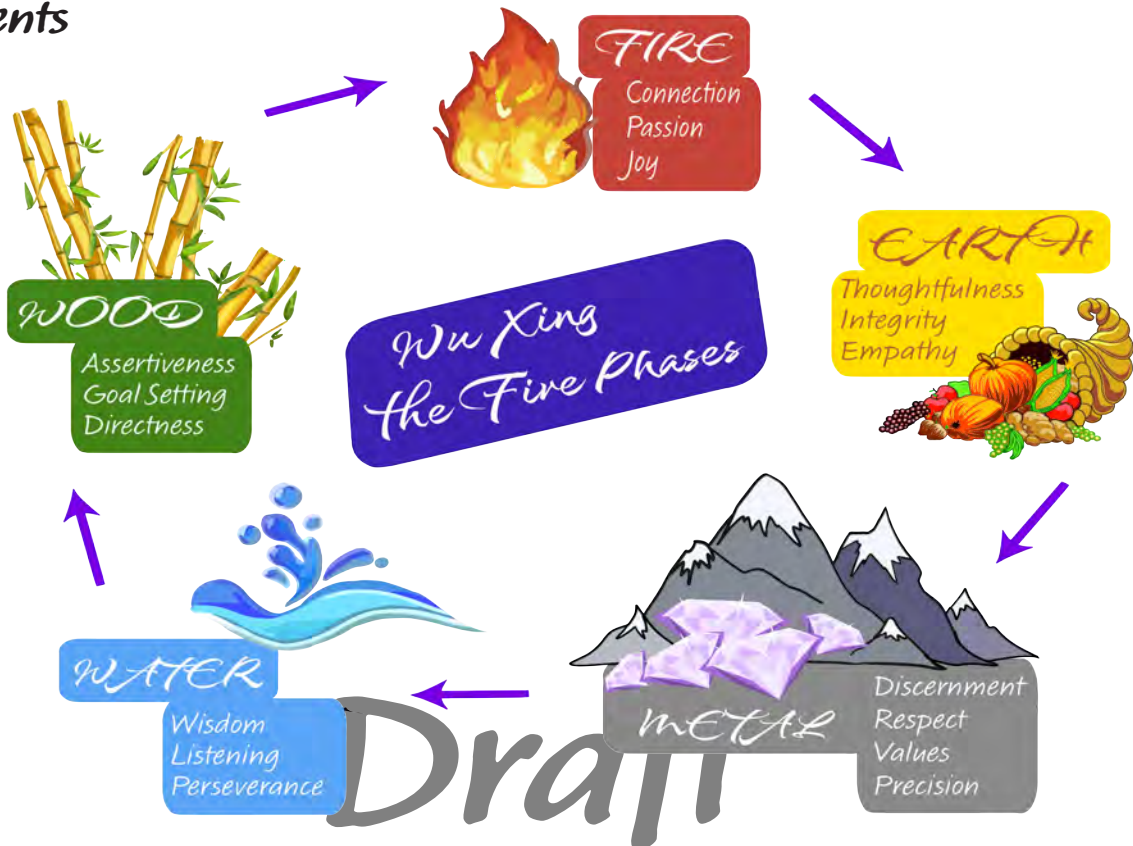
# #21 Five Elements

Traditional cultures have a particular language to describe the movements of nature in human beings.<sup>115</sup> In Chinese and other East Asian cultures this system is translated as “The Five Elements.” Each element embodies the energetic signature of the associated season. Classical Chinese texts describe five basic human constitutions: Wood, Fire, Earth, Metal and Water. Unfortunately, western culture has seized on this paradigm to glibly categorize people simply as one of these five constitutions, perhaps unaware that the classics further recognize the complexity of each of these basic constitutions as they relate to the other four elements since all people resonate with the entirety of nature.

However, studying the basic energetic movements of the seasons in terms of the Five Elements can help us understand ourselves and others in the work environment. Are you someone who is self-motivated and goal oriented? Do you work better alone or are you energized by participating in group projects? Are you the person whose very presence encourages cooperation? This very brief description of the Five Elements may even help you hone your answers to that question, “What are your strengths and weaknesses?”

In order to grasp the essence of each element, let’s observe a garden throughout the lifecycle of a year. We are looking at this through the lens of healthy expression of each element. The beauty of associating each element with nature is that you can simply observe nature to also understand how each element goes out of balance and how that might look, which we will briefly mention.

## The Gift of the Five Elements



## #21 Five Elements

### **The Wood Element (Springtime Energy)**

Observe the first weeds that emerge in a garden – rapid growth purposefully pushing toward the sun. This is the rapid, upward and outward movement of springtime. Indeed, if the weed encounters an obstacle, it will push through even a small crack in the sidewalk! In Spring, nature seems to shout at us to “get with the program,” to have structure and purpose, no time to dawdle in contemplation, no time to change your mind. Words often associated with the Wood element in people are: hope, vision, exuberance, goal setting, assertiveness, impatience. Anger is the emotion associated with Wood. Anger, as all of the descriptions of emotion, is neither negative or positive. It describes an energetic movement. When healthy, it is about assertion and the drive for justice. When thwarted, we talk about anger and frustration (blocked growth).

What does Wood want? Wood wants to accomplish. In human life, a person with a predominance of Wood in the constitution wants to be “met.” Sometimes we say that Wood thrives with “the worthy opponent” and that a way to connect with people experiencing a Wood reality is to “play ping pong” with them. In other words, don’t just let them run all over you.

### **The Fire Element (Summertime Energy)**

In the warmth of summer, as the sun reaches its peak, plants bloom and there are flowers everywhere. There is a lightness of spirit. The focus is on attracting pollinators in order to continue the lifecycle. Picture bees buzzing and butterflies flitting from flower to flower. Fire energy is an up and down movement (like flames) associated with love and joy and passion, relaxation, play, friendship and connection, lightness, and celebration. Flowers can be subtly attractive, or they can be outrageously flamboyant. The emotion associated with Fire is joy, which can be seen as the force that encourages warmth and sharing or, when excess, can bring chaos, a frenetic need to go go go and do do do, a FMOS (fear of missing something), or, at the other end of the spectrum, the fire can be dying and the person is unable to feel excitement and unable to connect.

What does Fire want? Fire wants to be loved. Fire seeks connection.

### **The Earth Element (Late Summer Energy)**

As summer progresses, flowers turn to fruit. The energy of late summer is slower, more ponderous. This season is about maturity and harvest, the production of nourishment that is classically described as “mother love,” (which is the love associated with nurture.) That flower of summer is now a pumpkin, there is enough to feed everyone! There is a thoughtfulness that comes from security and stability and a sense of being “at home.” The energetic movement of Late Summer is circular. Thoughtfulness can get stuck into circular patterns of overthinking, worrying, obsessing. The emotion described for Earth is “sympathy.” In balance, it is integrity and empathy for others, a healthy ability to both give and take. When out of balance we see either excessive preoccupation with self or the sacrifice of self to take care of others.

What does Earth want? Earth wants to be understood. One of the best ways to communicate with someone who lives in a predominantly Earth energetic is to make sure they know you have heard them and that you understand and, conversely, make sure that you take the time to explain yourself so that there is a mutual understanding. Bring food!

### **The Metal Element (Autumn Energy)**

In Autumn, fruits decay and leaves fall to release energy and nutrients into the soil to continue the cycle of life. The energetic movement is downward, about letting go of what no longer serves. Metal refers to the minerals of the earth that are released with decomposition and also things like gemstones, formed by those minerals, and it is from this association that we can understand the words associated with the element: quality, essence, respect, value, precision, worth. The emotion associated with Metal is called “grief” and the value of grief is to help us appreciate what is important, a honing of the superfluous to glean the essentials.

*Draft*

*It is preoccupation with possessions, more than anything else,  
that prevents us from living freely and nobly.*<sup>16</sup>

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## #21 Five Elements

### The Metal Element (Autumn Energy)

Our culture recognizes this when we describe “the Autumn of one’s life” as a time that we slow down, draw inward and focus on the quality of life. If you have ever stood in the midst of a forest on a clear and crisp Autumn day you perhaps have felt the spirit of the Metal element – a sense of connection to spirit, a reverence. In classical Chinese, the Metal element is associated with the energy of “the father,” an allusion to the Divine but also a very real role in humanity. It was the father who instructed the child on the “proper” behavior in society and for the “proper” way to do something. This can seem like a very solitary energy, sometimes appearing aloof and unapproachable. Consider, instead, that interaction with someone with a Metal reality is about having meaningful interaction, not small talk. It’s not about a riot of flowers attracting bees, it’s not about making sure everyone is “fed.” When out of balance a person might seek value from outward objects or people rather from within. There can also be a tendency to be rigid or excessively focused on revision in order to create perfection.

What does Metal want? Metal wants to be valued, acknowledged, and respected. Note that this does not mean having a party to celebrate an accomplishment, it often means a subtle form of appreciation, something meaningful.

### The Water Element (Winter Energy)

On the surface, in Winter, movement in the garden is underground. While on the surface things appear still and inactive underneath it is a steady forward energy, protecting and drawing on accumulated reserves in preparation for new growth in the Springtime. The Water element often appears secretive and impenetrable. Just like the element itself, the energetic of Water can be elusive, as water holds no shape and can take many forms. Water can be relentless, even a drop of water over time can wear a hole in a rock. Words associated with the Water element are: steady, willpower and determination, endurance. When

out of balance a person can appear without reserves or can, like a river in flood stage, overflow the banks and be overwhelmed or overwhelming, overly controlling or out of control. Just like water in Winter, Water can also freeze and be unable to move forward. The emotion associated with Water is called “fear.” Fear is the awareness of what can happen.

What does Water want? Water wants safety and reassurance. Sometimes this means making it very clear what is happening or presenting a situation including all of the possible scenarios, because, a person living in a Water reality has already imagined them! This can be very helpful in projects and is one of the strengths of Water.

### Conference Planning Example

Here’s a brief description of planning an event (say a conference) to utilize the strengths of each element:

**Wood:** Best to initially plan the event, when, where, who, etc. Will excel at coordination, especially if able to trust and delegate.

**Fire:** Best to plan the icebreakers, any celebration and the fun. Will make sure there are nametags and meet and greets.

**Earth:** Best to make sure the space is comfortable, that there is a folder for everyone, that there are snacks and enough food or will put together a list of nearby restaurants if lunch is not provided. Is the PA system loud enough? Are there enough chairs?”

**Metal:** Best to assure this is a quality event, the handouts and presentations tasteful, relevant and meaningful.

**Water:** Will have anticipated anything that could go wrong with the event (ie, if outdoors will have a backup plan for rain, etc.)

Draft

*Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope.<sup>117</sup>*

## #21 Five Elements

This may also help you determine which elements are the strongest for you. Put a check mark beside every word that describes you. Then total each column at the bottom.<sup>118</sup>

Wood	Water	Fire	Earth	Metal
Acne	Backache	Anxiety	Acid reflux	Aloof
Aggressive	Bladder infection	Burning sensation hand/feet	Bad breath	Analytical
Allergies	Burning urination	Charismatic	Brooding	Asthma
Argumentative	Calm	Charming	Caretaker	Bossy
Assertive	Cautious/fearful	Cheerful	Chronic worry	Chronic Cough
Blurred vision	Chronic complainer	Communications	Clings to past	Clean
Bold	Contemplative	Curious	Comforting	Discerning
Competitive	Creative	Distractible	Concerned	Discreet
Decisive	Deep	Dizzy/light headed	Conforming	Dislikes crowds
Demanding	Fear of change	Easily excited	Consistent	Distant
Depression	Introspective	Enthusiatic	Cooperative	Dry Skin
Determined	Lack of sexual desire	Excessive enthusiasm	Craves sugar	Elegant
Difficult	Leg pain	Excessive talking	Deliberate	Emotionally aloof/distance
Direct	Night sweats	Feeling overwhelmed	Dependent	Excessive grieving
Dominant	Observant	Flighty	Easy-going	Eye for detail/beauty
Driven	Patient	Flirtatious	Feels emotionally hungry	Feels disconnected
Dry Eyes	Peaceful	Flushed face	Hard to swallow capsules	Gracious
Fast	Perservering	Funny	Helpful	Hoarder
Fatigue in the mornings	Private	Heart palpitations	Involved	Honorable
Focused	Reflective	Incapable of compassion	Loyal	Humble
Goal-oriented	Resolute	Insomnia	Muscle weakness	Idealistic
Impatient	Restless	Life of party	Nurturing	Inhibited
Indecisive	Ringing in ears	Likes to make people laugh	Overprotective	Likes to think and journal
Inflexible attitude	Secretive	Lively	Poor appetite	Neat and organized
Intense	Serene	Muddled thinking	Poor digestion	Polished
Irritable	Serious	Nervous	Predictable	Precise
Loud	Solitary	Optimistic	Relaxed	Proper
Migraines	Stubborn	Quick	Slow	Refined
Passionate	Stubtle	Scattered	Sociable	Reserved
PMS	Wakes frequently	Spontaneous	Supportable	Self contained
Skin Rash	Weak or brittle bones	Talkative	Sweats easily	Systematic
Strong/loud voice	Willful	Unpredictable	Sympathetic	Weak voice
Stubborn/aggressive/temper	Wise	Witty	Tough to gain/lose weight	Well-mannered
<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>

*Draft*

*Nothing has a stronger influence psychologically on their environment and especially on their children than the un-lived life of the parent.*<sup>19</sup>

# #21 Five Elements

From the element diagram on the first page of this assessment, put three check marks in the Element Diagram rows that correspond to the top three elements for you, based on the element diagram.

Do the same thing for the element descriptions, the conference planning example and the word list. From this information, write in your key takeaways. It could be that you had conflicting results. Or it could be that you had the same element that was the strongest in each assessment.

Don't judge the results, just record what you've observed. And even if you have exactly the same element as your top one in all assessments, it still may not be your true top one.

If you have any health issues, this may be another reason why you've found this book. You may be experiencing an issue because there is an imbalance in one or more of the elements. Acupuncturists help address such imbalance by working with the energy channels of the body.

If you have an imbalance, this can distort the results and make it difficult to discern your true constitution. Acupuncturists spend years honing their skills to understand the constitution of their patients and how to help them.

If you think you may have an imbalance or just want to explore this way of understanding yourself or others, the resources in the box are good places to start.

	Element Diagram	Element Descriptions	Conference Planning Example	Element Word List
Wood				
Fire				
Earth				
Metal				
Water				
Key Takeaways				

## Resources

### To find a practitioner:

🔗 *Academy for Five Element Acupuncture, [www.acupuncturist.edu](http://www.acupuncturist.edu)*

🔗 *Institute of Taoist Education and Acupuncture, [www.itea.edu](http://www.itea.edu)*

### References

🔗 *<https://www.keywestwellnesscenter.com/wp-content/uploads/2016/07/The-Five-Elements.pdf>*

🔗 *Classical Five Element Acupuncture Vol III The Five Elements and the Officials, Professor JR Worsely, The Worsely Institute of Classical Five Element, Acupuncture, 1998*

🔗 *The Acupuncture Response, Glen S. Rothfield & Suzanne Levert*

🔗 *Between Heaven and Earth: A Guide to Chinese Medicine, Harriet Beinfield; Efreem Korngold*

*Draft*

You can never cross the ocean until you have the courage to lose sight of the shore.<sup>120</sup>

# #22 Entrepreneur

This assessment is designed to be a quick check of whether you are naturally suited to be an entrepreneur. A great time to think about this is when you are considering a job change. The reason you are looking for something new could be that a regular corporate-type job, where you work for someone else, may not be the best fit for you.<sup>121</sup>

I did not come from a family of entrepreneurs. My dad was an electrician in the Navy for twenty years and my mom got whatever job she could get wherever we were stationed. In families, you often see where the parents were teachers, police, musicians, actors or entrepreneurs, and then their children go into the same line of work.

I realize now, that I am an entrepreneur and had I realized that sooner, I might have naturally moved in that direction. But things happen when they happen. This may be the exact time you are meant to consider this question - Are you an entrepreneur?

Even if you are not naturally an entrepreneur, this information is still helpful because a lot of life requires "entrepreneur" skills. So if you put check marks in a lot of these areas, great. If you didn't, you may want to look at how you can improve your tendencies in those areas. Or if you want to start a business or do something entrepreneurial, do you need a partner to work with you, who is more entrepreneurial?

Put a check mark next to any of these characteristics that you tend to exhibit.

	<b>1. Creativity:</b> Entrepreneurs start with an idea. They see opportunities, find innovative ways to solve problems, and bring fresh solutions to the public.
	<b>2. Passion:</b> Driven by their love for what they do.
	<b>3. Motivation:</b> Entrepreneurs are self-starters. They have the inner drive to pursue their goals relentlessly.
	<b>4. Product or Service Knowledge:</b> Understanding your product or service thoroughly is crucial.
	<b>5. Ability to Network:</b> Building connections is essential.
	<b>6. Self-Confidence:</b> Believing in yourself and your abilities is vital.
	<b>7. Optimism:</b> A positive outlook helps entrepreneurs navigate challenges.
	<b>8. Vision:</b> Successful entrepreneurs have a clear vision of where they want to go.
	<b>9. Goal Mindset:</b> Entrepreneurs set specific, measurable goals.
	<b>10. Risk-Taking:</b> Calculated risks are part of entrepreneurship.
	<b>11. Persuasiveness:</b> Effective communication and persuasion skills are essential.
	<b>12. Decision-Making:</b> Entrepreneurs face countless decisions daily.
	<b>13. Tenacity:</b> Persistence pays off.
	<b>14. Money Management:</b> Understand finances, budgeting, and cash flow.
	<b>15. Adaptability:</b> The business landscape evolves rapidly.
	<b>16. Resilience:</b> You are able to face adversity, bounce back and keep moving forward.
	<b>17. Time Management:</b> You are able to prioritize tasks, set deadlines, and manage your schedule efficiently.
	<b>18. Empathy:</b> You listen actively and understand others' perspectives and emotions and build a bridge to other people.
	<b>19. Continuous Learning:</b> You are curious, read, attend workshops, and adapt to new trends.
	<b>20. Adventurous Spirit:</b> You are an explorer, embracing uncertainty and uncharted territories
Enter your number of check marks out of 20 here _____	

## Resources

- 🕒 <https://www.bdc.ca/en/articles-tools/entrepreneur-toolkit/business-assessments/entrepreneurial-potential-self-assessment>
- 🕒 <https://excellentbusinessplans.com/are-you-an-entrepreneur-do-the-test/>
- 🕒 **Entrepreneur Quiz:** <http://www.humanmetrics.com/entrepreneur>
- 🕒 **Personal assesment:** <https://www.bdc.ca/en/articles-tools/entrepreneur-toolkit/business-assessments/pages/self-assessment-test-your-entrepreneurial-potential.aspx>
- 🕒 **Entrepreneur test:** <https://www.psychometricstest.org.uk/entrepreneur-test/>

Draft

# Your Treasure Map



Draft

*He didn't care about resting in peace. The last words he whispered to me were, "Have fun."<sup>122</sup>*

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# Your Treasure Map

Now you're ready to create the map to the treasure you seek. The next three pages are designed for you to collect all of the work you've done so far in a powerful and useful way,

First though, have you celebrated everything you've done so far? Whether it's just reading the book, reading some of it, doing a couple of assessments, etc. Whatever you've done so far, you should celebrate. See the celebration discussion in the first chapter. It's very important to a successful job search. Do it!

## How to Create Your Treasure Map

Enter the following information from each assessment you completed, into your treasure map.

1. Wheel of Life - Sketch in your drawing.
2. Abuse Red Flags - Enter the number of boxes you checked.
3. Addiction Roadblocks - Enter anything you might be addicted to.
4. Mental Health Signposts - Enter the number of boxes you checked.
5. Gremlins - Enter the number of gremlins.
6. Feedback Form - Enter your key takeaways.
7. Lightworker - Enter the number of boxes you checked.
8. Spiritual Awakening - Enter the number of boxes you checked.
9. LGBTQIA+ - Enter yes, no, maybe, I don't know and any the letter of how you do or might identify.
10. AMOYO - Enter the % of time you spend on optimal activities, % of time you spend on fear-based activities, and 3 optimal and less optimal activities you spend time on.
11. Key Influences - Enter your 10 defining moments, 7 critical choices, and 5 pivotal people.
12. Values - Enter your top 10 values.
13. Self Care and Healing - Enter the number of boxes you checked in each category.

14. Ayurveda - Enter your points in each dosha category categorized by past/future and physical, emotional and mental.
15. Chakras - Enter the number of boxes you checked for each one.
16. Skills - Enter your top 10 skills.
17. Personality - Enter your top 10 personality traits.
18. Passions/Personality/Aptitude - Enter your key takeaways.
19. Change Spectrum - Enter your score.
20. Change Readiness - Enter your score.
21. Five Elements - Write in your key takeaways from the four assessments.
22. Entrepreneur - Enter the number of boxes you checked.

## Other Key Information

Finally, add any other notes, key takeaways, etc. that you think should be considered in considering "you" on the Extra page.



Draft



Your Name \_\_\_\_\_



#21 Five Elements - Key Takeaways

Blank box for notes.

#16 Skills

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

#17 Personality Traits

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



#14 D  
Physi  
V  
P  
K  
Menti  
V  
P  
K  
Emoti  
V  
P  
K

#14 Doshas

Past  
V  
P  
K  
Now  
V  
P  
K

#18 Personality/Passion/Aptitudes Key Takeaways

Blank box for notes.



#3 Addictions?

\_\_\_\_\_ Addiction \_\_\_ out of 20  
 \_\_\_\_\_ Addiction \_\_\_ out of 20  
 \_\_\_\_\_ Addiction \_\_\_ out of 20

#10 AMOYO

\_\_\_\_\_ % Time spent on optimal activities  
 \_\_\_\_\_ % Time spent fear driven

More Optimal Activities

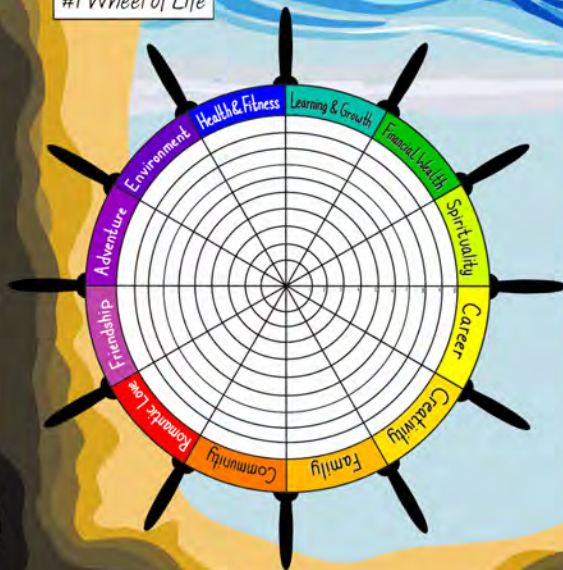
- 1.
- 2.
- 3.

Less Optimal Activities

- 1.
- 2.
- 3.

#2 Abuse Red Flags \_\_\_ out of 21

#1 Wheel of Life



#8 Spiritual Awakening \_\_\_ out of 20

#15 Chakras Out of Balance

First \_\_\_ out of 9  
 Second \_\_\_ out of 6  
 Third \_\_\_ out of 8  
 Fourth \_\_\_ out of 7  
 Fifth \_\_\_ out of 8  
 Sixth \_\_\_ out of 8  
 Seventh \_\_\_ out of 8

#7 Lightwork



#4 Mental Health \_\_\_ out of 54

#9 LGB

oshas  
ical

al

ional



#11 Defining Moments

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

#11 Pivotal People

- 1.
- 2.
- 3.
- 4.
- 5.

#11 Critical Choices

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



#2.2 Entrepreneur \_\_\_ out of 20

#5 # of Gremlin thoughts \_\_\_

#12. Values

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



er \_\_\_ out of 20



STQIA+ ???

#19 Change Spectrum

- \_\_\_ Optimism
- \_\_\_ Adventurousness
- \_\_\_ Passion/Drive
- \_\_\_ Adaptability
- \_\_\_ Confidence
- \_\_\_ Tolerance for Ambiguity

Typical range is 20-26

#20 Change Readiness

- Change 1 \_\_\_\_\_ Score \_\_\_\_\_
- Change 2 \_\_\_\_\_ Score \_\_\_\_\_
- Change 3 \_\_\_\_\_ Score \_\_\_\_\_

#13. Self Care

- Mental \_\_\_ out of 8
- Emotional \_\_\_ out of 9
- Physical \_\_\_ out of 12
- Spiritual \_\_\_ out of 12

#6 Feedback Forms Key Takeaways

Other Key Takeaways

Blank box for other key takeaways



*In this galaxy there's a mathematical probability of three million Earth-type planets.  
And in the universe, three million million galaxies like this.  
And in all that, and perhaps more, only one of each of us.<sup>123</sup>*

---

# Extra

So it's time for a story about "Extra". I was in a government office in Alabama. It was an ok office, but like a lot of government offices in the US, a little rigid looking, a lot of gray, cramped, older furniture and poor lighting, etc.

I'm standing at the counter and I notice that all the desk equipment - the paper trays, stapler, pen holder, paperclips - of the lady I'm speaking with - are champagne colored - that sort of metal/pink color. But the desk equipment for all the other ladies was the typical desk equipment in a muted color.

I liked her champagne-colored furniture so I made some comment admiring it. Then her eyes lit up with a fiery brightness. She says, very matter of factly, "I'm extra." She glances about the office, with a slight tilt back of her head, and says, I tell them all the time that "I'm extra." Her co-worker sitting next to her, hears this, laughs and shakes her head. It's obvious my "extra" woman does tell them she is "extra" all the time and it is a source of amusement to the others. But . . . it's also a source of energy and power for the other women in the office. The power of the collective energy of all the women could be felt in the room and was stronger in this moment. My "extra" woman's power evoked the power of the other women too. It made them stronger and it also made them more connected.

*So if you get nothing else from this book, consider these two ideas.*

## All of You

It is all of you, both what you think of as good or bad, that creates you. It's you that was put on this planet - all of you - not part of you - ALL. This is not to say that you are perfect, although you are. This not to say that in a given situation, you want to bring another element of yourself that is different that what you've been bringing. But in looking at your magnificence, it includes all of you. It might even be, that what you perceive as a negative quality, may be the perfect quality to have for the purpose(s) you were meant to serve. So it will be helpful for you to be open to that possibility.

## Your Responsibility and Your Gift

It is your responsibility - and mine and everyone's - to really look at who you are and embrace that fully. To foster the courage and energy needed to move toward your destiny. The more of us who do this, the more our world will be a better place; even if what you are destined to do is not accepted or embraced by those around you. When you shine your light, it helps others to do the same. The more of our light that shines, the better our world will be.

### *Life Coaching Secret*

*Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.<sup>124</sup>*

*Draft*

*This little light of mine, I'm gonna let it shine.  
New Version - This amazing, incredible, humongous light of mine, I'm gonna let it shine.*

# Extra

<p>Add any other notes or key take-aways from your assessments that you haven't put in your treasure map.</p>	
<p>Add any elements of yourself where you are Extra, those typically thought of as positive.</p>	
<p>Add any elements of yourself where you are Extra, those typically thought of as less-than-positive</p>	

## Resources

- 🎧 *Darkside of the Lightchasers* - Debbie Ford
- 🎧 *Better Boundaries* - Greg Enns and Jan Black
- 🎧 *You Can Heal Your Life* - Louise Hay
- 🎧 *Taming Your Gremlins* - Rick Carson
- 🎧 *I am Beautiful* - Dana Carpenter and Woody Winfree
- 🎧 *Being Enough: A Book of Inspirational Reflections* - Leigh Sanders

*Is there enough magic out there in the moonlight to make this dream come true?  
What would you say if I said, yes?  
I think I'd actually believe you.<sup>125</sup>*

# The Magic

If you've been playing along with me, trying some new activities from Chapter 1 and doing some assessments from Chapter 2, then you are ready for the magic.

*This is where the magic happens.*

From here, I will guide you down two paths, the path to create the life you want and the path to get a job. You can do all or part of one, both or neither.

## Creating the Life You Want

First, spend some time taking in "all that you are" - now - at this point in your life. Also note, that this is, of course, not all that you can be. Life would be boring if you came out of the womb being all that you can be. Part of the joy of this life is discovering more of who you are everyday. For now, look at who you are or have been to date. There is extreme power in this.

## Interpreting Your Results

The keys are to look at yourself with kindness and compassion versus judgment and with an open mind for possibilities. Be looking for:

- ④ Elements of you that you might think are negative, but actually serve a purpose or have served a purpose in getting you this far.
- ④ Repeated behaviors which are strengths for you and also behaviors that have been or are starting to limit you or don't represent what you value.
- ④ Your oddities. Oftentimes it is the oddity about a person that makes them unique and fosters the flow of their superpower.
- ④ Areas where you might need help such as addiction, mental health, facing your gremlins, or embarking down new ways of thinking like being a lightworker, accepting that you're gay, dealing with pain from the past or a spiritual awakening.

1. **Wheel of Life** - Look at your wheel. Is it mostly level or unlevel. Are there extremes in any category? Is the state of your wheel exactly where you want it to be or do you want changes in one or more areas?
2. **Abuse Red Flags** - If you checked the first box, you are being abused. If you checked 3 or 4 of the other boxes, you might be being abused. It is very difficult for you to fulfill your life purposes when you are being abused. Seek help immediately, but carefully. If you are being abused, your life could easily be at risk. Please be careful, but get help now.
3. **Addiction Roadblocks** - Do you have any additions? Are they helpful or hindering to your overall life? Are they part of your purpose? If you excessively love socks, are you supposed to work in an area involving socks?
4. **Mental Health Signposts** - Do you struggle day-to-day? Have you been trying to "do" a particular thing, take a particular action and been unable to do it. Also look for whether there is a reason for the characteristics you have. Look at your mental health in the broader picture of who you have been, who you want to be, where you want to drive your life. Does your mental health state help or hinder you? It could do both.
5. **Gremlins** - How much fear and negativity do you surround yourself with? Question the "reality" of every single fear you have. Oftentimes just being aware of the gremlin will be enough to kill or subdue it. Other times you may need to go to workshops, get a therapist or life coach to work through the gremlin, where it came from, how to deal with it.

# Draft

# The Magic

6. **Feedback Form** - Hopefully you gave these to people who are supportive in life change, who provided feedback that was constructive. If not, then F#\$!em. Disregard any feedback that seems isolated, that only one person seemed to have. But do look for any trends, similar comments made by several folks. Allow for the possibility that the feedback is true, but also trust your gut or intuition and your own internal knowledge of yourself. You should be the decider as to whether your change something about yourself or not. Remember that visionaries and leaders often faced critics who couldn't see what they could see. But also weigh the feedback in a practical way. For example, if you had several people say that you can be critical and you don't want to be considered a critical person, then it might be time for a change.
7. **Lightworker** - This should definitely be considered as you consider your long-term goals. You might be a manger of a grocery store now, but are you meant to do something that more directly guides others to their higher selves.
8. **Spiritual Awakening** - This can be both an exciting and frightening experience. You should consider getting help during this time. It should also be considered when looking at your life over the long term.
9. **LGBTQIA+** - Do you fit in one of the categories of LGBTQIA+? Are you not sure yet? Are you in denial? Accepting this can be very challenging on many levels. You may want to get help. However, your need for a job may have driven you to this book for a reason - that you are supposed to face this question at this time in your life. If so, the question will keep coming up for you until you are able to deal with it. On the other hand, if you are LGBTQIA+ the more you can accept and embrace that, the more likely you will fulfill your life purposes. The more you fulfill your life purposes, the more peace you will feel - as long as

you don't surround yourself or listen to people who are homophobic or alternative-life phobic. These types of people can crush you at this junction in your life, if you let them. I had an acquaintance who killed herself because her family told her she was a sinner and going to hell for being a lesbian. So get help, a circle of support, if you are, in this moment, thinking you might be LGBTQIA+ and if it's causing you emotional trauma. Trust me on this one, regardless of your sexuality or sexual orientation (or in the case of a being an ally, your support of alternative people), you are not going to hell and you are not evil. You are equally worthy and priceless as every other living being on this planet. You are critical to our life-network.

10. **AMOYO** - We are taught to confirm. We are taught to function from a place of fear for much of our lives. We were meant to live and take action from a place of empowerment and love. Look at your results here and determine if you want to make changes due to your awareness of these results.
11. **Key Influences** - This helps you see who you are today and what drove that. This understanding will help you to seek new influencers and make new choices to get to the next place you want to go in your life. It will also help you free yourself from the voices of the past, if you need to do this to move forward.
12. **Values** - Your values should be used when determining your long-term actions both in your life and your career. It is unlikely you will fulfill your life purposes, nor have peace and happiness, if you are regularly taking actions or taking one or more significant actions that are against your values. So you will either need to start/stop the action/inaction or change your values. Also, if you've been struggling to take certain action or pursue a dream, it may be one of your values that is stopping you.

*Draft*

*The great leaders are like the best conductors,  
they reach beyond the notes to reach the magic in the players.<sup>127</sup>*

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# The Magic

12. **Values (continued)** - Like if you want to start a business, but haven't done so, because you think you will neglect your family, this could be a roadblock to your success. You should take a close look at any value, for which you've gotten repeated "messaging" from your soul, that you should do "X" or "Y" but you haven't because of a value. Try thinking outside the box and question both the value and it's linkage to your actions. For example, is there a way to start up a new business and still not neglect your family. Is your view of "neglect" valid? Would it be neglect or would you be allowing your family the blessing of self-sufficiency or the giving of themselves to you.
13. **Self Care and Healing** - Are you taking care of yourself? If you are not taking care of yourself in certain areas, do you want to change this?
14. **Ayurveda** - Recommend that you explore this area and perhaps start making changes to help your dosha state. This is like regular preventive maintenance you would do on your car.
15. **Chakras** - Similar to ayurveda, beginning to balance your chakras on a regular basis will be helpful to your overall well-being, both long and short term.
16. **Skills, 17. Personality and 18. Passions/Personality/Aptitude** - all of these should be considered in creating your life and in choosing your next job. These should all be used in your brand development, resume development, and interviewing.
19. **Change Spectrum** - Enter your scores for change spectrum and change readiness. This helps you see your tendency toward change overall and for a change you are considering. If you have an extreme aversion to change, you may need to get help in this area. This tendency could keep you from making changes you really want to make. Also if you tend to change constantly, you may want to look at this as well. Do you have stability in your life? Do you work from your value system? Do you function from a bit of a plan or do you change like the wind? Does this serve you? It might. Only you will know for sure.
20. **Change Readiness** - Are you ready to change in a certain area? If so, what's the first step. Do you think you need to change, but aren't ready yet? If so, you need to be gentle with yourself. If you aren't ready, you aren't. However, is there something you could do to make you more ready? Some experience, course, or learning you could give yourself, to alleviate your fears or help you see further down the road.
21. **Five Elements** - This assessment was designed to help you get a feel for the theory of the Five Elements and possibly which elements are strongly you. However, if you are very off-balance, then the results could be questionable. Evaluating a person's elements is something people train to do over years and it's not something that is "hard and fast." This idea of this activity is to open your awareness to this and if it resonates with you, then get more information. If your energy is blocked, this can cause many challenges for you, including in your work. This way of thinking could be a solution.
22. **Entrepreneur** - Did you score high, medium or low on this. Any score is informative. If you scored high, then maybe you should be looking, long term at least, in creating a way of earning a living where you drive the financial bus, rather than getting on someone else's bus. If you scored low, then you may want to see if you can develop some of these tendencies, since much of life is entrepreneurial, especially if you want to learn and grow as part of living. You also may want to look at develop resources that can help you be entrepreneurial even if you naturally aren't.

Draft

*It is better to live like a lion for one day than like a slave forever.<sup>12.8</sup>*

# Blue Tape Special

Where you go from here, as far as your life goes, I can't tell you that. I'm hoping that from all this work and analysis, that you have an idea of at least some things you want to do/change/be/etc. What you change and the amount of change depends on you, what your soul tells you. If you've been doing any of the "connecting" activities from Chapter 1, you are probably getting a stronger sense of who you are, trusting your intuition more, beginning to see changes you want to make and gathering the courage to make some of them.

If you haven't felt these events occurring, if you are in a stuck place or simply a place where you want to be for a while, that's ok. Be there for as long as you want or need to. Also consider that if you are in a stuck place or have been ignoring the messages from your soul for a while, is this the time to change? Is the catalyst of your job search, the need to make a change in some other area of your life? What patterns have turned up in your life that are awesome and should be continued. What patterns are counterproductive for you at this stage of your life.

If you are ready for change, then start making change. This can be a formal or informal process. You can start planning changes or you can start making a change. You can make it into a ritual if you want to "solidify" your resolution to make change. If this ritual doesn't resonate with you then do something else. But take action.

## The Blue Tape Special Ritual

Find a special place. Do anything to make it special and meaningful - candles, special cloth, plants, pictures, etc. Do this by yourself or with other supportive people. Place a long piece of tape across the room. Meditate, journal, do affirmations, whatever you can do to "connect" to Spirit. Then think about potential changes and enter the following information. Once you do this, then cross over the blue tape to signify your resolve to make the changes. Then begin incorporating these changes in your life. And of course, celebrate, celebrate, celebrate!!!



Three things you are going to start in your life.	
Three things you are going to stop in your life.	

*Remember: Do what you can, with what you have, from where you are.*

# Draft



*Branding is your fundamental promise of whom you serve, how you make them feel and what's different about how you deliver.<sup>129</sup>*

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# Your External Brand

Now it's time to create your external brand for your job search. This is where you build a bridge of connection from you to your future employer or your future endeavor, should you choose to open up your own business or some other entrepreneurial activity.

Know that you are an infinite person and can do many tasks, but what you present to others in a given situation, like a job search, will only be a portion of who you really are.

For example, let's say you were once hooked on drugs and were able to get off of them, which is amazing, btw. Long term, you want to be a drug counselor. But right now you are interviewing to be a cashier at a grocery. It's probably best if you don't mention your long-term goals, nor your past drug usage. In an ideal world, this employer would be impressed that you had been able to get off of drugs and ok with your long term goals as long as you can do the work they need in the present. But you could find a person who thinks, "they were on drugs previously, will they go back to drugs" or "they want to be e counselor, so they will not work for us long term" and choose someone else.

So you have to know your audience, i.e. the company and those you will interview with and tailor your image to connect with them. You have to work to understand what a company wants and what you want from a company. Then use your resume, business cards, networking and interviewing to find work that is the best fit for you and the employer.

Here is a good way to start this process. The remainder of the book takes you through all the stages of job hunting helping you to deepen your understanding of your brand and use it to get the job you want in the near future.

For each type of job you are interested in, fill out a copy of the following page.

Provide the following information:

- ① The job/position/role
- ① What the job/employer wants or requires for the position
- ① What you bring to the table (this would primarily come from your treasure map)
- ① Stories - Stories are critical to the process and for interviewing. Make a list of stories that demonstrate what you bring to the table. Ideally, have 2-3 stories available for each critical skill, personality trait or ability so that you can pick and choose from them when interviewing. You can pick the stories that you think will have the best impact on the interviewer once you get their vibe and why they are interested in you.
- ① What you need from the position? This can be anything that matters to you - time, money, culture, growth opportunities, etc.
- ① List of companies hiring for the role and which needs the employer/role can fulfill for you and which ones cannot be fulfilled by the employer/role?

Using this, you can move forward into Chapter 3 and begin the preparation work to apply for jobs.

*Draft*

Marketing is how you get this message out there once you have defined your brand.<sup>130</sup>

# Your External Brand

Job/Role/Position	
-------------------	--

	What employers want	What you bring to the table	Your Stories
Key skills and knowledge			
Personality and culture			

<p>What do you need from this role? Think about this both in terms of your immediate needs and long-range goals. Think of them, reflecting on your wheel of life and changes you want to make. What do you need in order to make those changes.</p>	
---	--

Employer Name	What needs does the employer fulfill or not fulfill?

*Draft*