

# The Circle of Life



## Participant Guidebook

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## **Please note:**

The Circle of Life empowers individuals and supports them in their quests for greater health, vitality, productivity, purpose and joy. **There is no intended or implied advice contained in this book.** Instead, it is a pathway to personal improvement through a process that has proven effective for thousands of people in a wide array of contexts.

We ask that all Circle participants and coaches progress slowly but surely, honoring a pace for improvement that is natural and positive rather than forced or stress inducing. If you are using this process as a healing program, we suggest that you consult with your healing team, case manager and physician. Goals or action steps that require significant change in diet, exercise or personal behavior could affect the progress of your case or shift your treatment needs.

The Circle of Life process should always be adapted to maximize the outcomes for the individual(s) involved. Additionally, it can (and should) be tailored to meet the needs of different support groups, in order to honor their unique situations.

## **The Circle of Life**

**...a Personal Health Action, Self-Empowerment System created by  
Rebecca McLean & Dr. Roger Jahnke**

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# Part One: Circle of Life Process



"The Power of the World always works in circles, and everything tries to be round...The sky is round, and I have heard that the earth is round like a ball, and so are all the stars. The wind, in its greatest power, whirls. Birds make their nest in circles, for theirs is the same religion as ours...Even the seasons form a great circle in their changing, and always come back again to where they were. The life of a human is a circle from childhood to childhood, and so it is in everything where power moves. We are all part of the great circle of life."

-- Black Elk, Oglala Sioux Holy Man



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# ***Welcome... ...to the Circle of Life***



**You are entering the Circle...**

The Circle of Life process has the capacity to transform whoever uses it. It is simple, accessible and profound – it will empower you, your family, your co-workers and your friends – anyone! Its ripple effect will help to heal and empower you, your community and even the world we all share.

**The Circle  
+  
You  
=  
Breakthrough**

The Circle of Life can assist any individual – from any age group, belief, community or region of the world – with any intention or goal. It is a breakthrough process of personal empowerment – the ultimate is self-care - assists participants in attaining higher levels of health, vitality, productivity, peace, abundance, joy and life fulfillment. It can launch a person from stress to resiliency, despair to clarity, from exhaustion to vitality. The Circle process catalyzes and actualizes positive, meaningful results in lifestyle, career, relationships and more.

**Self Care, Self Reliance, Empowerment, Success, Victory**

The primary American value and the key principle to empowered living in all cultures, in all times is self-reliance. In our work, that shows up as innovation and ingenuity. In our health care, it appears disease prevention and appropriate Self Care to sustain wellbeing and high level personal performance. Applying Self Care in a proactive way is what grandma meant when she said, “An ounce of prevention is greater than a pound of cure.” It is obvious that it is wiser to maximize health at home for free than to try to fix disease in clinics and hospitals at great expense. The key to actualizing that wisdom is self-care and self-reliance in every aspect of our lives. Self care and empowered self-direction can change old habits and self-doubt into success and transform victims into victors.



## Towards your destination...the “Life”boat Analogy

Every person has a desired destination in life. It may be to experience greater healing and health, loving relationships, fulfilling work or better finances. It may be any goal that supports quality of living, peace, joy and well-being.

**Imagine the following:** You are in a boat that represents your “life” – and you’re going towards your desired destiny...

- Ask yourself: Am I headed in a **clear direction** or am I drifting aimlessly?
- Examine your boat to see if you are equipped with a **good set of “oars.”** (The oars are your strengths, skills, and tools for carrying you forward such as: stress mastery skills, relationship skills, self care methods, mental power tools, etc.) If you do have the oars, are you using them, or are they just sitting in the boat?
- Look at the **other people** in your lifeboat. Do the people in the boat use their oars to support you in going in your chosen direction (making the journey easier, lighter, faster, more enjoyable and attainable)? Or are the people in your boat back paddling or pulling your boat in another direction? Is there a person or people in your lifeboat whose weight slows or even prevents your forward motion? (This can cause exhaustion, sickness, stagnation or even sinking!)
- Do you know where you want to go – and have a **“map”** of how to get there?
- Take an inventory of any **leaks** in your boat. There could be a slow or constant drain, or there could be a big hole that requires you to spend most of your energy bailing the water out of the boat. A leak can be anything from negative self-talk, poor health habits, lack of skills, a toxic environment, or a demanding job or relationship. (You will want to find the leaks and seal them up.)

## The Circle Process and your “Life”boat

Through the Circle of Life process each person will uncover, the sometimes obvious or sometimes hidden information and truths about the various aspects of his or her life. You (or your coach and others in your support group) will find yourself asking:

- How seaworthy is my “life” boat?
- Am I really making progress towards my destination?

## Effectiveness of the Circle

### **Continuous Personal Quality Improvement**

The Circle is highly effective because of a single underlying principle: the human system is programmed to self-repair and self-improve. This is the basis for how we thrive in life, recover and heal from disease or discomfort.

Knowing that our actions and attitudes can either...

- aggravate our condition and slow or prevent healing

OR

- support optimal health and activate healing

...the Circle of Life process shifts participants towards self-care, positive actions, empowered attitudes, life long learning and more.

### **“Old Style” Health Care Example**

A cancer patient has a stressful job, does not have a support system, feels helpless, often eats in fast food restaurants and doesn't exercise. She is a classic “old style” patient, primarily dependent on medical care, with little insight as to the value of self-care and health self-reliance. In the former era this was considered a reasonable approach. The most important and hopeful breakthroughs of the time were medical. Personal behaviors and attitudes were believed to be inconsequential in healing.

### **“New Era” Health Care example**

Now compare this to a second cancer patient who is participating in a Circle of Life support group and working with strategies for personal improvement. This patient:

- has embraced the principles of inner potential, self-healing capacity, personal transformation, self-care and self-reliance.
- has learned about health-promoting nutrition and adopted a healing diet.
- is involved with her church where she is receiving spiritual support and prayer.
- has learned and integrated stress management techniques of yoga and daily walks in nature.
- has researched her particular type of cancer and a multitude of treatment options, including some complementary, natural healing methods like acupuncture and massage. She is proceeding with doctors whom she has carefully selected and a comprehensive treatment plan in which one has confidence.

This woman is a participant in a “new era” empowerment based health care system. She is more like a partner, a student of living and an active, informed participant in her healing process.

## Effectiveness of the Circle, Continued

### **Example Summary**

It seems quite obvious which patient will experience less physical and emotional stress symptoms. The patient who is a partner, student, and active participant has the better chance of achieving remission. Her family will be able to engage with her process of self-improvement rather than merely having to take care of her as a passive patient.

### **The Garden analogy...**

Using (and staying within) the Circle of Life process is like controlling the weeds in your garden...

...you can repeatedly cut off the weed tops (the symptoms of your problems), but the weeds will continue to crop up until you have pulled out their roots (the cause)...

The Circle will help you get to the “root” of your problems, so you can make positive, effective changes that will last a lifetime.

## The Power of Circles

### **A circle is the essence of the Circle of Life process**

The circle is an ancient power tool with extraordinary relevance today. Since the earliest history of human culture, great discussions, strategies and rituals were carried out in a circle. In both the practical and the sacred, the circle has been a primary vehicle for human innovation and interaction. Now, the circle is the perfect tool for empowering individuals, groups and teams to improve themselves and their families, work and communities.

### **What Circles represent...**

Circles represent the full circle of our lives – our whole life and the full spectrum of our being.

Additionally, circles represent nature’s recurring cycles: the days, seasons and years of our lives.

Finally, the circle is a power symbol in all original cultures that represents connection with the entire natural world, the universe. Sacred mandalas, the medicine wheel, the Chinese Yin/Yang symbol as well as the horizon, the planet earth, the solar system and the expanse of the heavens are all circles.

### **Specific Circle of Life applications**

The circle is representative of this specific Circle of Life process itself – a self-empowerment process where recurrent attention is given, cycle after cycle, to continuous, personal improvement.

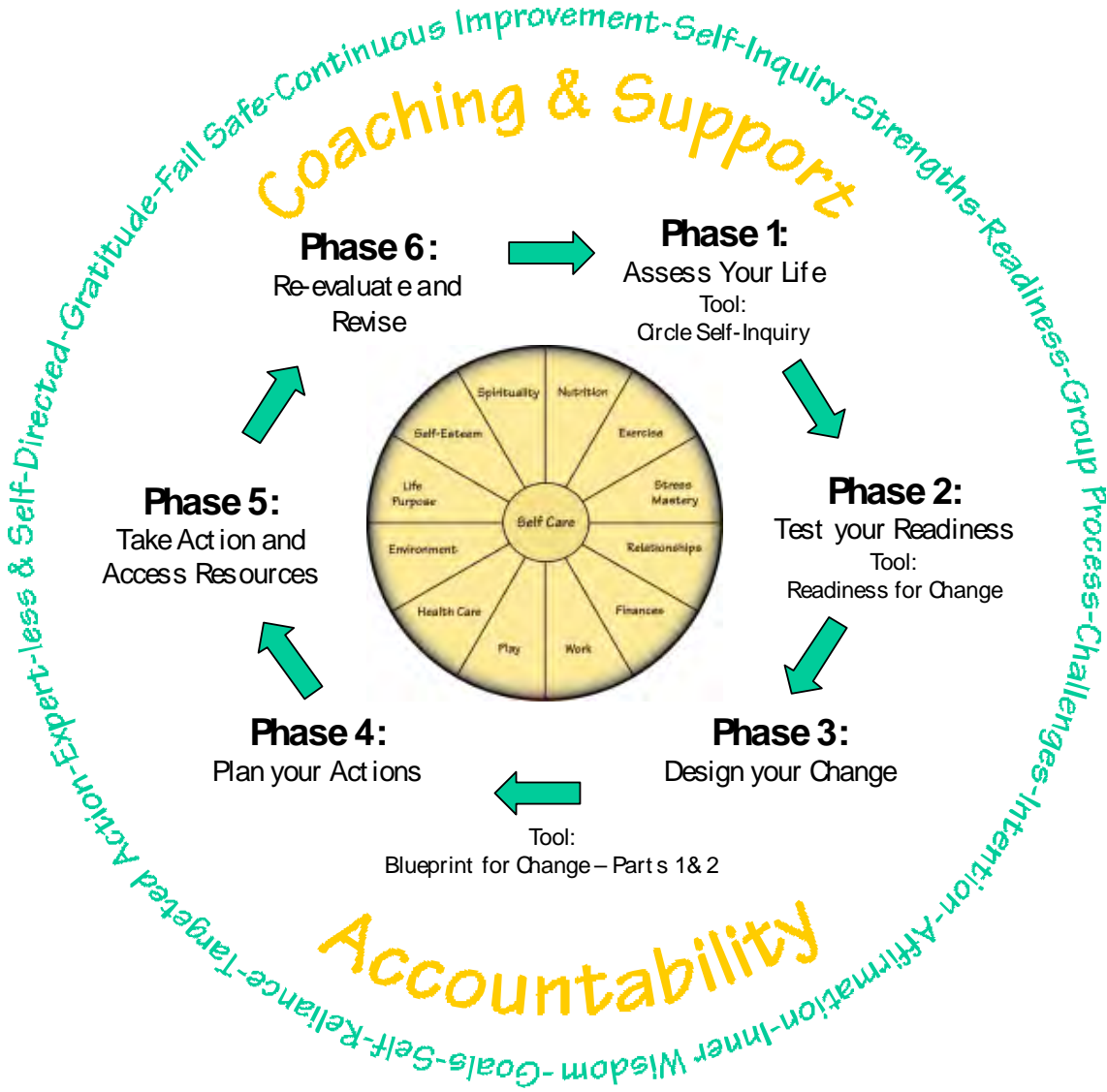
The Circle of Life graphic is a circular image, divided into 12 aspects that we use to assess our lives. Through self-inquiry, all of the aspects within the circle of our lives are explored and evaluated.

When used in a group setting, the Circle of Life is the gathering of participants who support and learn from each other. In this context, the circle is the offspring of the ancient council or the meeting of the clan for similar purposes. It is also an expression of the breakthrough models for collaboration and “quality circles” that are being implemented in modern corporations.

Just as the ancient cultures gathered in the circle to share insights, set intentions, clarify direction and perform rituals, we now gather as support groups, healing ministries, work teams, etc.

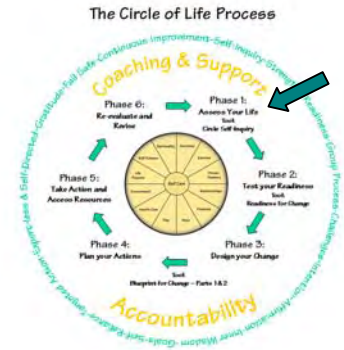
***The Circle of Life process brings the best of what the circle has been in the past into alliance with the best of what the circle can become in today’s dynamic times.***

# The Circle of Life Process

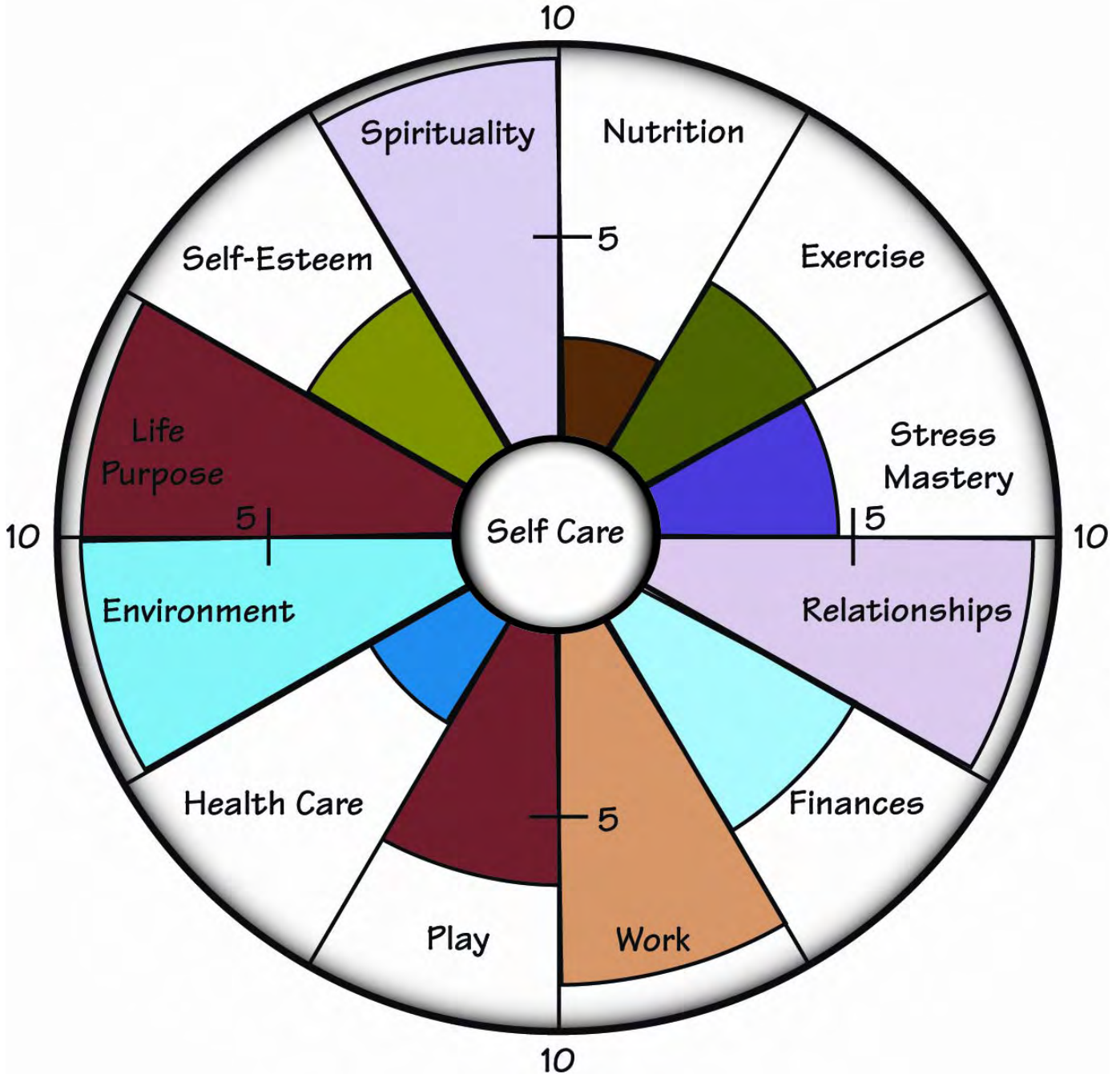


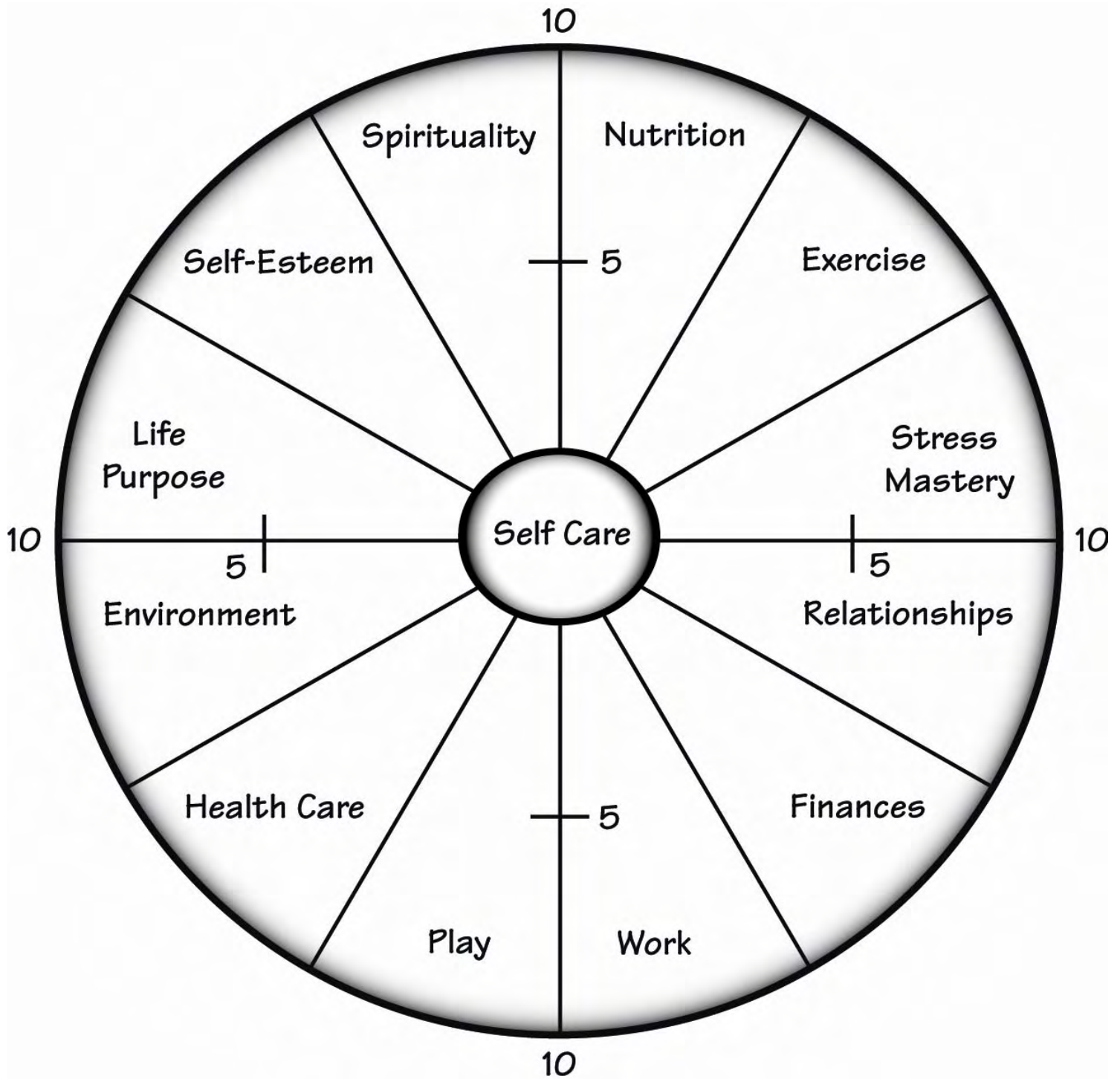
#	Phase Name	Phase Description	Tool	The Power of...
1	Assess your Life	First, you will do some self-assessment by rating your satisfaction level in 12 areas of your life. Then you will celebrate your areas of strength – and identify areas that need support.	Circle of Life Self-Inquiry Assessment	<ul style="list-style-type: none"> <li>• Self-Inquiry</li> <li>• Acknowledging Strengths</li> </ul>
2	Test your Readiness	Once you’ve celebrated your strongest areas and identified areas that need support, you will choose an area to focus on...and find out if you are really ready to make changes in that particular area.	Readiness for Change Assessment	<ul style="list-style-type: none"> <li>• Readiness for Change</li> </ul>
3	Design your Change	When you start designing your change, you will: <ul style="list-style-type: none"> <li>• Acknowledge your Strengths and Victories</li> <li>• Create an Intention based on your internal motivation (what do you really want?)</li> <li>• Construct a specific, measurable Goal</li> <li>• Recognize your Challenges to making progress</li> <li>• Create an Affirmation (i.e., a positive message) to support your Intention</li> </ul>	Blueprint for Change: Part 1	<ul style="list-style-type: none"> <li>• Group Process and Testimonial</li> <li>• Recognizing Challenges</li> <li>• Intention, Affirmation and Inner Wisdom</li> <li>• Setting Realistic Goals</li> </ul>
4	Plan your Actions	Creating small, realistic Action Steps will help you achieve your goal....scheduling them, along with Self Care practices, is the start of making lasting changes.	Blueprint for Change: Part 2	<ul style="list-style-type: none"> <li>• Self-Reliance</li> <li>• Targeted Action</li> </ul>
5	Take Action and Access Resources	Implementing and tracking your action steps will provide forward movement through Accountability. Whenever you need support, your group, coaching buddy or coach will be there to offer it. Through the trading of individual stories, resources (like books, tapes, articles) and experiences, the group will lead itself and tap into its Resident Wisdom. You will also learn methods for accessing your Inner Wisdom.	Blueprint for Change: Part 2 (cont’d)	<ul style="list-style-type: none"> <li>• Accountability</li> <li>• Expert-less System, Self-Directed Group &amp; Resident Wisdom</li> <li>• Tuning Into Yourself</li> <li>• Acceptance, Grace, Gratitude &amp; Prayer</li> </ul>
6	Re-evaluate and Revise	Regardless if a particular action step was achieved or not, there are always “lessons learned” and opportunities for improvement.	All tools (as needed)	<ul style="list-style-type: none"> <li>• “Fail Safe” System</li> <li>• Lifelong Learning and Continuous Improvement</li> </ul>

# Phase 1: Assess your Life



## Jean's Circle of Life



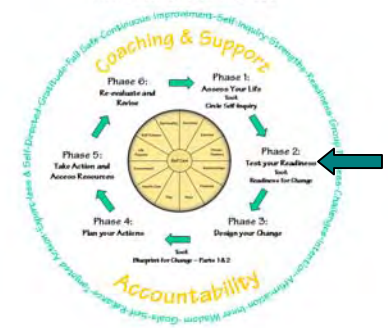


# My Circle of Life

## Self-Inquiry Assessment



Your Top 3 Strengths	Top 3 Areas that Need Support



# Phase 2:

## Test your Readiness

The following pages will walk you through the Readiness for Change Assessment

1

Concept	Example											
<p><b>Satisfaction and Values</b></p> <p>Each person is motivated by his/her own level of personal satisfaction and values. If a person is content and satisfied with his/her life, most likely he/she will not be motivated to change. It is important to know about your current state of satisfaction, values and priorities. We have different cycles of life. As our life has different seasons, we have different needs, priorities, satisfaction and values.</p>	<p>Carol had been contemplating and talking about how she wanted to move for literally 15 years. Her basic needs were being met at her tract home in the Midwest near her family, but her personal satisfaction level was not. She felt like a tropical flower trying to survive the many gray, cold days. She was an “outside” person, who valued natural beauty (mountains, forests, oceans) and felt energized, creative and healthy in such places. Carol fantasized about living in a warm, sunny climate like California or Hawaii where she envisioned not just <i>surviving</i>, but <i>thriving</i>.</p> <p>One day, new “loud” neighbors moved in, with an unfriendly dog. This was just the thing that made Carol <i>ready</i> to move to another location. Carol reached her “not satisfied” threshold, which moved her out of the phase of “thinking” about the change and into the phase of “taking action.”</p>											
	<p><b>How satisfied are you with this area of your life right now?</b></p> <table border="1"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td colspan="3">Very Satisfied</td> <td colspan="2">Very Dissatisfied</td> </tr> </table>	1	2	3	4	5	Very Satisfied			Very Dissatisfied		<p><b>Score</b></p>
1	2	3	4	5								
Very Satisfied			Very Dissatisfied									

**2**

Concept	Example										
<p><b>Pros and Cons</b></p> <ul style="list-style-type: none"> <li>• What are the Pros (benefits) of making this change?</li> <li>• What are the Cons (challenges or things that you may not like about making this change)?</li> </ul> <p>The pros need to be greater than the cons in order to be <i>ready for change</i>. You need the rewards of the Pros to be strong enough to carry you through the obstacles of the Cons. When you are starting off, you want the positives to be great enough to launch and sustain you on your journey of transformation.</p> <p>List both your Pros and Cons on a separate sheet of paper</p>	<p>Laura wants to change to a healthier diet.</p> <p>Some of <b>Laura’s Pros</b>:</p> <ul style="list-style-type: none"> <li>• Can help resolve my chronic digestion problem</li> <li>• Will look more attractive / slimmer</li> <li>• Skin will clear up</li> <li>• Can support my son who has ADHD with less sugar and junk food</li> </ul> <p>Some of <b>Laura’s Cons</b>:</p> <ul style="list-style-type: none"> <li>• Husband doesn’t like vegetables and whole foods</li> <li>• I will have to cook separate dishes for each of us</li> <li>• I will have to learn a new way of cooking (takes time and energy – I am already too busy)</li> </ul> <p>Laura feels that her Pros outweigh her Cons at this time. She feels her change in diet is a <i>priority</i> now in her and her son’s life - and she is <i>ready</i> to work through the obstacles by taking gradual steps to meet her goal.</p>										
<p><b>Do the Pros outweigh the Cons at this time?</b></p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 20%;">1</td> <td style="width: 20%;">2</td> <td style="width: 20%;">3</td> <td style="width: 20%;">4</td> <td style="width: 20%;">5</td> </tr> <tr> <td colspan="3">Cons Outweigh</td> <td colspan="2">Pros Outweigh</td> </tr> </table>		1	2	3	4	5	Cons Outweigh			Pros Outweigh	
1	2	3	4	5							
Cons Outweigh			Pros Outweigh								
<b>Score</b>											

**3**

Concept	Example										
<p><b>Dreams / Desires</b></p> <p>We all have dreams or desires that we want fulfilled in our lives (loving relationships, good health, meaningful life, creative expression, wealth, etc.) These “wants” can be a great source of motivation for change.</p>	<p>Craig’s dream was to move to the West Coast, provide college tuition for his teenage children and start working mainly from home.</p> <p>His desires were strong enough to motivate him to take courses to upgrade his skills so he could be paid a higher salary and work from home. He also studied and implemented financial wealth building strategies that provided the extra income that he needed for the fulfillment of his dreams.</p>										
<p><b>How much are your dreams or desires motivating you to take action in this area of your life now?</b></p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 20%;">1</td> <td style="width: 20%;">2</td> <td style="width: 20%;">3</td> <td style="width: 20%;">4</td> <td style="width: 20%;">5</td> </tr> <tr> <td colspan="3">Little or No Motivation</td> <td colspan="2">High Motivation</td> </tr> </table>		1	2	3	4	5	Little or No Motivation			High Motivation	
1	2	3	4	5							
Little or No Motivation			High Motivation								
<b>Score</b>											

**4**

Concept		Example								
<p><b>Pain (or Stress) / Comfort Level</b></p> <p>Each of us has our own pain and stress tolerance, whether that is emotional pain or physical discomfort. Pain can prod us to make a change... and the desire for comfort can also activate our <i>readiness</i>.</p> <p>A very basic human desire is to experience comfort – which is why emotional or physical pain is such a great catalyst for change.</p> <p>Change is the “Unknown Territory” that is often scary to our human nature. Even if we are “in pain” emotionally or physically, at least we <i>know</i> the territory. Sometimes, we choose the “familiar pain over the unfamiliar gain.”</p>		<p>Martin has a bad toothache...yet he is terrified of dental work, so he endures the pain of the tooth and refuses to go to the dentist. Because Martin fears dental treatments, he never goes in for prevention visits.</p> <p>He suffers and complains about the pain. Family and friends are frustrated, because it is obvious and inevitable that Martin really needs to see the dentist. However, Martin’s fear is greater than his pain.</p> <p>As time passes, the Martin’s tooth pain continues to increase and finally the desire for relief or comfort becomes stronger than fear of the dentist. Martin finally <i>is ready</i> to go to the dentist and have the tooth problem handled.</p> <p>Once his pain was so extreme, Martin decided to schedule (and keep!) regular, bi-annual checkups to prevent so much tooth pain in the future.</p>								
<p><b>Rate your current (emotional or physical) pain or stress level with this area of your life right now:</b></p>						<p><b>Score</b></p>				
1		2		3			4		5	
<p>Low or No Pain / Stress</p>							<p>High Pain / Stress</p>			

**5**

Concept		Examples								
<p><b>Crisis or Loss</b></p> <p>Sometimes, we can’t wait for “ideal timing” because we are trying to prevent (or are in the midst) of a crisis. It may also be that if we don’t change, we risk a possible crisis, loss or trauma.</p> <p>However, we may not feel ready or willing to make that change...then life hands us a crisis and we can (and must!) change. Any crisis or loss that makes our old way of living insufficient to meet current reality, will motivate change because our survival instinct takes over.</p>		<p>Preventing a crisis:</p> <ul style="list-style-type: none"> <li>quitting smoking during pregnancy to protect the baby</li> <li>exercising regularly to prevent disease or injury</li> </ul> <p>In the midst of a crisis:</p> <ul style="list-style-type: none"> <li>lowering fat intake after receiving medical reports that a heart attack is imminent</li> <li>relationship break up or loss of a loved one</li> </ul>								
<p><b>Rate your current (or near, foreseeable future) amount of crisis / loss (that may motivate you for immediate change):</b></p>						<p><b>Score</b></p>				
1		2		3			4		5	
<p>Little or No Crisis / Loss</p>							<p>High Crisis / Loss</p>			

<b>6</b>	Concept	Examples				
	<p><b>Timing</b></p> <p>It never seems to be the perfect or “easy” time to make a change. Sometimes people wait many years, because they are waiting for the situation to “be exactly right.” The Circle of Life will help you through the illusion of “perfect timing.”</p> <p>So, check in with the current status of your life to determine if it’s best for you to try to make this change now. Consider factors like work, health, family, situations, etc – Is this a time during which you are likely to succeed...or are there too many obstacles or demands?</p>	<ul style="list-style-type: none"> <li>• Starting a diet at the beginning of the holidays or during travel periods</li> <li>• Deciding to start an outdoor walking program in the middle of a mid-West winter</li> <li>• Embarking on a major project when you have a lot of person demands like:               <ul style="list-style-type: none"> <li>- a new baby</li> <li>- a parent newly diagnosed with a life-threatening illness</li> <li>- a big project at work that requires extra hours at work or travel</li> </ul> </li> </ul>				
	<b>Is now a good time for focusing on this area of your life?</b>					<b>Score</b>
	1	2	3	4	5	
	Very Poor Time				Very Good Time	

<b>7</b>	Concept	Example				
	<p><b>Changing for you (or someone else)</b></p> <p>Sometimes people will try to change for another person, because they want the other person’s love or approval or they don’t want the other person to leave them. If changes are done for someone else, not for one’s own self, they usually don’t last. Alterations made for someone else can create resentment from the person trying to make the change.</p> <p>On the other hand, sometimes having a loved one, a child, authority or friend express the need, desire, or even an ultimatum for us to change can help speed up the readiness process of making the shift that we really do want for ourselves. Perhaps we needed a wake-up call to realize that the time is <i>now</i>, not later, to take steps toward this transformation.</p> <p>In truth, every person needs to change because he or she is motivated by his / her personal <i>desire</i> and <i>readiness</i> for change.</p>	<p>Karen carried an extra 60 pounds. Her husband nagged her to lose weight. She would diet, only to get his approval, and then would end up gaining all the weight back.</p> <p>Then a friend invited her on a walking tour of Europe. Karen was highly motivated to “get fit” for the trip, which she did. She maintained her weight loss because of her joy of walking and the support of her walking buddies. She even took her husband on a walking tour of colonial Williamsburg!</p>				
	<b>How much of this change is being done for you (or for someone else)?</b>					<b>Score</b>
	1	2	3	4	5	
	For someone else				Totally for me	

**8**

Concept		Examples						
<p><b>Support from significant people in your life:</b></p> <p>Using the lifeboat analogy, take an inventory of the people around you, to make sure you have a “crew” that will be helpful to you in achieving your desired destination.</p> <ul style="list-style-type: none"> <li>• Do you have family members, friends or co-workers who will support you in this change?</li> <li>• Do you have a health care team or medical practitioners who will help you with this change?</li> <li>• Do you have a coach, mentor or teacher who will help reinforce your new behavior?</li> </ul> <p>It is important to have supportive people lined up before you launch off. Trying to implement a life change without enlisting the positive support of others is like trying to row upstream in a raging river.</p>		<p>Due to family history, the findings of a recent physician visit and a lot of stress from a demanding career, George discovered that he might be on the fast track to a heart attack. The doctor recommended the same high-blood pressure medication that his brother is taking (and having negative side effects.)</p> <p>So, George wants to find alternative ways to change his health condition.</p> <p>He hires a health and wellness coach, who empowers him by:</p> <ul style="list-style-type: none"> <li>• teaching him stress mastery skills, and</li> <li>• supporting him in implementing a healthful lifestyle plan</li> </ul> <p>His boss and co-workers sneer a bit when they see Georg taking “stress breaks” and not joining them when they eat junk food.</p> <p>He enrolls his wife in a “Healthier Cooking” class and modifies both their lifestyles to include more / different exercise, to relieve “stress” on his physical body.</p>						
<p><b>Are you prepared to move forward with this change, regardless of the possible responses (disapproval, fear, control, insecurity, resistance, etc) of significant people in your life?</b></p>					<b>Score</b>			
1		2		3	4	5		
Very Unprepared							Very Prepared	

<b>9</b>	Concept	Examples				
	<p><b>Resources:</b> Again, using the lifeboat analogy, the resources listed here are like the oars, water, food, raingear, map, etc., that you will need in your lifeboat to reach your desired destination.</p>	<p><b>Transportation:</b> to your Circle of Life support group and to the places you need to go to take action on your goals (gym, classes, work, etc.)</p> <p><b>Access to information:</b> books, library, Internet, resource people, instruction, education</p> <p><b>Financial coverage:</b> the funding needed for participation in the support group or for any other action steps you need to take to be able to meet your improvement intentions. This may be your own money, insurance or another source of support such as a scholarship or public funding. Social services, as well as any other avenues of funding need to be set up in advance, so that you are <i>ready</i> and free to move more easily towards your desired goal.</p> <p><b>Environment:</b> meaning an appropriate or good space / place to do whatever it is you intend to do. Also, do you have the needed tools or equipment?</p>				
	<b>How “in place” or ready are the resources and support systems needed to help you make and sustain this change?</b>					<b>Score</b>
	1	2	3	4	5	
	Not “in place”				Very “in place”	

<b>TOTAL (#1 – #9)</b>	
------------------------	--

If your Total is...	...then you are...	...and have this color “light”
1 – 15	Not ready for change now	Red
16 – 30	Possibly ready for change	Yellow
31 – 45	Ready for change	Green

Your total will give you an idea of your *readiness* level. If you got a low score in *readiness*, you should not be discouraged from proceeding with the area that you have chosen...you now just have feedback as to what you need to do to become more *ready*.

In the case of lower scores, please read the materials on the following page to help you determine your options.

# Readiness for Change Options

- Introduction** Your 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 just gives you feedback as to what you need to do to become more *ready*. In this case, please consider these options:
- Option 1** You may have scored high in *readiness* in one of the categories and low in *readiness* in another area. This is not to say you should not go for this change right now...You can elect to work on supporting or building up those low areas as part of the Circle of Life process.
- Options 2** You might also discover that you still want to focus on this area of your life, but you now realize that you will have to change expectations about the rate at which you will be able to make this change. It will take longer than you thought. Knowing this can help you have realistic expectations that reduces disappointment and failure.
- Option 3** You may want to work on two areas at the same time. Just make sure the steps are attainable, like this example of Susan and weight loss: Instead of making major changes in diet, which she is *not ready* to do, her “Nutrition” action step is to replace most of her drinks (milk, soda, coffee) with water. She also takes an “Exercise” action step of walking for 20 minutes, 3 times a week. These actions support the same goal, but are in different Circle areas... but are more attainable since Susan *is ready* to take smaller, doable steps.
- Option 4** There may be another area in your life that you are more prepared to improve and focus on at this time. You may want to return to this area in the future (weeks, months or years from now).
- Option 5** You may also work on another area of your life that clears the pathway to work on your desired goal. Maybe you want to work on your “Play” area, but first you need to organize your “Environment” to get a “clear” space to pursue creative projects. If you find it hard to concentrate when there are piles of paper and things scattered about, clearing your “Environment” will free up your mind and energy...so you can creatively express yourself.
- Question** *After reading this page, how do you want to proceed?*



**Strengths & Victories** I prepare and enjoy eating fresh salads 3 to 5 times a week.  
I have been taking time to educate myself on the right diet for my body's needs

**Intention** My intention is to feel healthy and vital in my body and to get (keep) my  
family fit and healthy.

**Goal** My goal is to prevent myself from becoming diabetic by losing 45 lbs and  
establishing healthy eating habits for my whole family.

**Challenges** I have failed with diets my whole life.

It takes more time to prepare healthy meals.

I use food for comfort when I am emotionally stressed

My husband and teenagers don't feel like they need to change their  
diets

I will have to learn how to cook healthful foods in a more delicious,  
appealing way

**Affirmation** I enjoy taking excellent care of myself and family through healthy  
eating  
habits.

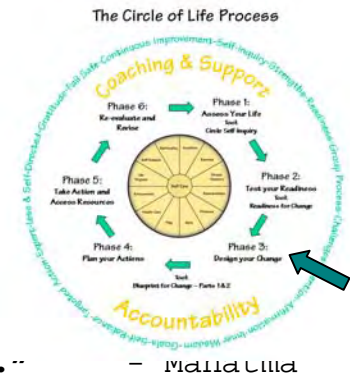
I am getting healthy and slim - and I feel great about myself!

Blueprint for Change – Part 2

Action Steps	Date	Time	Su	M	T	W	Th	F	Sa
Do more research and design the nutritional program that will meet my weight loss / health goals	Mon			✓					
Stay in my worksite wellness coaching group for support and accountability - OR hire a coach	Thurs						✓		
Take a class in healthful cooking to inspire me to learn how to create delicious, healthy meals	Tues				✓				
Brainstorm ways to motivate my family to change our eating habits - together	Sun		✓						
Self Care	Date	Time	Su	M	T	W	Th	F	Sa
Drink 6, 8-oz glasses of water daily	Daily		✓		✓	✓			✓
Say affirmations 10x / day	Daily			✓		✓	✓		✓
Manage my stress through breathing practices			✓	✓	✓	✓	✓	✓	✓

Accountability	✓	Setting	When / Where / How
	✓	Group	Workplace Wellness Group every other Thursday morning
	✓	Buddy from Group	Meet with Florence from group for lunch on "off" Thurs
		Coach	

# Phase 3: Design your Change



“Be the change that you want to see in the world.”  
Gandhi

## Blueprint Analogy

Like architects carefully designing and document their plans for buildings, so must we record the details that will allow us to create lasting, positive lifestyle changes.

## How to...

The following pages will provide you with the information you will need to complete these steps.

Step	Action
1	Fill in your chosen “Focus Area” at the top of the form: Blueprint for Change – Part 1. All your entries on this form should relate to this focus area.
2	Acknowledge your Strengths and Victories by listing them on the form as well. Take a moment and become aware of how (good!) you feel when recalling these strengths or victories
3	Create your Intention using the Intention guidelines provided in this section and examples from the Sample Intentions / Goals / Affirmations handout. Write it on the form.
4	Craft your Goal, using the Goal guidelines provided in this section and examples from the Sample Intentions / Goals / Affirmations handout. Write it on the form.
5	List your challenges (or possible obstacles) to attaining your goal on the form.
6	Design your Affirmation, using the Affirmation guidelines provided in this section and samples examples from the Sample Intentions / Goals / Affirmations handout. Write it on the form. Take a moment to say your Affirmation out loud – notice how it “feels” to you.
7	Read through Part 1 of the Blueprint for Change form. Revise any areas as necessary.

# Acknowledge your Strengths and Victories

- Guidelines** In the context of the Blueprint for Change, Strengths or Victories are defined as:
- Anything that you can purposefully “name” that is working for you already
  - Anything that you have started, initiated or are learning about in your focus area
  - Any positive attitude or belief that supports you in this area

- Examples**
- Nutrition:** I have cut my caffeine in half.
- Finances:** I currently have steady income from my full-time job.
- Relationships:** I prioritize spending time each week with my friend and we both really value our relationship.
- Healthcare:** I found a physician who believes in natural healing as well as medicine.

- Jean’s Example** Much to her surprise, Jean was able to list a couple of strengths or victories for her Nutrition focus area:
- I prepare and enjoy eating fresh salads 3 to 5 times a week.
  - I have been taking time to educate myself on the right diet for my body’s needs.

# The Power of Intention

- Guidelines** Following these guidelines when you are creating your intention:
- Keep it as simple as possible.
  - Try not to make it huge or overly detailed (save the details for your upcoming action steps)
  - Remember! **I**ntention comes from **withi**n
  - Focus on “tuning into” what you really want – at the core and heart of your being
  - Answer this question from your heart: If I can create what I want in life, what would it be?
  - Try closing your eyes and visualizing yourself successfully creating something in your life – what would that “something” be?

**Creating your Intention** Intention is anything that you want to feel, be, experience, have or create. When you are in the process of setting your intention, try using the following sentence stem(s) to start off:

*My intention is to:*

- Feel (connected, fulfilled, satisfied, passionate, free, open empowered, loving joyful, easeful...)
- Have (a balanced life...)
- Experience (unconditional love, wonderful relationships, job fulfillment...)
- Be (healthy, at peace, expressing my true self, fulfilling my diving purpose...)
- Create (abundance, wealth, beauty, self expression...)

- Examples** *My intention is to:*
- Be healthy, fit and full of vital energy
  - Be empowered to handle stress effectively, so I can freely and fully enjoy my family and my life
  - Experience energizing, balanced, magical relationships in my life
  - Create all the financial abundance that I need, to take care of all my loved ones
  - Feel peaceful and a deep feeling of connection to God that permeates every aspect of my being

**Jean's Intention is...** ...to feel healthy and vital in my body and to get (keep) my family fit and healthy.

# Setting Realistic Goals

## Guidelines

1. Set goals that are small(er), realistic and aligned with your intention.
2. Craft goals that are SMART:
  - S – specific, significant, stretching
  - M – measurable, meaningful, motivational
  - A – agreed upon, attainable, achievable, acceptable, action-oriented
  - R – realistic, relevant, reasonable, rewarding, results-oriented
  - T – time-based, timely, tangible, trackable
3. Make goals specific as possible, since they have a much greater chance of being accomplished than a general goal. Answer the six "W" questions:
  - Who(is involved)?
  - What (do I want to accomplish)?
  - Where (identify a location)?
  - When (establish a time frame)?
  - Which (identify requirements and constraints)?
  - Why (specific reasons, purpose or benefits of accomplishing the goal)?

## Drafting your Goal

Use the following sentence stem(s) to start crafting your Goal: *My goal is to...*

- Create
- Implement
- Discover
- Access
- Improve
- Increase
- Manifest

## Example

Using the intention: *To be healthy, fit and full of energy...*

*...your goal might be to: design and implement an exercise program where I exercise 3x a week, lose 20 lbs and am able take a 3 mile walk (in 4 months from now)*

## Jean's Goal is to...

*...prevent myself from becoming diabetic by losing 45 lbs and establishing healthy eating habits for my whole family.*

# Recognizing Challenges

**Guidelines** Resist the temptation to overwhelm yourself with anticipated challenges...  
...instead, prioritize your top 3 challenges and work with them first!  
Like goals, break these down into smaller, more manageable / realistic pieces  
– with doable steps.

**Examples** Challenges to progress may be:

- People in your life
- Attitudes
- Emotions
- Situations
- Physical limitations
- Lack of information or skills
- Negative habits
- Past experiences
- Confidence level
- Beliefs
- (Childhood) conditioning

**Jean's Example** Jean was able to list her Challenges, so that she could be more aware of them and take actions to move through them:

- I have failed with diets my whole life.
- It takes more time to prepare healthy meals
- I use food for comfort when I am emotionally stressed
- My husband and teenagers don't feel like they need to change their diets
- I will have to learn how to cook healthful foods in a more delicious, appealing way

# Creating Affirmations

## Guidelines

Affirmations need to:

- Be simple enough to remember
- Evoke a good, emotional feeling
- Be positive in tone
- Be worded in the present tense
- Be related to your specific intention and goal (instead of being huge and global)

Suggestions:

- Write your affirmation(s) on sticky notes or note cards and place them in highly visible places such as your planner, bathroom mirror, rear view mirror etc.
- “Bathe” in nurturing, supportive self-talk by saying your affirmation out loud – everyday and often.

## How affirmations work

At first, it is not particularly important to believe what you are affirming. After a long period of not being able to accomplish something, you may doubt that you can have a breakthrough. In this case, as you are stating your affirmation, the voice of your limited self may yell out “No way!”

However, in the workings of the brain, mind, nervous system and consciousness, your positive affirmation is clearing the negative old voice by replacing it with a new voice – one that says, “Yes, I can!”

## Research on Affirmations

Research has demonstrated that carefully constructed affirmations can create significant shifts in the internal chemistry of the human body, particularly brain chemistry and immune function. In particular, Dr. Candace Pert, a key research scientist for the National Institutes of Health has stated, “The body is the outward manifestation of the mind.”



## Creating Affirmations, Continued

**Designing your Affirmation** Use the following sentence stem(s) to start designing your Affirmation(s):

I am (easily, joyfully, magically empowered to...)

I am in the process of...

I enjoy...

I am becoming...

I feel...

I have...

I love...

I replace...

I open...

I trust...

I allow...

I connect...

I experience...

I focus...

I accept...

I surround...

I receive...

I invite...

I explore...

I learn...

**Examples** So, if the goal is: *To exercise to increase my energy levels...*

...the affirmation might be: *I feel more energetic as I move my body or I enjoy exercising and feeling energetic*

Make sure you get it in the present tense:

This: *I now prioritize my daily exercise daily*

Not this: *I am going to exercise daily*

**Jean's Affirmations**

I enjoy taking excellent care of myself and family through healthy eating habits.

I am getting healthy and slim – and I feel great about myself!

# Phase 4: Plan your Actions



"The great thing in life is not so much where we are, but in what direction we are moving."  
Holmes - Oliver Wendall

**How to...** The following pages will provide you with the information you will need to complete these steps.

Step	Action
1	On the back of Part 1 of the Blueprint for Change, brainstorm and list <b>all</b> possible Action Steps to achieve your goal for this focus area.
2	Select some Action Steps to be completed within your accountability period. For example, if you are in a group that is meeting bi-weekly, select action steps that can be achieved in the next 2 weeks.
3	Craft your Action Steps so that they are small, manageable and realistic – and write them in the space provided.
4	Schedule each Action Step by writing the date and time on the form. You can also enter that information on your calendar or scheduling system.
5	Select some Self Care practices to implement within your accountability period. (See Part 3 of your Participant Guidebook for Self Care practices.)
6	Schedule your Self Care practices (like you did your Action Steps.)
7	Determine how you will be Accountable. At the bottom of the form are the Accountability options available to you when you are in the Circle of Life process.
8	Schedule your Accountability. For example, if you are in a group, where, when and how often does it meet?



# Constructing Action Steps

- Guidelines** Follow these guidelines, similar to those for goals, when you are creating your action steps:
1. Make action steps small(er) and realistic
  2. Use your own prior experience and knowledge to think of at least one step you can take right now to improve your life
  3. Ensure that the action steps are related to, and can get you to your goal
  4. Since action steps are part of the goal, they can be “SMART” just like your goal:
    - S – specific, significant, stretching
    - M – measurable, meaningful, motivational
    - A – agreed upon, attainable, achievable, acceptable, action-oriented
    - R – realistic, relevant, reasonable, rewarding, results-oriented
    - T – time-based, timely, tangible, trackable
  5. Remember these slogans: Slow but sure – It’s a cinchy by the inch – Less is more

**Example** If the goal is:  
*Design and implement an exercise program where I exercise 3x a week, lose 20 lbs and am able take a 3 mile walk (in 4 months from now)*

- Then possible action steps could be:
- *Research and visit local gyms*
  - *Arrange childcare for exercise times*
  - *Walk for 20 minutes, 2 times a week (to start)*
  - *Buy pedometer to see how far I can walk in 20 minutes*

- Jean’s Action Steps** For her Nutritional goal, Jean has the following action steps:
- Do more research and design the nutritional program that will meet my weight loss and health goals.
  - Stay in my worksite wellness coaching group for support and accountability – OR hire a health/wellness coach.
  - Take a class in healthful cooking to inspire me to learn how to create delicious, healthy meals.
  - Brainstorm ways to motivate my family to change our eating habits – together.

# Self Care Practices

<b>Introduction</b>	Self Care and self-reliance are the foundation principles for fostering health, healing, positive change and happiness. When people take responsibility for their life situations, they become empowered to make new choices and take actions that can bring about positive change in their health and in every aspect of their lives. When people think it is someone else's responsibility to care for or make them well, they become a burden to their friends and loved ones, as well as a possible burden to society.
<b>Why do Self Care Practices?</b>	<p>Another great insight from the grandmothers: <i>A stitch in time saves nine.</i> (Repair something torn right away, or later it will require much more work) Ancient healing systems and modern medical science agree that you can often dramatically change the course of a person's health if there is a focus on prevention and Self Care.</p> <p>The person who is willing to take responsibility for his or her own health gets well faster, maintains health more easily and usually experiences the power of productivity and effectiveness. This person becomes a model of self-reliance and a positive, solution-based lifestyle to family, friends and the community.</p>
<b>Importance</b>	Self Care helps solve our medical cost crisis by reducing medical demand, increasing vitality and productivity in the workplace and strengthening the fabric of the community.
<b>Proven results</b>	We now know from thousands of years of history, the healing practices of traditional cultures such as China and India, as well as the last thirty years of academic study and research in the U.S., that simple Self Care practices (e.g., muscle relaxation, deep breath, repetition of a specific word, visualization of a "nature" place, Yoga, Tai Chi or Qigong) have powerful effects on health.
<b>Harvard studies</b>	Studies at Harvard reveal that by routinely eliciting this "relaxation response" a majority of patients decrease their need for medication and reduce or eliminate health problems such as ulcers, headaches, high blood pressure and pain while increasing the strength of the immune system and balancing the emotions.
<b>Guidelines</b>	Just like the scheduling of action steps, the scheduling of Self Care practices is extremely important so that it can become integrated into your daily life as a preventative habit. Until it becomes habit, scheduling should take place on a regular basis using the Blueprint for Change form Part 2 and/or your own calendar or scheduling system.

## Self Care Practices, Continued

### Examples of Self Care Practices

- Drink 6-10 glasses of water
- Take 5 breaths deep every hour
- Replace negative thoughts with positive self talk or affirmations
- Daily meditation (5 minutes or more)
- Stretching, Yoga, Qi Gong, Tai chi
- Say your affirmation out loud 10x a day
- Listen to deep relaxation / guided imagery / self hypnosis tapes or CDs
- Self massage to ears, feet, hands or whole body
- Use Heartmath, Emotional Freedom Technique Tapping or any other emotional stress relieving technique
- Step outside everyday- stretch, shake off stress and breathe in fresh energy
- Do the 3 corrections everyday -correct your posture, breath and mind
- Take vitamins or take high nutrition boosters
- Deep relaxation break or take a power nap
- Write in your journal
- Do an intention, prayer ritual

### Self Care Resource

*The Healer Within* by Dr. Roger Jahnke, OMD is the single best source for mastering the self-care practices found in Part 3 of this Participant Guidebook. The four “pillars” of the book are Movement, Massage, Breathing and Deep Relaxation and Meditation. Various levels of intensity are provided for each practice, each with clear illustrations. It strongly recommended that you use this book.

In addition to the Healer Within techniques, there a few other self-care practices found in Part 3. During your Circle experience, you will practice these techniques. Then you can choose the ones you like best (or that are working for best for you) and integrate them into your daily life.

### Jean’s Self Care Practices

In addition to her Action Steps, Jean has decided to implement the following Self Care practices;

- Drink 6, 8-oz glasses of water daily
- Say affirmations 10x / day
- Manage my stress through breathing practices

# Accountability

**Introduction**      Accountability, we have discovered, is a powerful tool in personal improvement or self-healing.

**How it works...**      Accountability begins with making a commitment to taking an action step, usually at a specifically designated time. When we make a commitment in the presence of another person or a group of people, it is human nature to want to succeed. Perhaps it is pride. Perhaps accountability changes our capacity to succeed because we don't like to let others down. Perhaps we are better about commitments to others than we are with commitments to ourselves. Whatever the reason, accountability works! Regular accountability to a coach, "buddy," or a group (or in writing to yourself) helps us to complete our goals.

Studies on accountability have shown how powerful this concept can be. The percentages denote how likely you're apt to be accountable in each situation:

Hear an idea	10%
Consciously decide to adopt an idea	25%
Decide when you will do it	40%
Plan how you will do it	50%
Commit to someone else that you will do it	65%
Have a specific accountability appointment	85%

When you succeed, celebrate! When you do not successfully complete the declared action step, acknowledge what you have learned and use that knowledge to redesign your strategy or action steps for success.

**Scheduling**      Just like the scheduling of action steps and self care, the scheduling for accountability is extremely important. Scheduling should take place on a regular basis using the Blueprint for Change form Part 2 and/or your own calendar or scheduling system.

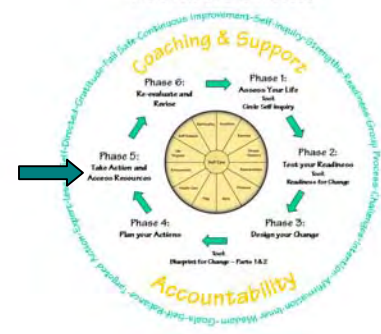
Within the Circle process, there are 3 paths for accountability:

- with a Circle of Life Support Group
- with a buddy from your Group
- with your Circle of Life Coach

**Jean's accountability**      You may remember that Jean is part of a workplace wellness program. Her particular program meets every 2 weeks for 4 months. Additionally, she has partnered up with a "buddy" from the group, who she meets with during lunch on the "off" week to help her keep her focus and motivation.







# Phase 5: Take Action and Access Resources

"You are what you choose for yourself. You are the culmination of your choices."

- Dr. Wayne

Dyer

**Introduction** The following pages will provide you with the information you will need to complete these steps.

Step	Action
1	Begin by doing an Action Step from Part 2 of your Blueprint for Change. Check off the day(s) on which you took the action. Continue with your other action steps.
2	Practice your Self Care, as planned. Again, check off the day(s) on which you practiced.
3	Garner support from external resources like your group, coach, buddy, community, health care team, co-workers, etc.
4	Elicit support from your inner resources through self-talk, imagery, visualization, meditation or other ways that you connect with your inner wisdom.
5	Report back in your next Accountability session about your results.

# Accessing Inner Resources for Transformation

**Introduction** Access to inner resources, internal guidance (the inner voice of wisdom), innate knowledge, and intuitive messages from your higher self can make an enormous difference in your capacity to experience healing and transformation.

**What are “inner” resources?** There are different names for inner resources. Some people refer to intuition, the power of the mind, positive self-talk, the subconscious, the psyche or inner wisdom. Others speak of God, Higher Power and Divine Guidance. It doesn't matter which name you use. Everyone has an aspect of himself or herself that they are not aware of in the day to day busyness of life that is a powerful source of inner strength. Tapping into your inner resources can be a profound tool for healing and transformation.

**Self Talk** The importance of the inner monologue to maintaining or changing self-image and behaviors cannot be stressed enough. Self-talk is constantly working on our consciousness either to support our well-being or seriously undermine it. Occasionally Circle participants have been asked to set an alarm or use some kind of cue to tap into their self-talk at various points throughout the day. People who didn't believe that they were “talking to themselves” were astounded at the frequency and intensity of the messages they were giving themselves. Sadly, the majority of the messages were draining and negative. With practice, however, they began to turn them around and use realistic, yet affirming, self-talk to support their change and growth.

# Tuning Into Yourself

**Introduction** It's an important skill to be able to tune "into" yourself...not just your physical body, but the internal monologue (like self-talk, above) and/or life messages. This "tuning" can happen through a variety of means like meditation, visualization, imagery, metaphors, etc.

**Life Messages** Life is always giving us messages. We often get messages that alert us to problems or future outcomes. Frequently, however, we override them for reasons like (familial or cultural) conditioning or distractions (other people, medications, alcohol, smoking, drugs, overeating, overwork, procrastination, television, etc.) There a couple of reasons why we do this: because we are in denial about the problem or message – or we don't know how (or are not ready) to respond to the message.

**Kinds of Life Messages: Are you listening?** These life messages come in three ways: **a whisper, a yell, or a Two by Four**. What do you find yourself responding to? Do you notice the **whisper**? Do you hear the **yell**? Or do you generally wait until you are slammed by the **Two by Four**? The messages are there to let you know something is off balance or needs your attention – or that you need to change some aspect of your life.

This internal guidance can come in the form of an emotional (anger, depression) or physical (pain, health problems, disease) message and is present to guide, to heal and to free you from patterns that obstruct your peace and well-being.

**Life Message Example** A young woman is slender, with light hair and fair skin. This is the **whisper** of osteoporosis. But she does not hear it; she is too busy or is in denial about this issue in her life. After menopause she starts to feel like her bones are not as strong as she would hope and a nurse practitioner warns her that she should have a bone density test. This is the **yell** of osteoporosis.

But she can't imagine that she would have a problem as she has always felt quite vital. Eventually she loses her balance and breaks her hip and needs to have the hip joint replaced. This is the **Two by Four** of osteoporosis.

When you act upon the whisper it is easiest to recover. If you aren't listening to the yell it is harder and takes longer to recover. If you wait for the Two by Four it is guaranteed that it will take even longer to recover, or it may be too late.

# Metaphors, Analogies and Imagery

<b>The language of the subconscious mind</b>	Metaphor and analogy is the language of the subconscious mind that can be tapped for creating change. If you pay attention, you will notice yourself and others using metaphors to describe the experience of life. Metaphors and analogies not only accelerate understanding of both problems and solutions, but also help to construct images of empowerment for conquering challenges and manifesting positive outcomes.
<b>How can these be used?</b>	You can use metaphors to get a sense, feeling or image of where you are now, and where you want to be. Imagery also helps to explain the process that you are embarking on — what it looks or feels like.
<b>The “Weight of the World” Example</b>	<p>We are giving suggestions and messages to ourselves throughout the day. The language of the subconscious is deeper than our everyday thinking and awareness. Our bodies and mind respond literally to the messages of the subconscious! We might say something like “I feel like I have the weight of the world on my shoulders.”</p> <p>Obviously, we are not carrying the weight of the world, yet this is the language of the subconscious. This might be expressed as physical tightness, or a heavy feeling in the neck and shoulders, back, or maybe a heavy chest. In the emotional body it might be expressed by the body feeling “heavy hearted” “feeling down” or “overloaded.”</p>
<b>Releasing the “Weight”</b>	<p>Samples of self- suggestions that could release the Weight of the World from your shoulders:</p> <ul style="list-style-type: none"><li>• An angel or Great Being comes and lifts the burdens off your shoulders and your concerns are now taken care of by higher loving forces. Feel the weight being lifted off; you are feeling lighter, freer and at peace.</li><li>• Pretend to be a bird soaring, feeling light and lifted and carried by the wind. Stretch your arms out (your wings) and imagine soaring high above and beyond your problems and struggles.</li><li>• Imagine you are a powerful being in mind, body, and spirit who can clear any obstacles with strength, courage and Truth. Stand tall, feel vital, breathe deep, and throw the weight off your shoulders.</li><li>• Or imagine a bright beam of golden sunshine beaming directly on your shoulders, dissolving your tightness and burdens. Allow warmth and the power of the sun to penetrate deep into your muscles, dissolving and transforming the problems with radiant light.</li></ul>

## Metaphors, Analogies and Imagery, Continued

### Other Metaphors we use to describe ourselves...

What are some word pictures or phrases that you find yourself saying? We sometimes are not aware of our metaphors, yet we all use them and they can reveal how we feel inside about ourselves or our life.

Some examples are: Stuck in a rut...Can't get off the ground...Buried in work...In limbo...Compressed...Tangled up...Uptight...In a fog...Running on empty...Drained...Pulled in 100 directions...Beside myself...Scattered...Swamped...Feeling trapped...Hands tied...Heavy hearted...World on my shoulders...Emotional roller coaster...Between a rock and a hard place...Feeling lost...Hamster on a wheel...Numbed out...Feeling split...Having a meltdown...Down in the valley.

### Metaphors to liberate us...

Metaphors can describe both our perceived limitations as well as things that liberate us: Free as a bird...Unleashed...Weight lifted off...On fire...Ready to roll...Prisoner set free...Tuned in...Blossoming...In the flow...Like a fish in water...On the right path...Getting the green light...With wings of an eagle...Mountain top view...Lighthearted...New lease on life...Turning over a new leaf...Doors are opening...The sky is clearing...Rebirth.

### Questions

- What symbols or images describe how you feel about yourself, your life situation and your challenges?
- What describes your intention, your goal, your victorious self, your power or your allies?

This can be done by yourself, but is interesting and fun to do this in a group. Have each person discuss how they would describe themselves currently.

### Use your imagination...

Let your imagination create symbols or images drawing from nature (water, mountains, sky), animals and their qualities, mythological or magical beings (heroes, fairies, etc.) religious figures or spiritual Beings. Embody these qualities or call on these forces and support. If in a group setting, you can use the group's creativity for sharing ideas and images. You might like to use one of their suggestions.

Your imagination is an endless source of creative pictures and symbolism. Use your imagination to support positive, healing effects on your mind and body and to support your goals and intentions. The goal is to have an image that creates a feeling that either supports what you want, or that counteracts negative, fearful or unhealthy subconscious messages. Use detailed description to make it feel as real as possible.

## **Metaphors, Analogies and Imagery, Continued**

**Metaphor use  
by an  
empowered  
“you”**

It is quite enlightening when you realize that the metaphors that you use can either limit or expand your possibilities. Consider consciously electing to use metaphors and language that reflect your empowered self. You are the person using the words, so you can change these at any time, they are just for you.

**Summary**

Regardless of the metaphors, analogies or imagery that you use, your body and subconscious will interpret them as truth about you. You will see how your body, your health, and your emotions reflect your inner messages and images. Your symbols and images will provide you with great inner support to create positive outcomes.

# Phase 6: Re-evaluate and Revi



**"Failure should be our teacher, not our undertaker. Failures are the stepping stones to success."**

Anonymous

## Guidelines

As you set goals and take action, you will be constantly re-evaluating. In this aspect of the process, reassessment helps to determine your "next steps". You will refine and clarify your goals or action steps. Over time this will give you the ability to set your sights in a way that optimizes your use of energy and time and eliminates failure.

Keep your earlier copies of the tools / assessments to help you notice how you are improving over time. On occasion you may want to repeat the first phase (Assess your Life) to see if improvements are still needed.

## Questions to Help Revise your Action Steps

Here are questions to help facilitate the re-evaluation and revision process:

- Which actions did you accomplish?
- Which actions didn't you accomplish? Why?
- Was the goal or action step too big or unrealistic?
- Was the action step scheduled at the wrong time?
- What did you do instead? Why?
- Did you forget to do it? Do you need reminders?
- Do you want to change your action step or your goal?
- How could you do it differently?
- Did you "self sabotage" somehow? Why and how?
- Did you allow someone or something to keep you from taking a step forward?
- What did you learn from this experience?

## Jean's Example

Jean made headway with her Action Steps and felt really good about her progress in Nutrition. In her next "round" she wants to start making her dietary changes.

As for Self Care, Jean is feeling very good about her progress. However, since she didn't achieve all her Self Care, she's decided to switch to every other day for affirmations – yet keep the water the same for one more round (to see if there is improvement).

