

THE CIRCLE OF LIFE

Personal Health Assessment & Self Energizing System



**A Dynamic Process of Continuous Improvement for
Health and Wellness**

**By
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Health Action**

Introduction

The Circle of Life

Become the change you wish to see.
Mahatma Gandhi



The Circle of Life process springs from the rich and diverse context of ancient healing traditions, current research and contemporary innovation. This material emerged from work with thousands of people in programs for health and life improvement in hospitals, clinical settings, corporations, mind-body wellness programs, agencies, government offices, parishes, schools and even prisons.

The Circle of Life has been refined and enriched by the illuminated hearts and minds of many teachers, well known and less known, who have shared their methods, their research and their wisdom. The Circle of Life process is rooted in numerous empowerment systems, ancient and contemporary, for supporting people in the realization of their full potential.

In health care, education and social services the conventional model of intervention has been committed to managing acute and emergency situations, much like dedicated fire fighters battling blazes. However, until recently these institutions have not generally supported the overall enhancement of well being or addressed (the support of) the whole person. New trends in health care and other fields have helped people to realize that they can have a powerful impact on their own health, healing and quality of life.

To foster a breakthrough in the diverse areas of business, education, religion, social services and medicine it has become obvious that it is essential to address each individual's life comprehensively, in the context of the Body, Mind, and Spirit. Every aspect of a person's life has either a positive or negative impact on their wellness.

To attempt to change a person's symptoms and deficiencies without addressing their life-style and life skills (diet, exercise, stress mastery, relationships, etc.) is like trying to control weeds. You can repeatedly cut off the weed tops (the problems or symptoms), but they will continue to crop up until you have pulled out their roots (the cause)!

Utilizing the Circle of Life program, participants discover what life choices and behaviors are having a draining or negative impact on their emotional and physical health and healing, and what actions and attitudes support them in attaining their health and life goals. Through the Circle facilitation process,

participants develop a personalized improvement plan to maximize healing and empowerment and implement it within a supportive context.

The Circle of Life was developed to mobilize the incredible wisdom, strength, and knowledge that reside naturally within each individual. A practical, easy to use tool was needed to help make the connection between individuals and their needed resources for improvement.

The solution that came together over time was composed of two parts: 1) personal assessment to clarify strengths and needs, and 2) a practical step by step planning, action, and accountability process for personal improvement.

The Circle of Life was designed to be:

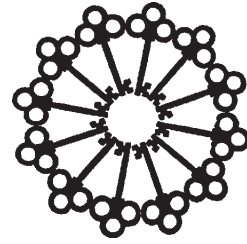
- highly effective
- low cost so anyone could benefit and many could participate
- usable by people of all ages to reach any appropriate goal or intention
- applicable to any health issue, life problem or work challenge
- used by an individual, with or without a coach, or with a group and
- capable of being implemented in all contexts - (hospital, business, church, school, agency, etc.)

The Circle of Life is a holistic, comprehensive program for stress mastery, integrative medicine and personal effectiveness that engages each person on multiple levels - physical, emotional, energetic and spiritual. It is purposefully designed to be practical and easy to implement.

The intention is to foster self-reliant and self-directed individuals who are joyful and productive and to renew and enhance our families, companies and communities for a strong nation and a peaceful world.

Chapter 1

The Revelation



*The first objective of human association
is the full improvement of the human condition.
Thomas Jefferson*

The Circle of Life can create a rebirth of self-empowerment and a remembrance of the truth that the essential source of our power lies within. By evaluating our lives, acknowledging strengths, clarifying intentions, and then designing specific, phased steps of improvement, we can learn to greatly enhance the quality of our lives, achieve more positive and productive outcomes and bring forth new possibilities.

Every positive choice we make has a ripple effect, spreading out and positively affecting everyone and everything around us. Healing and personal transformation supported by the Circle of Life can help to reduce or eliminate unnecessary suffering, save our economy billions of health care dollars, enhance effectiveness and creativity and greatly improve the quality of life of our families, our communities, and our world.

A revolution in human possibilities is creating new methods for maximizing the potential of the individual, causing the redesign of education, health care delivery, corporate productivity and even the primary social vision in many of the nations of the world. The Circle of Life facilitates the cultivation of personal and group improvement wherever people are inspired to reach for greater quality of life, health or creativity - in clinics, businesses, schools, religious institutions, social agencies - even whole communities.

Ideally, caring for health and improving one's life will include cultivating all aspects of life and life-style such as: exercise, nutrition, social connections, spirituality, self-esteem, play, relationships, work, life purpose, self care, service to others and financial health. Throughout the world there is a powerful wave of realization building: we can care for our health and purposefully increase our ability to create positive life outcomes through personal action and supportive group activity.

The most important aspects of health improvement and personal energy management do not require highly trained professionals or expensive equipment and facilities. Genuine caring for health can happen at home, in school and at work. Rather than a huge expense or major effort this simply requires knowledge, information, inspiration and support to take personal action. The Circle of Life process can help to resolve many health, stress and performance problems.

With more serious diseases the Circle process can help to speed up recovery, complement the medical treatment plan, or enhance each person's capacity to function at a higher level and adapt to stress. With challenges and opportunities in education, social services, and corporations, the Circle process helps to foster personal focus and group or team cooperation.

We live in a dynamic time when an abundance of self-improvement information is readily available through television, video, internet, books and classes. Additionally, there are countless methods and practices for improving health and enhancing performance. Tools for self-improvement range from "tried and true" folk cures, family and home remedies, and ancient systems of empowerment to the recent avalanche of breakthroughs from scientific research and insightful innovation. This wealth of resources suggests that a profound leap in human potential is at hand.

However, most people have never learned how to access and integrate this incredible wealth of knowledge and wisdom. Unfortunately, it is common for most of us to be unaware of the simple solutions that are within our reach. Most people simply do not know how easy it is to make use of the information and tools for improvement that are readily available to them.

For some odd reason, rather than taking simple, small steps toward personal improvement, we typically wait. We wait for someone else to fix the problem. We hope for medical experts to provide a miracle cure. We wait for scientific breakthroughs. We expect the doctor, teacher or supervisor to resolve our challenges. While "waiting" we tend to continue the same thoughts, activities, and self-sabotaging behaviors which contributed to our problem in the first place! We spend money and valuable time waiting for outside sources to do what we frequently could have done for ourselves.

Self-care, stress reduction, clarity of mind, purposeful livelihood, self-esteem, honest communication, self-reliance, and inner peace cannot be purchased. The Circle of Life is a supportive tool to assist individuals and groups in utilizing the tremendous resources that are available in our communities and within us. Most of these are absolutely free.

In *Timeless Healing*, Dr. Herbert Benson points to numerous studies which reveal that 60-90% of all medical office visits are for mind/body or stress related problems, that could be eliminated if patients had the necessary tools, skills, and strategies to take care of themselves. In the reports from the US Government on Health, "Healthy People 2000" and "Healthy People 2010", it is reported that 70% of disease is preventable. Former Surgeon General C. Everett Koop reported in a landmark article that 8 out of 9 diseases are preventable (Fries and Koop, *New England Journal of Medicine*, 1993). Clearly, we each have a significant role to play in regaining or sustaining our health.

In creating the Circle of Life process, 15 of the most extraordinary power elements from these ancient and contemporary sources have been carefully woven together.

- 1) The Power of Electing to Improve
- 2) The Power of Self-Inquiry
- 3) The Power of Acknowledging Strengths
- 4) The Power of a “Fail Safe” System
- 5) The Power of Intention, Goals and *Readiness for Change*
- 6) The Power of Acknowledging the Challenges to Progress
- 7) The Power of Affirmation and Accessing Inner Resources
- 8) The Power of Targeted Action
- 9) The Power of Accountability
- 10) The Power of Acceptance, Grace, Gratitude and Prayer
- 11) The Power of Group Process
- 12) The Power of Testimonial
- 13) The Power of Life Long Learning & Continuous Improvement
- 14) The Power of the Expert-less System, the Self-Directed Process and Resident Wisdom
- 15) The Power of Self Reliance

1. The Power of Electing to Improve

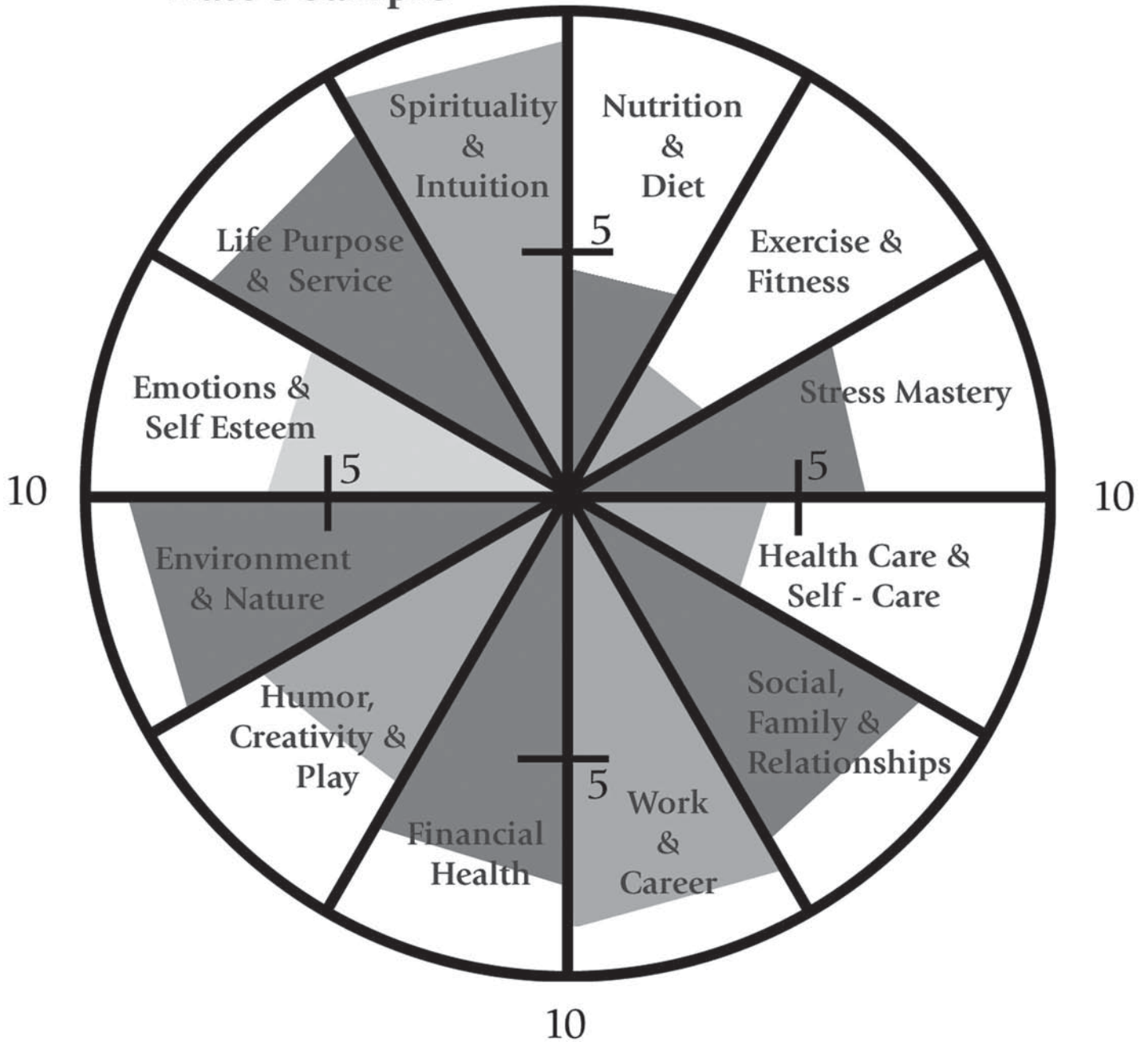
Each person has a different threshold or standard for his or her personal satisfaction in life. If people are satisfied with what we call a C minus (C-) life, then they will not be moved to take action to change or improve. However, when a person becomes dissatisfied with his or her life, health, relationships, work or self-sabotaging behaviors, then the spark for change is present and the magic of motivation is turned on. Motivation is the energy required for taking self-initiated action steps that lead to victory in the game of life.

The first, most powerful step in the Circle process is deciding to improve. Simply making the decision to improve or enhance your life is a breakthrough. It doesn't matter what caused you to make this decision. It doesn't matter whether you are making a move to improve yourself in the area of health, family relationships, business or your spiritual life. Some people will take leaps; others will take baby steps.

The Circle of Life

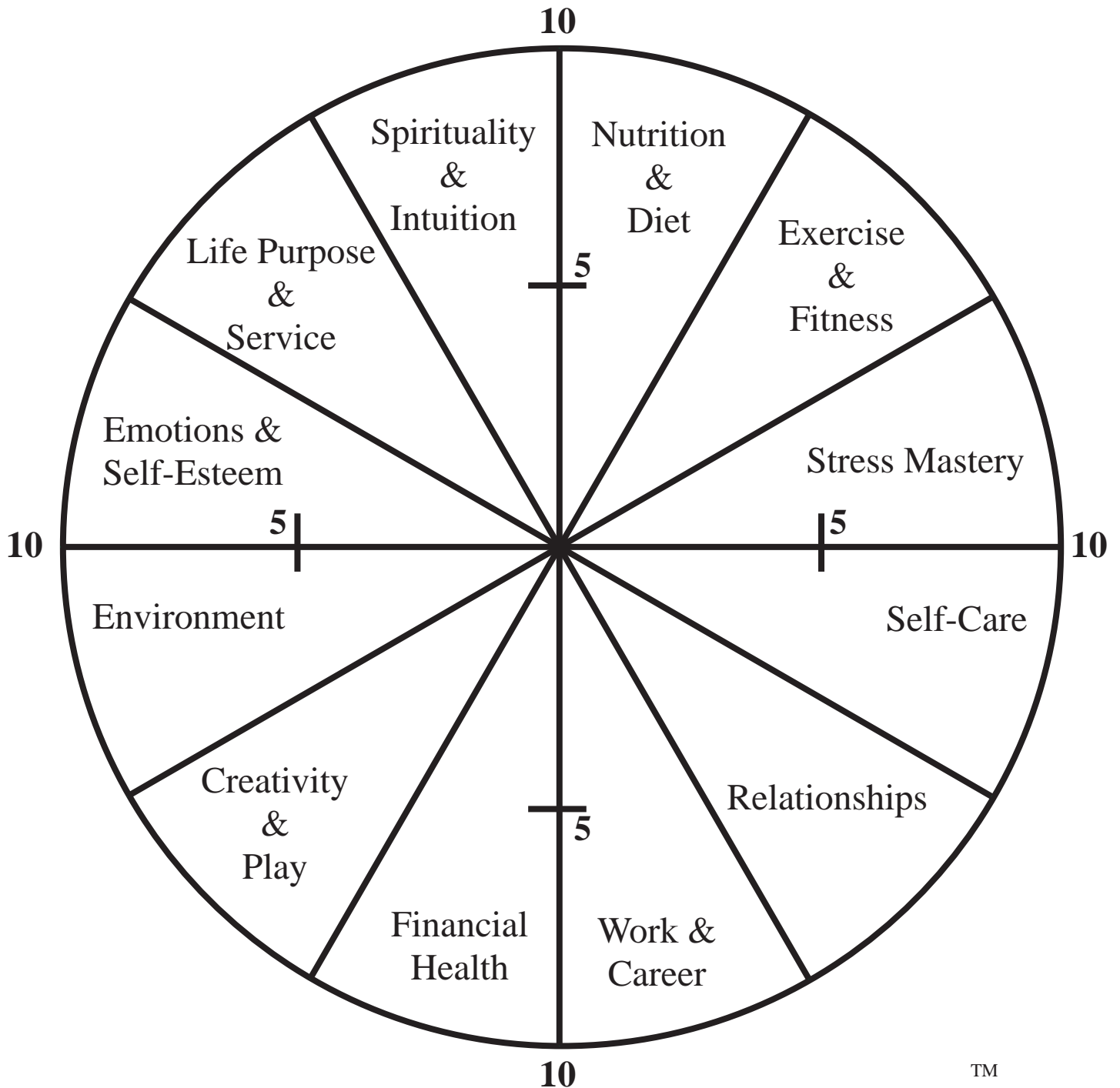
Kate's Sample

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Self - Inquiry Assessment Form

The Circle of Life



Self-Inquiry Assessment Form

by Rebecca McLean & Roger Jahnke

1997 Health Action, McLean-Jahnke

Your Readiness for Change Assessment

After reading through the previous paragraphs about readiness for change, please consider the aspect of your life you want to work on and see if you are really ***Ready for Change, in this area, now***. It is very important to know if you are in the *readiness* phase. This knowledge will be helpful when you are deciding on what you want to change, how long it may take, and what changes you are *ready* to make now. This information will also help your facilitator to support you in the process of improvement.

On a scale of 1 to 10, mark your score in each area. Total your score on the bottom of the next page.

1) How satisfied are you with this area of your life right now?

- ⇒ Very Dissatisfied = **10**
- ⇒ Somewhat Satisfied = **5**
- ⇒ Very Satisfied = **1** Your score _____

2) Do the Pros outweigh the Cons at this time in your life?

- ⇒ All pros = **10**
- ⇒ 1/2 pros and 1/2 cons = **5**
- ⇒ All cons = **1** Your score _____

3) Has your emotional, mental, physical pain or stress level reached the point where you are *ready to change*?

- ⇒ High stress or pain = **10**
- ⇒ Moderate or tolerable stress or pain = **5**
- ⇒ Low or no pain or stress = **1** Your score _____

4) How much does your desire for comfort motivate you?

- ⇒ High desire for comfort = **10**
- ⇒ Some desire for comfort = **5**
- ⇒ Not motivated by desire for comfort = **1** Your score _____

5) Would this time, or would the near or distant future (weeks, months, year from now) be a better time to focus on this area of your life?

- ⇒ Good timing = **10**
- ⇒ Not good, but not really bad = **5**
- ⇒ Poor timing = **1** Your score _____

6) Are you on the verge of or experiencing a crisis or loss that activates your *readiness to change*?

- ⇒ Loss or crisis is high and now = **10**
- ⇒ Crisis is very likely in the future = **5**
- ⇒ Crisis is possible, but not for a year or more = **1**
- ⇒ Does not apply in my life = **0** Your score _____

7) Are you prepared for the responses of significant people in your life if you move forward to make this change? How will you respond if they are disapproving, fearful, controlling, insecure or in any way resistant?

- ⇒ I am prepared to move forward with this change = 10
- ⇒ I will be slowed down by a non-supportive response = 5
- ⇒ I will not move forward if significant people in my life are resistant to this change = 1 Your score _____

8) How much is this change being done for you, as opposed to someone else? Is this a change you want for yourself?

- ⇒ Changing for myself = 10
- ⇒ Changing is 1/2 for me and 1/2 for someone else = 5
- ⇒ Changing for someone else, not really for me = 1 Your score _____

9) Do you have the resources and support systems in place ready to help you initiate, overcome obstacles, follow-through and maintain this improvement?

- ⇒ Support and resources systems in place and ready = 10
- ⇒ Partial support and resources ready, but would need more to insure success = 5
- ⇒ Do not have support or resources = 1 Your score _____

TOTAL from All Sections

TOTAL SCORE _____

Add your totals from all the sections. If your total Score is:

- ⇒ 0 to 40 = *Not Ready for Change now (Red light)* Please read the following paragraphs.
- ⇒ 41 to 50 = *Possibly Ready for Change, maybe not. (Yellow light)* Please read the options below before proceeding.
- ⇒ 51 to 90 = *Ready for Change (Green Light)*

The total will give you an idea of your *readiness* level. If you got a low score in *readiness*, this is not to discourage you from proceeding with the area that you have chosen to work on. It will give you feedback as to what you need to do to become more *ready*. Please read the following material to help you determine your options.

Acknowledge & List Your Strengths & Victories

Goal •Challenges •Affirmations •Action Steps •Accountability

Intention / Goal: _____

Challenges: _____

Affirmation: _____

Action Steps: _____

Accountability: _____

WEEK SCHEDULE

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