

Energy In & Out Chart

Think about how things are now in each area of your life and fill out the chart below. Do not think too hard; simply go with your first instinct. Once you are done, subtract the total 'Energy Back Out' from the total 'Energy Going In' to calculate the 'Overall %'.

	Energy Going In	Energy Back Out
Work	_____%	_____%
Relationships	_____%	_____%
Self	_____%	_____%
Purpose	_____%	_____%
Total:	100%	_____%
Overall:		_____%

Additional Beliefs

In the other areas of our lives, we also carry key beliefs that shape how we see, behave, and experience the world. Take a moment now and complete the following sentences. Do not take too long to think about your answers; simply write what comes to you:

Relationships *work* when:

One example of this in my life was/is:

Relationships *don't work* when:

One example of this in my life was/is:

My needs are *more* important than:

One example of this in my life was/is:

My needs are *less* important than:

One of example of this in my life was/is:

I am successful when:

One of example of this in my life was/is

I am a failure when:

One of example of this in my life was/is:

Money is a good thing when:

Money is a bad thing when:

Select which one of the statements is closest to your current life view:

- Life is hard.
- Life happens.
- Life is what you make it.
- Life is random.
- Life is to be enjoyed.
- Life is a bitch.
- Life is _____

Acceptance/Resistance Chart

What Is Self Loving for Me?

Win-Win Choices,
Proactive, Creative

ACCEPT – “I am honest with how it is” (facts & my feelings)

Event
Circumstance
Person

RESIST – “I want it to be other than it is”

Past Belief

Future Fear

Purpose Worksheet

(use with Purpose Visualization)

“What will people/the world experience because you were here? How will things be different?”

1. Take a moment now and write your answer below:

2. Now write down what you remember from the experience. What you saw, how you felt and the connection you see to your answer in #1 above:

3. Given what you learned in this experience, complete this sentence to form your ‘purpose statement’:

People (we) are; _____

4. How is this purpose statement also for/about you?

5. Name three ways you are already living your purpose:

2. How is this purpose statement also for/about you and your life?

3. Name three ways you are already living your purpose:

Function Worksheet

(use with Function Visualization)

1. What did you hear/see/understand about your function from the wise being?

If you were to boil that down to one or two sentences or a phrase, what would it be?
-My function is to:

3. List three times when you performed this function in your life:

4. List three upcoming decisions that you can make using your function:

Close your eyes one more time and make a promise to yourself to keep your function in mind and in your heart as you go through your day. Know that it is part of your role here in this life. Be grateful for its clarity in revealing itself to you today.

Limiting Belief Worksheet

Domain: _____ (i.e., work, relationships, self, purpose)

1. A situation that is not working for me is: _____

2. Where I feel it in my body is: _____

3. Another time I felt this way was: _____

4. An early time in my life when I felt this way was: _____

5. What I believe about myself and/or others is: _____

Limiting Belief Grid

Limiting Belief

Prices

Payoffs

New Belief

New Belief Grid

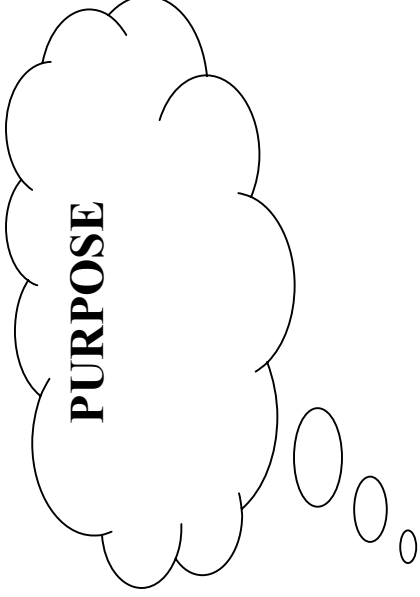
New Belief

Prices

Payoffs

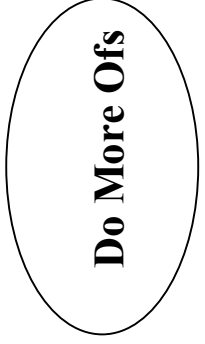
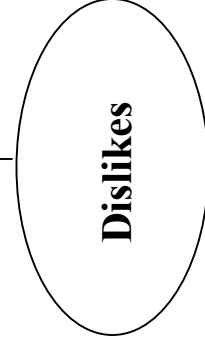
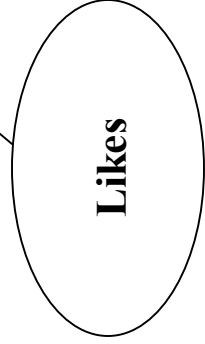
	Prices	Payoffs

Possible Paths:



I could be:

.....



1 Year Targets-By ___ / ___ / ___

SELF

WORK

PURPOSE

RELATIONSHIP

TARGET WORKSHEET SELF

One year targets:

Thirty day milestones:

Assumptions:

TARGET WORKSHEET WORK

One year targets:

Thirty day milestones:

Assumptions:

TARGET WORKSHEET RELATIONSHIP

One year targets:

Thirty day milestones:

Assumptions:

TARGET WORKSHEET **PURPOSE**

One year targets:

Thirty day milestones:

Assumptions: