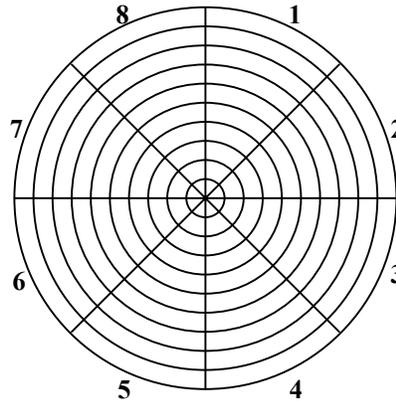


Life Circle

Consider each of the following eight areas of life. Rate your level of personal fulfillment in each one on a scale of 1 – 10. Then, starting from the center, fill in that many spaces in the corresponding section of the pie.

1. Career
2. Money
3. Health
4. Friends & Family
5. Romance
6. Personal Development
7. Recreation
8. Personal Environment

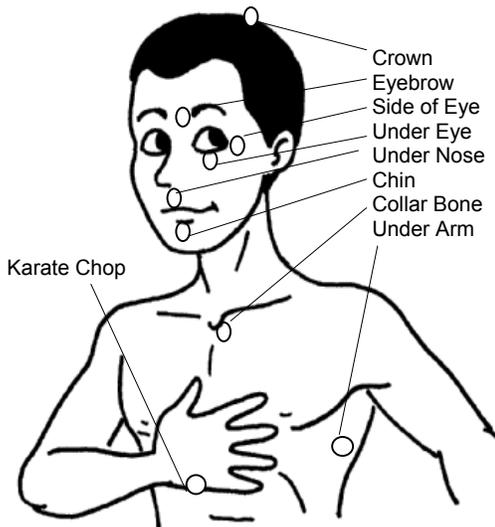


Identify a goal that will improve your fulfillment in any area of life. On a separate worksheet, use the following seven steps to write out the details of the goal.

1. State Specific Goal
2. Date To Be Completed
3. Obstacles To Achievement
4. People Needed
5. Skills/Knowledge Needed
6. Plan Of Action
7. "What's In It For Me?"

Then, take action! If you find yourself getting stuck, use EFT.

Emotional Freedom Technique™



For quick relief of emotional and/or physical discomfort:

Give the discomfort a name (*fear of public speaking, headache, anger at Bob, inability to take action, etc.*)– this will be your Reminder Phrase. Rate your discomfort on a scale of 0-10 so that you can monitor your progress with each issue.

1. The Setup: Repeat this affirmation three times: "*Even though I have this ____ (fear, pain, issue with Bob, etc.), I deeply and completely accept myself*" while continuously tapping the Karate Chop point.
2. The Sequence: Tap between 5 and 10 times on each of the following energy points while repeating the Reminder Phrase at each point:

Crown, eyebrow, side of eye, under eye, under nose, chin, collarbone, under arm.

3. Take a deep cleansing breath.

Repeat this process until significant relief is gained – preferably bringing the discomfort down to a zero. In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect that you are addressing the *remaining* problem: "*Even tough I still have this ____.*"

Tap with two fingers. You can tap on either side of the body, with either hand.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a Child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others."

- Marianne Williamson

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way."

- W.H. Murray

"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. ."

- Johann Wolfgang Von Goethe

