Firedancer
Your Spiral Journey to a Life of Passion and Purpose
Workbook
Kami Guildner
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Chapter 1

Corporate Girl

Reflection:

What is your most memorable dream? Have you had reoccurring dreams in your lifetime, or have your dream patterns shifted, especially more recently? Consider what underlying message might be there for you to interpret? What does your soul want you to know that you might not understand today? You don’t have to be a dream interpreter to find meaning in your dreams. Just be curious about your dreams and make time to ponder their significance. Journal about what you observe and see what comes forth.
Reflection:

Have there been times in your life when the Universe has delivered an unexpected course correction to you? Jot them down. Consider if there were important shifts in your life that occurred after that course correction—perhaps shifts that might not have occurred if your life course hadn’t been altered.
Reflection:

1. Are there any signposts showing up in your life today? Have you had recurring or memorable dreams recently? Or have any interesting, new people come into your life? Perhaps you just can’t get one wild idea out of your head. Record everything that comes to mind. Nothing is insignificant.

2. Begin to be aware of your surroundings and the synchronicities that show up in your life. Do you see a recurring number everywhere you go, or maybe a specific animal keeps showing up on your walk or while driving? Be curious. Consider if this represents anything to you, or research the meaning. Is there a deeper meaning to ponder?
3. We all have an inner critic who speaks to us when we’re stepping into something new and larger in our world. Write a list of all the famous inner critic messages you know by heart—you know the ones—that you have told yourself over and over again. Then release them! Burn them! Set them free!

4. Reflect on why this book spoke to you. Write about your reasons for picking it up. After having read up to this point, record any words that have caught your attention and why they may be significant. What are you seeking in your life that isn’t in it right now?
5. Are you hearing callings? Do you know what is calling to you, or do you simply know there’s something more for you, even if you cannot yet define or identify it? Go on a walk and ponder these questions. Then, record any thoughts, insights, or even questions that bubbled to the surface.

6. Recall a time in your life when you received a gift from the Universe. It could be a right person who came into your life at the right time, it could be resources that showed up just in time, or it could be as “simple” as having been in the right place at the right time for a certain opportunity to unfold. Tell that story to a friend and ask them if they’ve ever had a similar situation happen to them.
Reflection:

We are going to continue your journey by bringing more nature into your life. It’s essential for you to connect with nature in some way. If you miss this important step, you may not hear many of the messages your heart sends to you. Without taking such a pause, the noise of everyday life will continue to be in the way.

I invite you to find home in the grounding that Mother Nature gifts us. By starting here, you will open your heart and body to the journey before you. You will become more aware of the energetic pulsations around you, and you will find wisdom in this peaceful reflection.

Nature is where you can begin to hear your callings again. There’s an ancient wisdom in this ground beneath your feet that speaks to the soul, and from this newly reawakened place in your life, you will begin to experience the gentle nudge asking you to listen. Nature will gently awaken your body and ask you if you’re here.

Immerse yourself in any one of the experiences in nature that follow, without having to evaluate or understand why you’ve chosen it. You can do one of these or all of these. Dog-ear this page, and come back to these reflections often as you progress through your own soul journey, as there will be more to learn from nature as you spiral forward.

Body Scan Walk in Nature

Take a moment to scan your body. Start at the very tips of your toes and move up your body, body-part by body-part. Notice where you feel tension. Are there areas of your body that feel differently? Are there areas that feel heavy or light? Warm or cool? Just notice.

Next, take a peaceful, quiet walk through nature. Fully take it in. Enjoy the beauty, the sounds, and the smells. Stop when you notice something that catches your attention and examine it further—whether it’s a flower or a bird in a tree overhead. Whatever it is that catches your attention, really see it—its colors, its texture. Imagine how it feels to the touch. Consider if it’s warm or cold, soft or hard, and whether there is a smell associated with it. Let your curiosity play.
As you return home, do another scan of your body. What has shifted? What is different about the way your body feels? Just notice and enjoy. You’ve begun the opening of you.

**Schedule Time in Nature**

How much time do you spend outdoors? If you are only getting one to two days outdoors, like so many other women, I invite you to look for ways to significantly increase this. Whether it’s watching the sunrise while taking your dog on a walk, putting your hands in the dirt as you plant seeds in a garden, breathing in the breath of a horse in silence and introspection (one of my personal favorites), laying in a grove of aspen and watching the sun shine and sparkle against the leaves, dipping your toes into the ocean as you walk barefoot on your beach walk, or any other outdoor activity, get out and do it. This is your journey home. You get to choose the way. In doing so, your creativity, energy, and vitality will blossom.

**Nature Shrine**

There are some days when we just can’t make it out into nature. Perhaps you live in a busy cement-lined city with few outdoor spaces. Perhaps you’re attending a conference at a hotel that keeps you busy from dawn to dusk and late into the evening. Perhaps the weather has kept you indoors. No matter the reason, I invite you to create a nature shrine in your home, and even set aside a few items from nature that you can pack and take along on those nature-deprived trips and activities.

Start your collection with items from your favorite place in nature—it might be a rock, a branch, or a seashell. Then begin an intentional, contemplative search for more special gifts from the earth to add to your nature shrine. Look for items that call to you—objects that draw your attention. It might be the shape, color, or the texture that speaks to you. Or perhaps it’s special simply because it reminds you of the special location where you found it.
Consider nature’s elements: earth, water, fire, and air. Are you drawn to any of these elements? Can you bring those elements into your shrine in some way—perhaps a water fountain, a candle, a prayer flag blowing in the wind out your window, or a special rock?

Is there a special animal that speaks to your heart? You can incorporate a picture or even something from that animal, such as a bird’s feather. For example, I have a piece of braided horse mane on my own nature altar.

As you bring together your own private collection of nature, display it in a special place in your home. On your inside-bound days, simply take a few moments during your day to observe, breathe in, hold, touch, and feel the inspiration of nature from your personal nature shrine. See what you notice. Journal about it. Feel your gratitude for these reminders of nature’s ongoing support.

**Nature-Inspired Creative Burst Day**

Set aside a day, or an afternoon, to dedicate to your biggest current creative challenge. Spend the time outside—in a park, on your deck, or even on the beach or a lakeshore. Bring along all you might need to fuel your creativity: flip charts, computer, journal, color markers, post-it notes. Then play in and with the concepts you’re considering. Just getting out of your normal environment will shift your creative juices and put them in motion!

**Technology Sabbatical**

Take a day to turn off all the technology around you. No phones, no computer, no television. Notice your reactions. Do you long to pick up your phone and peek at your email? Do you feel lost for something to do? What do you do with your time instead? How does your body feel being technology free? Journal about your experience and consider what you can learn from a technology sabbatical.
Chapter 4

Coming Home to You – A Grounding in Mother Nature’s Gifts

Dance with Mother Earth

The following is a “Dance with Mother Earth” guided meditation. This is a moving meditation that should be done outdoors and, if possible, with bare feet for the deepest connection to Mother Earth. An audio version of this meditation is available on my website as a download at www.kamiguildner.com/firedancer.

Dance with Mother Earth Guided Meditation:

Take a scan of your body right now. Do you notice tension anywhere? If so, take time to gently and playfully move these parts of your body. Tune out the noise of the world and feel the roots of expansiveness that exist beneath your feet and the skies that dance overhead. Invite the energetic flow of our earth to dance with you, to wrap around your heart. Tap the soles of your feet to the ground and breathe lightness into the busy pathways of your mind. Dance! Dance! Dance! And when I say dance, I mean dance. Putting your body into motion will set free some of the stickiness that makes its way into our bodies in the built-up tensions of a day. Skip and twirl. Set the firedancer in you free.

Lie down in the dirt and roll around. Then look up and notice the clouds and let the shapes take form. What do you see? Are the clouds still or are they in motion? Let the moment play with your soul. Breathe in the freshness of air. Then just notice. What has shifted in your body? Does anything feel different?

Chances are you’ve opened a pathway to your heart. A place and a space to be heard. Now close your eyes. Feel the rhythm of that space in nature. Feel the energy that emanates. What is its essence? Invite that essence to comingle with your inner essence. To dance together in synchronicity. Notice what takes place in your body. Where do you feel this energy most? How do these energies comingle? Does it feel peaceful? Playful? Does inviting energy into your body change how you feel? This connection between you and the earth upon which you sit is sacred.
Chapter 4

Coming Home to You – A Grounding in Mother Nature’s Gifts

Reach out to the soil and take some into your hand. Again, notice its energies—its essence. Let those energies flow through you. Begin to intentionally comingle your energy with the earth’s energy, and feel the interconnectedness of these energies dance within. Send these dancing energies out to the trees, the birds, all that is in nature around you. Connect this energy to other souls around the world. Intentionally share this gift of you. Open your heart to the world around you. Gift the rhythm, the good intention, the love, the peace. Simply send goodwill out into the world.
Reflection:

Consider the stories in your life that stand out most—the ones you tell most often, the ones that light you up as you recall them. Make a list of as many stories as you can, giving each one a name that reflects the experience. Are there any similarities or common threads amongst these stories? Just make note of this and save the list for the next chapter.
Chapter 6

A Study of Your Strengths

Reflection:

1. Write the story about a peak experience you’ve had in your life. It may have been a time when you felt most alive, most involved, or most excited about what you were involved in. What made it an exciting experience? Who was involved? What feelings did you have? Write the story in detail.
Chapter 6  A Study of Your Strengths

a. After you’ve written the story, read through it and consider: “What strengths, gifts, and talents did I exhibit and lean into in this situation?” Write down five strengths, gifts, and talents that you identified in this situation.

b. Repeat this exercise with a second and third peak experience, perhaps from different areas of your life. What do you notice? Are there similarities in your gifts between the stories? Or are you identifying additional strengths? Write down as many personal strengths as you can identify.

c. Circle the top five strengths that you exhibit when you’re at your best. Write these down.
Chapter 6  A Study of Your Strengths

2. I encourage you to invite eight to ten people across all walks of your life to respond to the following questions in the 360° Strengths Profile™ Survey. For example, invite an employer, an employee or colleague, a neighbor, a special relative, a spouse, or someone with whom you served on a committee or in a volunteer situation. Explain to them that this is part of your journey to understand your very essence and that their feedback will provide valuable insights into who you are at your very core. Thank them in gratitude for their time and thoughtfulness.

360° Strengths Profile™ Survey

_In the twisting, turning times of our lives – through evolutions of multiple chapters and life stages, there are times in our lives when our inner light shines most brightly – times when we’re living fully out loud in our gifts and dancing in our most extraordinary talents._

_I would like you to pause for a moment and consider WHEN you saw my light shining the brightest. A time when I was filled with passion, purpose and enthusiasm. A time where I was using my most talents to lead, to make an impact, or to simply be._

• _Stories are powerful reminders of what makes us extraordinary. Tell me the story as you recall it._

• _What did you learn about me at that time?_

• _What were my strengths, talents and passions that I was tapping into at that time? What was special about me that made this time stand out?_
Chapter 6  A Study of Your Strengths

The gift of a response to these questions will provide insights into your strengths that you might not have even acknowledged in your own stories. As you read through the responses that are returned to you, a pattern will most likely develop. People who know you from different areas of your life will often identify the very same theme or strength. Look for the synchronicities and then identify the top five strengths that evolved from your acquaintances.

3. On page 53, you will find an Essence of You diagram that you’re going to develop. Write your five strengths from your 360 Strengths Profile™ feedback on your Essence of You diagram. Also add your top five strengths related to your own peak experience story from the first reflection above. You have begun your exploration of who you are at your very core. Congratulations!

4. Answer the following question: At my best I am … (list five adjectives). Then translate these to your Essence of You diagram.

5. There are many online self-assessments that can help you identify unique gifts. My favorite is the Clifton StrengthsFinder assessment. Take the online test of your top strengths at https://www.gallupstrengthscenter.com/ and add these to your Essence of You diagram.

Other good online assessments that can provide good insights into who you are at your best include:

- Disc Personality Assessment: http://discpersonalitytesting.com/
- Enneagram: https://www.enneagramworldwide.com/test
- Emergenetics: https://www.emergenetics.com/take_a_profile.html
Chapter 6  

A Study of Your Strengths

As you read through these various profiles, remember to focus your study on your strengths, not your weaknesses. Many assessments will provide details into your strengths and weaknesses. While understanding your weaknesses can be useful, I want you to practice shining a light on your strengths. Get into the habit of spending four times as much focus on your strengths in whatever form of feedback you receive. This will fuel and shape your journey aligned to what you’re great at!

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1. 

2. 

3. 

4. 

5.
Chapter 6  A Study of Your Strengths
Chapter 7

Values – Your Soul’s Bedrock

Reflection:

Over the course of my work with clients, I have never run into two people who had the same exact values. Some people lead with family, others with solving challenging problems or job tranquility. Others want to work on the frontiers of knowledge or engage their creative capabilities, while others are seeking advancement opportunities or higher earnings. There are so many choices to consider. The values that you embody today are yours alone, and they will guide you as you contemplate what you do and don’t want. Consider the things that you value deeply. What matters most to you?

1. From the following list of values, circle your top 20 values in your life today. Don’t overthink the exercise; merely go with your first instinct.

<table>
<thead>
<tr>
<th>Abundant Mindset</th>
<th>Dependability</th>
<th>Health</th>
<th>Power</th>
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<tbody>
<tr>
<td>Accomplishment</td>
<td>Diversity</td>
<td>High Earnings</td>
<td>Professionalism</td>
</tr>
<tr>
<td>Achievement</td>
<td>Effectiveness</td>
<td>Honesty &amp; Integrity</td>
<td>Public Contact</td>
</tr>
<tr>
<td>Advancement</td>
<td>Efficiency</td>
<td>Independence</td>
<td>Recognition</td>
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<tr>
<td>Adventure</td>
<td>Empowerment</td>
<td>Influence Others</td>
<td>Risk Taking</td>
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<tr>
<td>Ambition</td>
<td>Excellence</td>
<td>Innovation</td>
<td>Safety</td>
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<tr>
<td>Autonomy</td>
<td>Expressiveness</td>
<td>Knowledge</td>
<td>Spirituality</td>
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<tr>
<td>Beauty</td>
<td>Fairness</td>
<td>Leadership</td>
<td>Spontaneity</td>
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<tr>
<td>Being the Best</td>
<td>Family</td>
<td>Learning</td>
<td>Stability</td>
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<tr>
<td>Calmness</td>
<td>Fast Pace</td>
<td>Location</td>
<td>Status</td>
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<tr>
<td>Change &amp; Variety</td>
<td>Flexibility</td>
<td>Love</td>
<td>Structure and Predictability</td>
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<tr>
<td>Collaboration</td>
<td>Friendships</td>
<td>Loyalty</td>
<td>Teamwork</td>
</tr>
<tr>
<td>Community</td>
<td>Fun &amp; Humor</td>
<td>Making Decisions</td>
<td>Time Freedom</td>
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<tr>
<td>Compassion</td>
<td>Generosity</td>
<td>Making a difference</td>
<td>Tradition</td>
</tr>
<tr>
<td>Competence</td>
<td>Grace</td>
<td>Meaning</td>
<td>Trust</td>
</tr>
<tr>
<td>Competition</td>
<td>Happiness</td>
<td>Passion</td>
<td>Working with Challenges</td>
</tr>
<tr>
<td>Connection to Nature</td>
<td>Hard work</td>
<td>Peace &amp; Tranquility</td>
<td></td>
</tr>
<tr>
<td>Creativity</td>
<td>Harmony</td>
<td>Performance</td>
<td>Personal Growth</td>
</tr>
<tr>
<td>Delight in Life</td>
<td></td>
<td></td>
<td>Work-Life Balance</td>
</tr>
</tbody>
</table>
Chapter 7  

Values – Your Soul’s Bedrock

As you look at your top 20, consider if there are any values you’ve held consistently your whole life—your soul values. Put a star next to your soul values. Finally, review your top 20 list once more, and circle your top 10 values today. Transfer these 10 values to the Essence of You Diagram, starring any that are soul values.

2. Role Models: Think about three role models. Describe the values they appear to live by. Journal about the things you admire in each person. Reflect on how you live (or don’t live) those same values. How might you incorporate more of those values into your own life?

3. Take a walk in nature and find a quiet spot to journal on the things you value most today in your life. As you sit quietly, feel into your heart. Listen. She will speak to you if you tune in. Jot down random words that come forth from this space. Notice what is happening around you in nature and let nature be your guide. Feel into the flow.

4. Consider the question: “What would your seventy-year-old self tell you today?” This is a powerful exercise to listen to your inner wisdom. Close your eyes and let her speak to you. Listen deeply with your heart. Record in your journal everything she reveals to you.
Reflection:

I invite you to play in the following passion exercise to tune into the heart of your passions. Head out for a walk in your favorite place in nature and start considering all the times in your life where you’ve felt this passion pulsation—a physical vibrant sensation beating through your veins—as a child … in your career … in your life. Then find a place that calls to you and sit down and capture your passions in the following areas. Record them in your journal.
Chapter 8  Finding the Passion in Your World

- Childhood: Open the love window to when you were a child. Recall experiences that stand out most to you—the ones where you felt the deepest passions, the strongest pulsations, the most alive. What activities did you love? Who were the people that moved you? What made your heart skip?
Chapter 8  Finding the Passion in Your World

• Career: Open the love window of your career. Recall when you felt the deepest passions, the strongest pulsations, the most alive. What activities did you love? Who were the people that moved you? What made your heart skip?
Chapter 8  Finding the Passion in Your World

- Life: Open the love window of your life. Recall when you felt the deepest passions, the strongest pulsations, the most alive. What activities did you love? Who were the people that moved you? What made your heart skip?
Chapter 8  Finding the Passion in Your World

Now you get to paint the threads that bind! Pull out a set of colored pencils or highlighters. Find the threads of similarity that exist in the stories that you recall. Circle them. Link them. Are there themes of commonality that show up? Identify four to five threads of your passion fabric and list them.

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4. 
5. 
Transcribe your passion threads to your Essence of You diagram. Do you see a picture of you starting to take shape in this Essence of You diagram? Your passion threads bring light into your world and make you feel alive at your very core. When you weave these threads into your life you are happy. Content. And very much alive!
Chapter 9

Stepping into the Essence of You

Write Your Essence of You statement:

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Reflection:


2. Consider these questions and journal on them. Don’t judge. Just be curious and aware.
   - In what parts of your life are you fully living into your essence?
Chapter 9  Stepping into the Essence of You

- Are there some areas of your life where you might not be fully showing up as you?

- Are there other areas of your life where you shine your essence brightly?
Chapter 10

How Are You Meant to Matter?

Okay, let’s give this a try. Write this down in a three- to four-sentence statement—your Purpose Statement. Invite your light to shine out to others in all its glory. This is the final item to add to your Essence of You diagram. Once you feel it is complete, write your Purpose Statement below and add it to your Essence of You diagram. This is the foundation of why you’re here on this earth in this lifetime. It is your purpose. It is your mission in life.

My Purpose Statement:

Reflection:

1. If you write your first draft of your Purpose Statement and you aren’t in love with it, play in a bit of Steven Covey wisdom with his online personal mission statement builder. You’ve done a great deal of work to lead into this, so this exercise can help you hone in the words that are right for you. I used this when I wrote my last statement. The tool leads you to create a longer statement than you might like for your own Purpose Statement, but the exercise helped me identify some key components that I wanted to incorporate into my own. This free online tool is available at: http://www.franklincovey.com/msb/
Chapter 10  **How Are You Meant to Matter?**

2. At the end of each day, journal on my Extraordinary Life Mantra:

   - **Courage:** How did I show courage today?

   - **Dream:** What am I dreaming for my future?

   - **Determine:** What am I determined to do tomorrow?
Chapter 11
Dreaming the Possibilities of What Could Be – Envisioning the Possible

Reflection:

A Dream Walk through Nature to Envision Your Future:

Set out on a walk on your favorite path and allow yourself to imagine yourself five years from now, at a time when you are living a life aligned to the core Essence of You. Who are you called to be? What are you excited about? What do you see around you? Who is around you? What do you notice about yourself when you dream of this future? Let the ideas dance! Carry your journal with you and when you feel inspired, sit down in all of nature’s glory to write what has come forth—what is being revealed!
Dream Exploration Questions:

• If you could have three wishes, what would they be?

• Thinking about the times you were most happy, what would you want to carry into the future?

• Looking into the future, who are you called to be? What work are you called to do?

• In twenty years, what is the one thing you will have wished you had done? What about in thirty years?

• What do you notice about yourself when you dream of the future?

• If you could communicate with yourself in the future, what questions would you want to ask yourself? What would you like others to ask of you?

• What would your mentor wish for you in the future?
Chapter 11  Dreaming the Possibilities of What Could Be – Envisioning the Possible

Vision Board:

Spend an afternoon with a stack of magazines, a poster board, a pair of scissors, and a stick of glue. Make yourself a nice pot of tea and just start thumbing through the pages. Watch for photos that make your heart leap. Notice the words that jump off the page at you. Quiet your busy mind and don’t try to figure out the meaning of what you’re drawn to—just allow whatever inspires and excites you to come forth. Clip away and watch the vision of your future unfold.

Possibilities Book:

Start out with a shopping trip for a beautiful journal that calls out to you from the shelf. When you get it home, create dividers that depict different pieces of your life. For example, include Family, Friends, Career, Fun, Romance, Health, Finance, and Home. Make the categories relevant to your unique journey and be sure to include areas of passion or values that are important. Take care to make these page dividers beautiful and artistic. Then, similar to creating a Vision Board, set aside an afternoon of clipping, gathering, and dreaming—and fill your Possibility Book pages with visions of all that can be in your life.
Write a Story About Your Ideal Day:

How does it start? What do you have time to do as your day progresses? What activities, people, and events inspire you throughout your ideal day?
Chapter 11  
Dreaming the Possibilities of What Could Be  
– Envisioning the Possible

Write a Letter of Celebration:

Imagine it is one year from now and you are writing a letter to someone you deeply care about who would want to celebrate your success. Write about what you have accomplished during the past year ... as if it has already happened. Connect with your heart and how you want to feel one year from now. Write what comes to mind when you are in that feeling place. Balance what you would love to have happen in your life with what you believe can happen.
Chapter 11  
Dreaming the Possibilities of What Could Be  
– Envisioning the Possible

**Speeches of Passion:**

Watch Martin Luther King, Jr.’s “I Have a Dream,” John F. Kennedy, Jr.’s “We will go to the moon,” and Steve Jobs’ “Stanford Commencement” speeches on YouTube. As you watch these powerful videos, note how King, Kennedy, and Jobs show their passion and paint the vision of the future. They are master teachers in understanding the expression of passion.
Chapter 12
Designing a Dream-Inspired Life

My Declaration Statement:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
Chapter 12
Designing a Dream-Inspired Life

**Empowering Beliefs:**
Make a list of all the empowering beliefs you have about your declaration that are power-charged. For example, you may say, “I’m really good at ____. I am creative, I make things happen, I am passionate about ____, I have great experience doing ____.”

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Chapter 12
Designing a Dream-Inspired Life

Now list the beliefs that put limits on your declaration. These limiting beliefs take the wind out of your sails, drown the ideas that want to flourish, and stamp out the fire of your passion. They don’t empower you. Examples might be, “I’m not good enough,” or “There isn’t enough ____.” Dig deep—I can almost guarantee that you have some limiting beliefs.

**Limiting Beliefs**

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Now look back at those limiting beliefs and explore what it might take to transform them into empowering beliefs. For each limiting belief, write a new empowering belief, striking through that initial statement you wrote.
Chapter 12
Designing a Dream-Inspired Life

Reflection:

Take your declaration out in nature. Climb atop a mountain, a rocky shoreline, or even a boulder. Shout your declaration out to the world.

Become accustomed to telling people about your declaration. If your declaration is about becoming an artist, introduce yourself as an artist. If you write regularly, introduce yourself as an author. If your dream is to be an entrepreneur, own the gift you wish to give to the world in that work. For instance, “I am a healer,” “I help people live a mindful life,” “I change corporate cultures.” Be aware of how you embody this declaration and verbalize it from your inner core—your power center. Imagine the statement energetically flowing out into the world. The more you say it out loud, declare it—and embody it—the more real it becomes to others and, more importantly, to you.
Chapter 13
The Action of Success

My Provocative Goals:

1. 

2. 

3. 

4. 

5. 

Circle the number one goal you want to accomplish in the next year. This will be your *keystone goal*, which will help you prioritize your actions later. It will help you make the tough choices you need to make when you consider your time and resources. Your keystone goal should be visible every day. Find an inspirational quote that represents this goal—and hang it on your bathroom mirror so you see it every day. Or find something in nature that reflects the essence of your goal, and keep it on your desk so you can actually touch and feel the importance of this goal. Your keystone goal should be a guiding light in your year—helping you make choices and stay focused, and guiding your intentions on a daily basis.
Sometimes your goals may actually appear to be in opposition to each other. For example, one of your goals might be to travel the world, while another might be to open a storefront business. I encourage you to look beneath the surface of this potential conflict. Perhaps there are ways to combine those aspirations. For example, could you open a storefront business and import items for your store while you travel? Stay open to synchronicities that might occur.

If you find, however, that there truly is a conflict or you feel as if you’re taking on too much all at once, be realistic. It’s okay to cross off one or two goals for now, keeping only the ones that make your heart sing. This lets you focus on the ones that matter most. You are the driver of your own destiny here. Be realistic. But be brave and courageous too.

**Stepping into Action**

Goals are beautiful and powerful. But goals without action will remain just lovely words posted on the wall. So let’s start with something simple. What’s one action you can take today—right now in this moment—that will start the wheels of motion toward your goals? Ponder this for a moment. What are the steps you will need to make in order to get to that end result? Once you’ve identified that first action step, put this book down and get up and do it. There is nothing more uplifting to your journey than taking action!

Record what you did here:
Chapter 13  The Action of Success

Now, let’s get back to more action planning! For each goal you have set, take the following steps:

1. Paint the picture in your mind’s eye of you successfully achieving that goal. How do you feel? What emotions uplift you when you’ve accomplished this goal? Describe the flow of what is happening around you and how it is impacting others. What are the accomplishments, the wins, the successes? Describe how your essence shines bright in the assured accomplishments that result from this goal.
2. Now begin to define the steps you will take to make this happen. Is there new knowledge you must gain? What resources do you need? Define the steps you will take to bring this goal alive in your life within:

   a. 1 Day
   
   b. 1 Week
   
   c. 1 Month
   
   d. 3 Months
   
   e. 6 Months
   
   f. 1 Year
3. Now imagine you have a magic wand and can have three wishes granted to heighten the health and vitality of this goal. What would they be? What could you do to manifest these wishes in the action timeline you’ve just developed above? Add ideas that come to mind to your action plan.

4. Finally, I want you to dream into this goal one more time. Imagine it is three years from now. How has your life changed? Describe what you’ve manifested. What recognition and rewards have come your way as a result of your hard work and diligent follow-through toward this goal? How do you feel every day because you’ve accomplished this? How do you celebrate? Paint the picture in any form you want! Write it, draw it, find something to represent this goal, and put it in a place where you can touch it and feel it. You could paint some rocks, draw a picture, journal about it, cut out an inspirational photo—anything that gives you a touchpoint to come back to on a regular basis.
Reflection:

Are you ready to explore your own work-life blending principles? Here’s an exercise in the art of creating balance in your world. Find a friend to do this with, or just take some quiet contemplative time to explore on your own.

- Recall a time in your life when you felt a sense of equilibrium—a time when you felt alignment to those around you: your family, your work, and most importantly, yourself; a time when you felt healthy, vibrant, mentally stimulated, and on fire with a strong sense of purpose. Tell a friend or write the story about this time in your life. What were you doing? Who was involved? What contributed to this sense of balance?
Chapter 13  The Action of Success

- As you tell the story, look into the situation a little more deeply.
  - How did your passions and values align to the world around you? What was it about you that contributed to the successful balancing act you created at this time—what personal strengths and gifts did you tap into?

- How were you making a difference in the lives of others? How were others making a difference in your life? What partnerships, be it with your work, your family, or your friends, made this time effective?

- How were you taking care of YOU at this time? How did you feel? Consider your whole Self—mind, body, emotion, spirit. What were the self-care factors that contributed to this sense of balance?
Chapter 13  The Action of Success

- After you’ve explored your own stories, consider what principles were key to creating balance for your life. What could you shift today? What one small step could you take to put yourself on a path of balance?

- How does this apply to the action plan you’ve created? What might need to shift or change? Make the changes in your plan.
Reflection:

1. Consider what fears you might have. List them. Give them a voice—stating them out loud. Then play the “what if” game. What if that happens, so what? Keep working through the possibilities. Set your fears free.

2. A great way to move through fear is to move! Go out in nature on a walk and move your body. Extend your hands into the air and feel the freedom and power this movement can create.

3. Consider who some of your competitors are in your work. Reach out to one of them with a collaborative intent. See what unfolds!
Chapter 15

Lighting the Fire of Your Calling –
Time to Own It, Step Into It and Live It!

Reflection:

1. Who is your tribe—those to whom you want to matter? Where do you find them?

2. What do you want to be known for in your work? In your personal life? In your volunteer work?

3. How do you want people to experience you?

4. How might you represent your brand in the words you choose to represent you? What feelings do you want to invoke?

5. How might you represent your brand in colors? How might you represent your brand in the clothing you wear?
Chapter 16
Golden Spiral

Reflection:


2. Go into nature and find your own examples of the golden spiral. They are everywhere. If you are able, bring an example home and add it to your nature shrine. Or take a photo and put it just inside your journal for a constant reminder that life is always evolving, growing, and expanding.

3. Your Spiraling Life Journey: Take out a large sheet of paper and a set of colorful pens. Draw a line horizontally across the center. On the bottom half of the sheet of paper, begin to draw the spirals in your life that have brought you to this point in your life—identifying the key milestones that have occurred. For example, you might have a spiral that is about college, another about getting married and having children, and yet another about that big job you first took, etc. The circles can be of varying sizes and the spiral can move upward or sideways. It’s your life journey that you’re mapping. As you near the horizontal line, know that you are beginning to cross into the future spirals of your life. Continue your spiral drawing onto the top half of the sheet, labeling the future milestones of your dreams.
At My Best, I Am

THE ESSENCE OF ME
I Am

PURPOSE STATEMENT
How I Am Meant to Matter

StrengthsFinder® Top 5 Strengths

Passion Threads

Values

360º Strengths Profile™