

Areas of Personal and Professional Growth

Below is a summary of areas discussed in the Overview Section of the manual for you to focus on for your personal and professional growth. You can use this format to measure how strong you feel in each area as you start the program and on a monthly basis as you progress. Measure each one between 1 and 10, with 1 being very little and 10 being the strongest possible measurement. If desired, you can use a second copy to continue after six months.

AREAS OF GROWTH	DATES AND MEASUREMENTS					
	1_____	2_____	3_____	4_____	5_____	6_____
Empowering yourself to set your own course	_____	_____	_____	_____	_____	_____
Taking control of your time	_____	_____	_____	_____	_____	_____
Raising your vibrations throughout the day	_____	_____	_____	_____	_____	_____
Increasing Self-awareness	_____	_____	_____	_____	_____	_____
Accessing and drawing upon your own source of guidance and wisdom	_____	_____	_____	_____	_____	_____
Building confidence	_____	_____	_____	_____	_____	_____
Becoming decisive and able to take effective action	_____	_____	_____	_____	_____	_____
Viewing life as an adventure and facing challenges proactively	_____	_____	_____	_____	_____	_____
Releasing fears of exposure	_____	_____	_____	_____	_____	_____
Releasing fears about marketing your services	_____	_____	_____	_____	_____	_____
Being able to graciously give and receive	_____	_____	_____	_____	_____	_____
Creating Abundance Consciousness	_____	_____	_____	_____	_____	_____
Moving into the flow of creating a joyful and fulfilling life	_____	_____	_____	_____	_____	_____

Taking Control of Your Time

As with everything in life, time is what you make it. If you tell yourself throughout the day that you don't have enough time and have to continuously rush around, this is the reality you are creating.

Another option is to tell yourself throughout the day that time is spacious and that you have plenty of time for all of the things you need and want to do. To manifest a joyful and fulfilling life, you have to take control of your time and energy, your most valuable commodity, and use it to your advantage. Joy and fulfillment are not possible when you are rushing wildly from place-to-place, and from one activity to the next.

As a note, your most resourceful state is a soul centered state. This peaceful place is a good place to start as you prepare to reflect on these areas. You want to view each topic from a neutral perspective.

Ways to take control include:

1. Resolve Incomplete Projects: Decide if you want to complete, delegate, delay, or abandon them, so they are not taking up space in your environment or your consciousness. Then remove all traces of projects that are not to be completed now out of your environment.

List any projects you need to resolve.

2. Clean Out Old Stuff: Old, unused and outdated things in your environment also tap on your energy. Clean out the things that you have been keeping around that are not parts of the life you want to create.

List areas in your home or business environments that you need to clean out.

3. Commit Time Each Day to Center Yourself: One of the best things you can do for yourself is to devote a bit of time, preferably at the start of each day, to return to your center with the Soul Centering Process. Many people spend a lot of time and energy spinning their wheels or going nowhere without the direction of their guidance. Ten or fifteen minutes a day will transform your life, balancing your body, emotions, mind, and spirit. It is the soul's joy that you want to tap into. This divine spark can also provide guidance about how to prioritize your time and energy moving forward.

Describe how you can commit time for Soul Centering.

4. Eliminate Obligations. If you want to take control of your life, you can't be everything to everybody or allow others to control you. The things you do because others expect you to or because you think you should, for whatever reason, drain your energy. You need to reclaim your energy and use it in a more purposeful way.

List obligations you need to eliminate to reclaim your time and energy.

To follow up, you may also want to completed the "Support From People in Your Life" Form that follows this one. It can help you to take effective action to let those around you know how they can support you in realizing your goals.

5. Be a Model of a Fulfilled Person: There aren't many good models out there for fulfilled people in all sectors of society. We need more of them around, both for ourselves and as models for others. Whether it is for your family, children, coworkers, or anyone else you touch on a regular basis, the best thing you can do for them is to be fulfilled. Many people with children feel obligated to devote all of their free time to them, attending all of their soccer games, and so on. To create balance, it is important to devote time to becoming a model of the thing you want most for them, a

person who is living a joyful and meaningful life. While selecting ways to spend quality time with your children, if you are a parent, you also want to raise them to take delight in their activities for themselves, not to impress you. Ultimately, they need to find their ways to joy and fulfillment, too, and you can be their model.

Describe how you can become a model of a fulfilled person.

6. Value Yourself Enough to Give Yourself Free Time. This is time for being in the flow and completing personal goals. You can use it for learning, reflection, being in nature, creative projects, doing something nice for yourself, and more. If you believe that you don't have enough time, you don't. You have to demonstrate to yourself that you are in control of your time, rather than time being in control of you. It is a way to show yourself that time is spacious and that you can realize your personal goals.

Describe how you can give yourself more free time and how you can use it.

To follow up on these items, number each action item A, B, C, etc in each category and create a second list with an action plan on how you want to prioritize them and complete each item.

Support From People in Your Life

Because of the herd mentality, there are a lot of people around most of us who respond with fear when we step out, claim our power and take an independent course. There are many who are willing to tell us why we can't realize our dreams and few who can understand us and tell us why we can succeed.

Use this page to write down a list of people whose support would be beneficial to help you to reach your goals. This list should include anyone who is creating negative energy or actively sabotaging you. They may not understand what you are doing, but you may be able to ask them to support you rather than standing in your way.

Ultimately, we need to aim to surround ourselves with other self-empowered individuals and receive the good will of others as well. In most cases, the fearful people have good intentions, but they are misdirected, so a simple request for assistance may do the trick. In the case of a person who doesn't understand what you are doing and is likely to continue to sabotage your efforts, you may have to be more direct with them and build up a strong resolve in yourself to counteract their behavior.

Person's name, relationship, and what he or she does that interferes with your goals

1.

2.

3.

4.

List as many as necessary to include everyone who is currently or who may provide interference.

Now write a second list with the same names included above. On this list write down what you need each person to do to support you in your efforts and/or, in the case of anyone who you find uncooperative, how you can counteract their behavior. If you are not clear on what kind of support would be appropriate or possible, make a note to discuss this more in a coaching session.

Person's name and how he or she can be supportive and/or how you can counteract their behavior

1.

2.

3.

4.