

## The Circle of Life

The Circle of Life is a powerful way to bring your life into its best alignment with who you are. Using a visual representation and words to describe the essence that is you, the Circle of Life shows you where you are doing well and where you might consider focusing your energy in support of living a life that is more perfectly aligned. The more aligned your life is, the easier manifesting becomes, and the faster you will move into who you are, what you want, and enjoy all of life in the fullness that it is meant to be. Getting started is easy! Here's what to do:

- 1) Take a few minutes to quiet your mind and take a few deep breaths. Then say your full name three times out loud.
- 2) Think for a few minutes of the words you have identified so far from the Challenges Worksheet from our 3rd Facebook Live (for a refresher, or if you missed it, visit <http://bit.ly/2ON7OHF> for the replay).

Write these words on the right-hand side of your Circle of Life sheet. Don't worry about filling it completely; you can add words anytime as you discover more words that represent who you really are.

Words could be something like: *Peaceful... Integritous... Service-oriented... Balanced... Connected... Authentic... Compassionate... Joyful... Expansive... Expressive... Harmonious.* You may have some of these same words, different ones, more, or fewer. What matters most is that the words that you list really represent the core of your very being. Added up, they paint a picture of who you are. You may or not be expressing them fully right now. That's okay! They are still your ideals, your core values. Remember, on the Challenge Worksheet from last week they come from your sense of how you would have liked to have responded not necessarily how you did respond.

- 3) Now, looking at the Circle itself, along the outside label each section as an Aspect of your life. For instance my spokes read, **Partnership/Marriage, Spirituality, Career, Home, Education, Social Ties, Health, Finances, Family, and Leisure.** Try to be specific, but not so much so that you have too many spokes. Just be sure that all Aspects of your life are covered, either on a spoke or within a spoke that otherwise encompasses it. You can even make little "branches" off the spokes if you want to note examples of things that a particular spoke includes. Then, the power begins!
- 4) Set an intention that you will use your Circle of Life in a way that supports you in moving into a greater and greater everyday expression of who you are. Something

like, "I hereby intend that by virtue of creating this Circle of Life, I will use it daily to guide me and to move me ever closer to the greatest expression of who I am. And so it is!"

Adopt this intention, or create your own. Then, say it aloud with conviction, every morning and anytime else that you wish!

5) Next, choose one Aspect on your Circle and write in all of the words from the list to the right that you feel you are *NOT* already good at embodying in that part of your life.

For instance, **Health** is an Aspect on my Circle, and *Easygoing* is on my word list. So, do I feel I am easygoing with Health? Or, do I worry too much? I feel like I am pretty easygoing with that so I will not put the word in that Aspect of the Circle.

Another Aspect on my Circle is **Family**. Do I feel like I am easygoing with family? Not so much! So I write that word easygoing out of that Aspect.

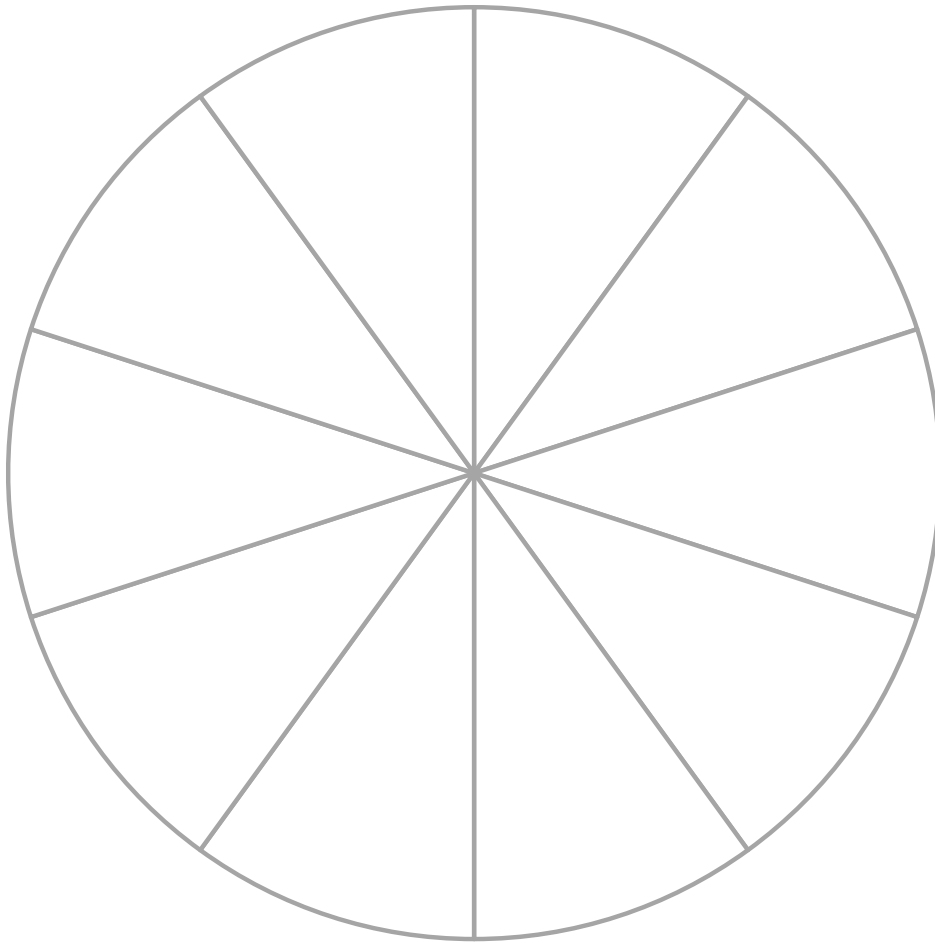
Go through each word on the list in relation to each Aspect on your Circle asking the same question — Does this word fit in this Aspect today? Take the words one by one. When finished each Aspect will have some words written in and other words will be left out. (If a particular word does not apply at all in an Aspect that's fine; skip it completely in that Aspect. But most will.)

6) Once all of your words are distributed in the Aspects where they are *NOT* yet well-represented in your life right now, look back and pick an Aspect that seems to have important words written, and intend for the next week to work on that Aspect, finding ways to express the meaning of that word into that Aspect. Once you feel like you've done a good job with it, cross out word(s). Then pick another Aspect and do the same, and repeat until all are as complete and balanced as they can be!

For me, I will start by finding ways to be more easygoing, which is my true nature, with my family. Once I get better at it and feel good, I will remove the word easygoing from the **Family** Aspect and move on. Again, it will take as long as it takes. Feeling good about it is the only measurement of the end point for each word relative to each Aspect.

Once finished with all the Aspects create a new circle and place the words you **ARE** living into there and use the Circle as a visual reminder of the ways you connect to each Aspect of your life. You will be amazed at how your life shifts in all ways once you are living much more authentically with who you really are!

# MY CIRCLE OF LIFE



# WHO I AM?

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