



A PRACTICE IN INTEGRATIVE COACHING

The Circle of Life



*A practice for living in alignment with who you
truly are*

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A NOTE BEFORE YOU BEGIN

Welcome



*The Circle of Life is a practice I return to again and again, in my own life
and in my work with the people I am privileged to walk beside.*

It is simple in form, and yet what it offers is something quite profound: a way of seeing yourself whole. Not in pieces. Not as the sum of your roles or the items on your list. Whole.

The practice draws on a thread that runs through depth psychology, mythology, and the work of those who have spent their lives studying how we change. Joseph Campbell understood that we are forever called toward the fuller version of who we are. Carl Jung understood that wholeness is the work of a lifetime. Milton Erickson understood that the language we hold ourselves in is the language we become. The Circle of Life gathers something from each of them and makes it ordinary, available, and yours.

What you hold here is an invitation, not a prescription. Bring your own depth to it. Make it your own. Read it slowly, more than once, and let it open in its own time.

With warmth,

DR. MARK ARCURI

What the Circle is for



The Circle of Life is a way of bringing your life into alignment with who you are. Through a visual representation and the words that capture your essence, the Circle reveals where you are flourishing and where you might consider directing your attention so that more of life can come into expression.

The more aligned your life becomes, the more easily what you long for begins to arrive. You move toward yourself, toward what you want, and into the fullness that life is meant to be.

The practice rests on a simple recognition. We are made of essence and of expression. Our essence is the values we live from, the qualities that feel like home. Our expression is the daily life those values are given to inhabit: our work, our relationships, our health, the rhythm of our days. When the two come into closer relationship, life softens. Things that once required effort begin to take their own shape. Decisions clarify. Energy returns.

That is the work of the Circle.

There are six steps. Take them at your own pace. The practice is meant to be lived with, not finished.

Settle and name



i STEP ONE

Settle in

Take a few minutes to settle your mind and breathe deeply. Then say your full name three times, aloud. Take another breath or two, exhale slowly, and begin.

ii STEP TWO

Name your core values

Reflect on words that feel like the essence of who you are. These are the values that, when present, tell you the day was a good one, and when absent, leave you sensing that something is amiss.

To give you a sense, here are mine.

Peace · Integrity · Service · Balance · Connection

Learning · Authenticity · Compassion · Joy

Expansion · Expression · Harmony

Yours may overlap with mine, or look very different. What matters is that the words you choose feel like core values, ways of being in the world, ideals that are essential to your very being. Together, they paint a picture of who you are. You may not yet be expressing them fully, and that is perfectly fine. They are still your ideals, your inner ground.

Write your values inside the cloud on the worksheet page. There is no need to fill it completely. You can return and add more whenever you wish. You are a work in progress.

Map and intend



iii STEP THREE

Name the dimensions of your wellbeing

Now move to the spokes radiating outward from the cloud. Label each spoke with a Dimension of your wellbeing, an area of life where the values inside the cloud are meant to be lived. As an example, here is one set drawn from the dimensions many health and wellness coaches work with:

*Movement · Nutrition · Sleep · Stress & Resilience · Emotional Health
Connection · Spirit · Purpose · Environment · Finances*

Be specific, but not so much that you have too many spokes. You may also draw small branches from a spoke to note what it includes. Connection, for instance, may carry partnership, family, friendship, community, and the small daily contacts that nourish a sense of belonging.

iv STEP FOUR

Set your intention

Before you begin working with your Circle, set an intention to use it in a way that supports you in moving into a fuller everyday expression of who you are. You are welcome to use the one offered here, or write your own.

AN INTENTION

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.

Speak it aloud, with conviction.

Bring it home



V STEP FIVE

Bring your values into each dimension

Choose a Dimension that feels out of balance today. Look at your Core Values and ask: *what can I do to bring more of these values into this part of my wellbeing?*

A LIVED EXAMPLE

Movement is one of my Dimensions, and Connection is one of my Core Values. So I ask, how might I feel more connected within my Movement? I can be sure to do my cardio five days a week, regardless of what the schedule looks like, and treat the time as my own rather than a task to check off. With this small commitment, my Core Value of Connection comes into alignment with the Movement Dimension of my wellbeing.

Move through each value with the same question. If a particular value does not apply to that Dimension, that is fine. Most will. Take a full page for each Dimension as you work this through, and stay with one Dimension for now.

vi STEP SIX

Continue through each dimension

When a Dimension feels more aligned and you have a sense of how to keep it that way, move on to the next, and the next, until you have walked through every Dimension of your wellbeing.

There is no rush. The Circle reveals itself slowly, and the work of one Dimension tends to ripple gently into the others. Trust the rhythm.

Your daily companion



Make a commitment to use your Circle of Life daily. Read it through at least once a day so that you remain intimately familiar with it. Modify it as you feel called. Consult it when making decisions.

If you are unsure about a purchase, ask: *would making it compromise my Finances? How might it affect Connection in my life? Might it support my Resilience, my Sleep, my Movement? What is the net result?*

Use your Circle as a guide to ensure that what you do, and how you do it, is in integrity with who you are. Practice this with the small, day-to-day things, and you will soon notice that more is taking shape in your life, even things you have not been focused on, just as you hoped they would. With no additional effort at all.

Begin where you are. The practice will meet you there.

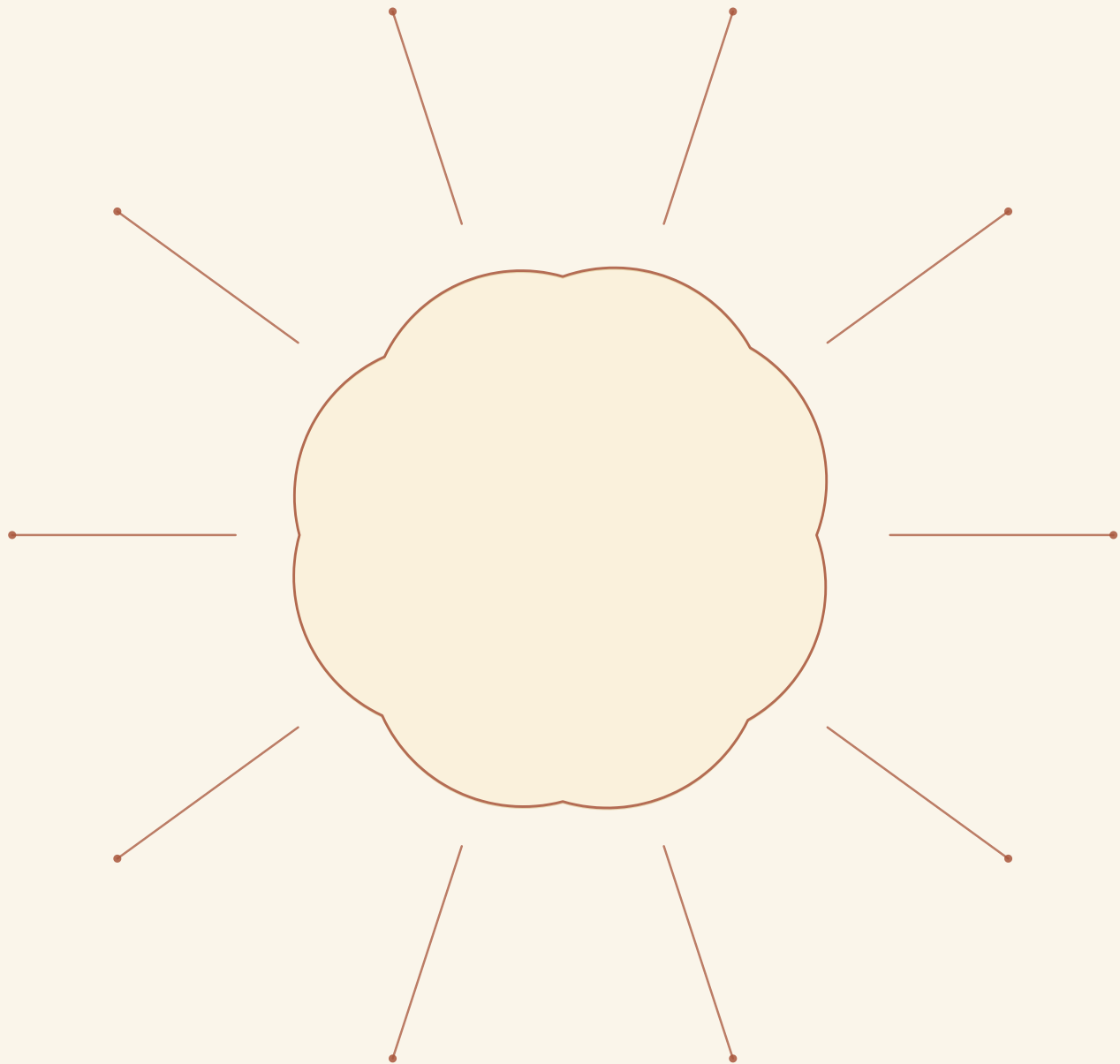



*If you would like to share what is unfolding,
or to work with these ideas more closely,
you can find me at drmarkarcuri.com.*


MY CIRCLE OF LIFE

Who I am, and how I live it

Write your Core Values inside the cloud. Label each spoke with a Dimension of your wellbeing.



 The cloud holds your essence

 Each spoke is a dimension of your wellbeing