

Life Journal



Life Learning Center™

By:

Date:

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About the Author

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Transformational Permanent Change

TPC Definition: The permanent and radical altering of the course, direction, character, and appearance of one's life. To change from the inside out.

Hopefully, TPC for you will mean:

- That you will discover and take a new and radically altered course and direction for your life.
- That you will find yourself changed from the inside out. A new person.

Examples:

- A caterpillar transforming into a butterfly.
- A tadpole (pollywog) transforming into a frog.

My Hope for This Program:

What do I hope to gain from the Foundations for a Better Life Program?

Foundations Program Objectives

- Review your past, consider your present, and determine your future.
- Discover your and others' personality styles and how to use them to everyone's benefit.
- Identify your Values, discover your Purpose, create a Vision Board, and develop a Life Blueprint in each of the 5 life domain areas:
 1. Physical
 2. Emotional
 3. Relationships
 4. Financial
 5. Spiritual
- Work with your Candidate Support Coordinator to help achieve your goals.

“The recipe for perpetual ignorance is be satisfied with your opinions and content with your knowledge.”
Elbert Hubbard

Foundations: Starting the Journey

What am I thinking and feeling in this moment?

Your Commitment to TPC

7 Requirements for Transformational Permanent Change:

1. A whole-hearted desire and commitment to change

Wholehearted:

Diligent:

Notes:

Webster defines “win” as:

- To gain the victory in a contest: succeed
- To get possession of by effort
- To obtain by work: to earn

Webster defines “lose” as:

- To bring to destruction
- To fail to use or to let slip by, to waste
- To fail to win, gain, or obtain
- To fail to keep in sight or in mind

*From Webster’s New Collegiate Dictionary
1980*

- 2. Self-Discipline-** doing the things I don't want to do, so that I can do the things I need to do, when I want to do them.

Notes:

3. Positive thoughts, words, and actions

- Death and life are in the power of the tongue.
- You have what you say.
- That was a self-fulfilling prophecy.

Notes:

4. Self-confidence

Notes:

- 5. Planning** – gives you the steps to obtaining your goals and requires a realistic view of your expectations.

“Failing to plan is planning to fail.” -Alan Lakein

“Some people dream of worthy accomplishments while others stay awake and do them.” -Dr. Alan Zimmerman

“If fear tries to hold us back, we need to do it afraid.” -Joyce Meyer

Notes:

6. Action

- Planning without action is a waste of time.

Notes:

7. Consistent Perseverance

“When the world says, ‘Give up,’ hope whispers, ‘Try it one more time.’” -Author Unknown

“When you come to the end of your rope, tie a knot and hang on.” -Franklin Roosevelt

“Consider the postage stamp: its usefulness consists in the ability to stick to one thing till it gets there.” -Josh Billings

“The greatest oak was once a little nut who held its ground.” -Author Unknown

“Fall seven times, stand up eight.” -Japanese Proverb

“To be responsible is to be free. To give the first responsibility to somebody else is to be a prisoner.” -Osho

“Never give in, never give in, never; never; never; never – in nothing, great or small, large or petty – never give in except to convictions of honor and good sense.” -Winston Churchill

Notes:

Declaration:

“I have a wholehearted desire and commitment to change. I am self-disciplined. I speak like a winner. I have self-confidence. I plan and I take action. I am consistent, and I persevere – I never give up.”

Start Where You Stand

Start where you stand and never mind the past.
The past won't help you in beginning new,
If you have left it all behind at last
Why, that's enough, you're done with it, you're through;
This is another race that you have planned.
Don't give the vanished days a backward look,
Start where you stand.

The world won't care about your old defeats
If you can start anew and win success,
The future is your time and time is fleet
And there is much of work and strain and stress;
Forget the buried woes and dead despairs.
Here is a brand-new trial right at hand,
The future is for him who does and dares,
Start where you stand.

Old failures will not halt, old triumphs aid,
Today's the thing, tomorrow soon will be;
Get in the fight and face it unafraid
And leave the past to ancient history;
What has been, has been; yesterday is dead
And by it you are neither blessed nor banned,
Take courage, man, be brave and drive ahead,
Start where you stand.

By Berton Braley
From "*A Banjo at Armageddon*"
Copyright 1917
George H. Doran Co. Publisher

My First Impression

What is the first impression I believe I make when people see and/or talk to me? (Consider facial expression, gestures, and appearance).

What will I change to make the “right,” or better, first impression – the one I hope to make?

What I Learned about Myself During This Exercise.

“Clothes and manners do not make the man; but, when he is made, they greatly improve his appearance.”
Henry Ward Beecher

Different First Impressions

What first impression do you give the individuals in these various situations?

An Employer:

The Driver Who Cut You Off in Traffic:

A Grocery Store Clerk:

“You are the average of the five people you spend the most time with.”

Jim Rohn

First Impressions

Two things I will do to make a better first impression are:

1.

2.

Personality Styles: Success Hints

There are five hints for success. They are that most people:

1. Display a consistent personality style.
2. Behave in a way that makes sense to them.
3. Will behave in the future the way they behaved in the past.
4. Keep behaving the same way unless they recognize the need to change, are forced to change, or force themselves to change.
5. Interpret things in a way that may not be what was said or meant.

Me – We – They

Me: The better you understand yourself, the easier it is to make the right choices for yourself.

We: The better you understand the people who share the same personality as your own, the easier it is to get along with them.

They: The better you understand those with a different personality style from your own, the easier it is to:

- Communicate with them.
- Avoid problems.
- Find the win-win solutions to problems.
- Remember why they are acting or reacting to a situation, so you don't judge and make false assumptions.

From Spirit Seminars
Joe Schneider

Personality References



PERSONALITY PREFERENCES - Have fun and enjoy!

This is a simple quiz. You cannot fail it. Simply put a check mark next to every phrase listed below that you would use to describe yourself.

Name: _____ Friend: _____

BB

- I am fun to be with _____
- I am happy and carefree _____
- I like to meet people _____
- I make new friends easily _____
- I have an outgoing personality _____
- I find it easy to meet strangers _____
- I like being the center of attention _____
- I am very talkative _____

Total _____

RR

- I want to be in charge _____
- I want to win _____
- I like to take action _____
- I do what I want _____
- I will be the first to act _____
- I tend to tell others what to do _____
- I like to argue with others _____
- I am stubborn _____

Total _____

You _____ Friend _____ Bonus _____

TT

- I listen patiently to others _____
- I am willing to follow orders _____
- I am easygoing _____
- I am willing to go along with others _____
- I think of others before I decide _____
- I let others have what they want _____
- I like to help others _____
- I let others lead _____

Total _____

OO

- I do things right the first time _____
- I like to plan ahead _____
- I want things to be perfect _____
- I try to do my best _____
- I like doing things the right way _____
- I like to know the rules _____
- I think things through _____
- I am neat and orderly _____

Total _____

You _____ Friend _____ Bonus _____

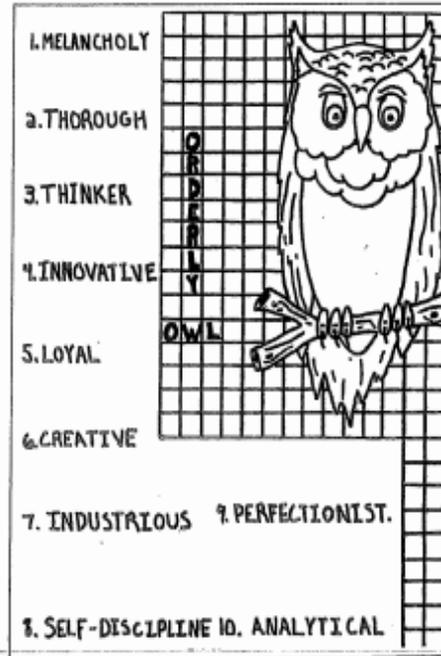
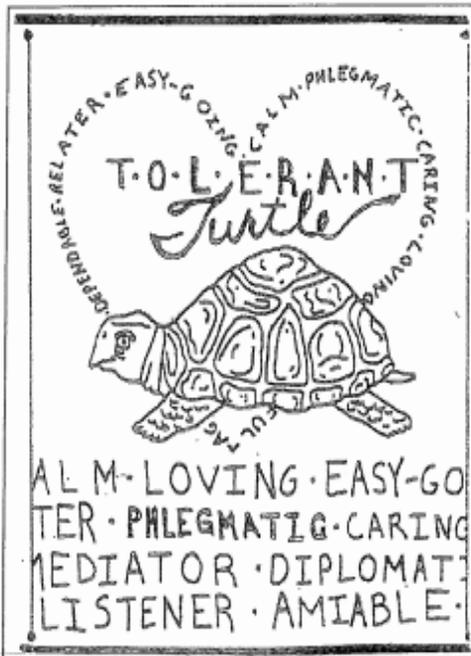


Life Learning Center

Personality Types

Personality Types

From Spirit Seminars, Joe Schneider



Fast Paced	
<p style="text-align: center;"><u>Bouncing Bumblebee</u></p> <p>Strengths: Ambitious, Animated, Cheerful, Compassionate, Dramatic, Enjoying, Entertaining, Enthusiastic, Excitable, Friendly, Fun-loving, Great Starter, Life of the Party, Optimistic, Outgoing, Persuasive, Stimulating, Talkative, Warm Emotionally</p> <p>Weaknesses: Can't Say No, Disorganized, Eager for Credit, Egotistical, Emotionally Unstable, Exaggerates, Fearful, Forgetful, Hot Tempered, Impatient, Lack for Direction, Loud, Manipulative, Reacting, Restless, Short Attention Span, Slow Finisher, Too Talkative, Undependable, Undisciplined, Weak-Willed</p> <p>Goal: Form alliances with others to make sure end results will be fun and enjoyable</p> <p>Priority: Have Fun</p> <p>Needs: Attention and praise</p> <p>Focus: Fun way</p> <p>Decision Making: Spontaneous</p> <p>Major Concern: Not having a good reputation</p> <p>Stress Behavior: Defensive and sarcastic</p> <p>Work Environment: Fun with flexibility</p>	<p style="text-align: center;"><u>Riveting Rhino</u></p> <p>Strengths: Adventurous, Confident, Decision-Making, Determined, Dynamic, Efficient, Energetic, Getting Things Done, Goal-Oriented, Independent, Leadership, Not Discouraged Easily, Optimistic, Practical, Productive, Self-Motivated, Strong-Willed, Worker</p> <p>Weaknesses: Angry and Sarcastic, Bossy, Controlling, Crafty, Cruel, Domineering, Don't Take Time to Enjoy Life, Harsh, Hot Tempered, Impatient, Inconsiderate, Inflexible, Lack of Compassion, Opinionated, Outspoken, Poor Listener, Pushy, Self-Sufficient, Tough, Unemotional, Unforgiving, Unsympathetic</p> <p>Goal: Overcome obstacles to make sure end results will be productive to ensure results</p> <p>Priority: Have control</p> <p>Needs: Achievement and recognition</p> <p>Focus: My way</p> <p>Decision Making: Decisive</p> <p>Major Concern: Loss of control</p> <p>Stress Behavior: Assertive, Pushy, Dictatorial</p> <p>Work Environment: Efficient with Autonomy</p>
People Oriented	Task Oriented
<p style="text-align: center;"><u>Tolerant Turtle</u></p> <p>Strengths: Agreeable, Calm and Relaxed, Caring, Conforming, Dependable, Diplomatic, Easy Going, Efficient, Good Listener, Good Under Pressure, Inoffensive, Loving, Mediator, Objective, Patient, Quiet/Whitty, Reliable, Respectful, Sensitive to Others Needs, Supportive, Understanding of Other People, Willing</p> <p>Weaknesses: Dependent, Eager to Rest, Fearful, Indecisive, Indifferent, Procrastinator, Selfish and Stubborn, Self-protective, Slow and Lazy, Spectator, Unassertive, Unenthusiastic, Unmotivated, Unsure</p> <p>Goal: Cooperate with others to make sure end results will please everyone</p> <p>Priority: Have peace</p> <p>Needs: Affirmation and respect</p> <p>Focus: Simple way</p> <p>Decision Making: Consider</p> <p>Major Concern: Confrontation</p> <p>Stress Behavior: Withdraw and comply</p> <p>Work Environment: Pleasant and Directed</p>	<p style="text-align: center;"><u>Orderly Owl</u></p> <p>Strengths: Accurate, Aesthetic, Analytical and Orderly, Deep and Purposeful, Dependable, Follow Through, Gifted, Independent, Industrious, Logical, Loyal and Faithful, Organized, Perfectionist, Persistent, Self-Sacrificing, Sensitive to Others, Thinker, Thorough</p> <p>Weaknesses: Critical, Deeply Emotional, Easily Offended, Easily Depressed, Impractical, Indecisive, Moody and Negative, Overcautious, Pessimistic, Picky, Procrastinator, Revengeful, Rigid, Self-Centered, Socially Insecure, Too Introspective, Too Theoretical</p> <p>Goal: Use existing information to make sure end results have quality and are accurate</p> <p>Priority: Have perfection</p> <p>Needs: Approval and order</p> <p>Focus: Proper way</p> <p>Decision Making: Deliberate</p> <p>Major Concern: Being wrong</p> <p>Stress Behavior: Withdrawal and resentment</p> <p>Work Environment: Precision and Detailed</p>
Slow Paced	

Shipwrecked

You are one of ten people who have been washed ashore on a small, deserted, South Pacific island that has few resources. Offshore, the wreckage of your ship can be seen on a reef. Along the beach, various items have floated in from the wreck. Suddenly, to your horror, the ship shifts, slides off the reef, and sinks.

You are now trapped on the island not knowing whether anyone has been able to get out the news to the outside world about your misfortune. You are now faced with the reality of having to spend a very long time on this island before being rescued. If you are to survive, it will be necessary for you to use your resources well.

The problem is that you can only save a few items but you're not sure how many. Your challenge is to prioritize which 15 items to save.

Directions

Part 1:

Individually complete the “**My Selection**” column, prioritizing the items from 1-15: 1 being the most important item to save, 15 being the least important.

Resources	My Selection	Group's Selection
Broken short wave radio		
Flare gun		
Canteen, parachute, & helmet		
Hunting knife		
Five yards of rope		
A coke bottle		
Six 8-foot planks, three large sheets of plywood		
A Trivial Pursuit game		
2 cases of water		
A variety of tropical birds in a cage		
A kettle		
A baseball bat		
A box of precious gold coins		
Three textbooks; physics, biology, geography		
A shovel		

Part 2:

As a group, complete the “**Group's Selection**” column, prioritizing the items from 1-15: 1 being the most important item to save, 15 being the least important.

ALL MEMBERS OF THE GROUP MUST AGREE.

Personality Style Facts

Most people:

- Display a consistent personality style.
- Behave the way that makes sense to them.
- Will behave in the future the way they have in the past.
- May not hear and understand what was said or meant.
- Will keep behaving the same way until they are forced to change

SWOO Analysis

Primary Personality Style:

Secondary Personality Style:

Strengths

- 1.
- 2.
- 3.
- 4.
- 5.

Weaknesses

- 1.
- 2.
- 3.
- 4.
- 5.

Opportunity for Change – Strengths

- 1.
- 2.
- 3.
- 4.
- 5.

Opportunity for Change – Weaknesses

- 1.
- 2.
- 3.
- 4.
- 5.

Foundations: Take-Away

What is the most important thing you've learned thus far during your Foundations classes?

Decisional Milestone - Starting the Journey

_____ I have the desire and have made the commitment to work through Transformational Permanent Change in my life.

_____ I am ready to commit to win.

_____ I am willing to come out of my comfort zone, challenge my assumptions, stretch, and grow – to embrace true life change.

_____ I know it won't be easy, but I won't give up.

_____ I own who I am and what I'll become.

Signature

Date

Letting Go of the Past

“Where we are today is the result of the experiences and thoughts we’ve had to date and the attitude we have adopted about them.”

Observations and Notes:

Objectives

- Explore your past to see how it has affected your present.
- Introduce “inner voice” and its impact on your thoughts and actions.
- Identify old barriers and wounds that have distorted your view of yourself.

*“The great thing in the world is not so much where we stand,
as in what direction we are moving.”*

Oliver Wendell Holmes

Negative/Positive Events Record

Negative Events	Positive Events

Attitude: The Past Quotes

“In the concentration camp, every circumstance conspires to make the prisoner lose his hold. All the familiar goals in life are snatched away. What alone remains is the last of human freedoms – the ability to choose one’s attitude in a given set of circumstances.”

Victor Frankl
Man’s Search for Meaning

“When I walked out of prison, my mission was to liberate the oppressed and the oppressor both. I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb.”

Nelson Mandela
Long Walk to Freedom

Saying a “Proper Good-bye”

What are some of the things that are holding you back or keeping you from letting go?

Consider things that:

- You’re still carrying around.
- You’re harboring guilt or resentment towards.
- Have happened or been done to you.
- Have been spoken to you or about you.
- Memories, events, or experiences that haunt you.
- Labels that may have been placed on you.

Proper Good-bye / Letting Go Quotes

“Proper good-byes lead to productive beginnings.” – Sarah Bowling

“You can’t be on your future if you are on your history.” – Dr. Laura Schlesinger

The Serenity Prayer

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

The Rest of the Serenity Prayer

Living one day at a time, enjoying one moment at a time, accepting hardships as the pathways to peace, taking as He did this world as it is, not as I would have it, trusting that He will make all things right as I surrender to His will that I may be reasonably happy in this life and supremely happy with Him forever.

Declaration:

I make a quality decision to leave my past behind, so I can live fully in my present and move capably on to my future ONE DAY AT A TIME.

*I can make changes, or I can make excuses,
but I can’t make both.* – LLC motto

*“Whether you think you can, or you think you can’t,
you’re right.”* – Henry Ford

Letting Go of the Past

Using your strips of paper, write down the negative memories, events, and/or experiences from your past, which have had the greatest impact on your life; barriers and burdens which you are still carrying today, that are stopping you from moving forward. Write one negative event on a single paper, setting each paper aside while you focus on writing each individual event.

Negative Thoughts

At This Moment in Time

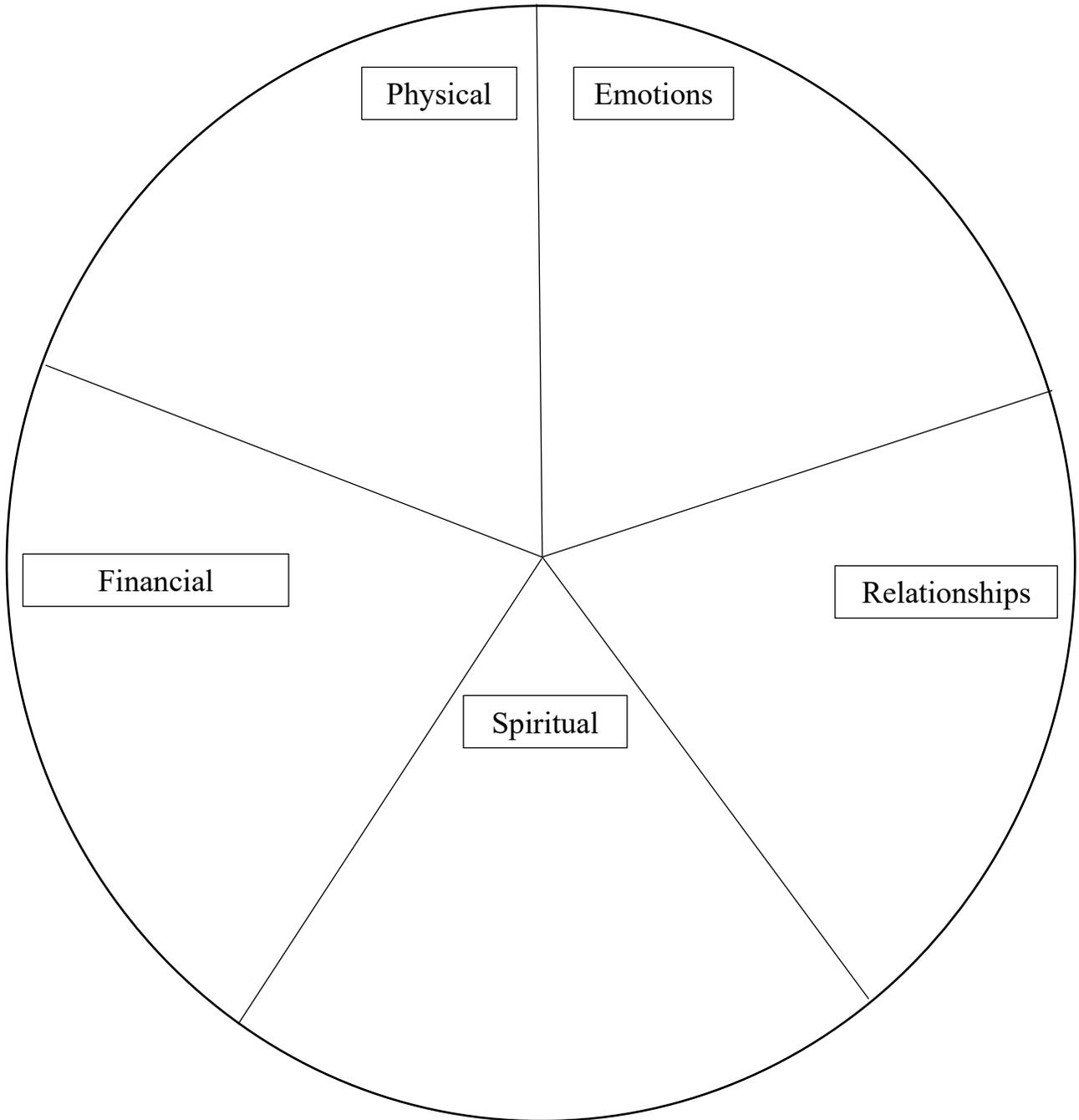
What you are feeling emotionally

The way your physical body feels

Thoughts that are running through your mind

“It’s one event in a lifetime of events.”
“What might have been does not exist. So, don’t even go there.”
“The last chapter has not yet been finished yet.”
Jan Silvious

Acknowledging the Present



Who Moved My Cheese?

“When you change what you believe, you change what you do.”

Notes:

How have my beliefs about myself changed since starting the LLC program?

What are some things that I will think and do differently as a result?

Who Moved My Cheese? (Continued)

The Journey of Loss

Denial –

Anger –

Bargaining –

Depression –

Acceptance –

The Journey of Gain

Adjust –

Imagine –

Action –

Progress –

Achievement –

The Handwriting on the Wall

1. The more important cheese is to you, the more you want to hold on to it.
2. Definition of insanity: Do the same things over and over expecting a different result.
3. Anticipate change. Smell the cheese often, so you know when it's getting old.
4. When you change what you believe, you change what you do.
5. Change happens. They keep moving the cheese.
6. Adapt to change quickly. The quicker you let go of the old cheese, the sooner you can enjoy the new cheese.
7. Enjoy change. Savor the adventure and enjoy the taste of new cheese.
8. Be ready to change quickly and enjoy it again. They keep moving the cheese!

Decisional Milestone – Acknowledging Past & Present

_____ I let go of the past and surrender the hold the past has on my future.

_____ I acknowledge and accept the present.

_____ I take responsibility for the whole me – including all of the choices I have made to date. I choose to move into the future, making the changes necessary to achieve my fullest potential.

_____ I will return for the next class prepared and eager for my next steps. I am doing this one day at a time.

Signature

Date

Bird's Nest Mentalities

Read each of the Bird's Nest Mentalities. Circle 3 to 5 of the mentalities that best describe your personal thoughts.

1. Lie: I can't possibly have a good future. Look at my past!
 - a. Truth –
 - b. Proof –

2. Lie: I am not smart enough. Someone needs to do it for me.
 - a. Truth –
 - b. Proof –

3. Lie: I can't take it if things are too hard.
 - a. Truth –
 - b. Proof –

4. Lie: I can't help it. My personality is to grumble and complain.
 - a. Truth –
 - b. Proof –

5. Lie: I deserve what I want, and I deserve it immediately.
 - a. Truth –
 - b. Proof –

6. Lie: It's not my fault.

a. Truth –

b. Proof –

7. Lie: My life is miserable.

a. Truth –

b. Proof –

8. Lie: I am not worthy.

a. Truth –

b. Proof –

9. Lie: Everyone else has it better than I do.

a. Truth –

b. Proof –

10. Lie: I'm going to do it my way or not at all.

a. Truth –

b. Proof –

11. Lie:

a. Truth –

b. Proof –

Choices

“Your life is the sum result of all the choices you make, both consciously and unconsciously. If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself.”

-Senator Robert Bennett
From his book

Gaining Control; Your key to Freedom and Success.
1989

Notes and Observations on Choices

Choices

Current State/Choice:

Alternate Choice 1:

Alternate Choice 2:

Everything Is a Choice

From the book "Rhythm of Life"
By Matthew Kelly

"Everything is a choice."

This is life's greatest truth and its hardest lesson. It is a great truth because it reminds us of our power, not power over others, but the often-untapped power to be ourselves and to live the life we have imagined.

It is a hard lesson because it causes us to realize that we have chosen the life we are living right now. It is perhaps frightening for us to think that we have chosen to live our life exactly as it is today. Frightening because we may not like what we find when we look at our lives. But it is also liberating, because we can now begin to choose what we will find when we look at our life in the tomorrows that lie un-lived before us. What will you see when you look at your life ten years from now? What will you choose?

Life is choices. You have chosen to live this day. You have chosen to read this article. You have chosen to live in a certain city. You have chosen to believe certain ideas. You choose the food you eat, the clothes you wear, and the thoughts you think. You choose to be calm or restless. You choose to feel appreciated or ungrateful. Love is a choice. Anger is a choice. Fear is a choice. Courage is a choice.

You choose. Sometimes we choose the-best-version-of-ourselves, and sometimes we choose a-second-rate-version-of-ourselves. Everything is a choice, and our choices echo throughout our lives...and into history...and on into eternity.

Most people never fully accept this truth. They spend their lives arguing for their weaknesses, complaining about their lot in life, or blaming other people for their weaknesses and their lot in life.

You may argue that you are forced to live in a certain city or drive a certain car, but it is not necessarily true. And if it is, it is true only temporarily and because of a choice you have made in the past. We choose our lives, and in doing so, we design our lives.

Some may say that we do not choose our circumstances. You'd be surprised. We have much more power over the circumstances of our lives than most men and women would ever admit. And even if circumstances are thrust upon us, we choose how to respond to these circumstances.

Perhaps one day we will realize that we have chosen much more than we have even imagined.

I hope that day is today.

For the day we accept that we have chosen to choose our choices is the day we cast off the shackles of victimhood and are set free to pursue the lives we were born to live. Learn to master the moment of decision and you will live a life uncommon.

Change & Growth Quotes

“Who I am today, the way I live today, the life I have today is a result of the choices I’ve made in the past.”

“Who I will be tomorrow, the way I will live tomorrow, the life I will have tomorrow is the result of the choices I make today.”

Stages of Change

1. **Pre-Contemplation** – Not considering change. Ignorance is bliss.
2. **Contemplation** – Thinking about change. Sitting on the fence.
3. **Preparation** – Some experience with change and trying to change further. Ready to act.
4. **Action** – Already taking action and practicing new behaviors. Beginning to see results.
5. **Maintenance** – Persevered and continued to sustain the new path. Possibility for additional changes.
6. **Relapse** – A setback has occurred. Persevere and start again.

What stage of change am I in for each of the 5 domains?

Physical:

Emotional:

Relationships:

Financial:

Spiritual:

“What the caterpillar calls the end of the world, the master calls a butterfly.”
Richard Bach

Types of Change

From Karin Syren, Soluschunz Coaching

Alteration

Exchange

Transformation

The Pearl Story

*Adapted from "A Woman's Guide to Healing from the Heartbreak of Divorce"
By Rose Sweet*

There once was a little Princess whose father was the King of a vast empire. The King loved his daughter very much. Every night, the King would come to tuck the little Princess into bed. After she said her prayers, the King always asked her, "Do you love me?"

She would answer, "Yes, Daddy, you know I do." It was their special bond.

The young princess also enjoyed going out with her mother, the Queen, to visit with the merchants and shop keepers who worked in the kingdom. One day, the princess visited a local toy store and absolutely fell in love with a plastic pearl necklace.

She asked the King and Queen to buy the necklace for her, but they declined, so she decided to save her money, work really hard, and buy it herself. She asked to do extra jobs around the castle so she could earn money. She saved the pennies she saw on the road, and she even collected aluminum and plastic to turn in at Sovereign Realm Recycling Center. It took a while, but she finally had enough money to buy the necklace with her own money. She was very proud of herself, and very happy to finally have the lovely plastic necklace she had worked so hard to get.

As usual, every night, the King would come to tuck the little Princess into bed. After she said her prayers, the King always asked her, "Do you love me?"

She would answer, "Yes, Daddy, you know I do."

Then, he would ask, "Will you give me your pearls?"

She would think about it briefly but always answered, "No, I really like them, and I worked hard for them, so I'm going to keep them."

This went on each night for quite some time. And, as always, after praying together, her Daddy would ask her, "Do you love me?"

And, as always, she would answer, "Yes, you know I do."

And, like every night, her Daddy would ask her if she would give him her pearls. And, each night she said, "No, I really, really like them and I worked hard for them, so I'm going to keep them."

Finally, after some time, the little Princess realized that she loved her Daddy more than the plastic pearls she had worked so hard to buy. So, one night, when her Daddy asked, "Do you love me?" She replied her usual way, "Yes, Daddy, you know I do."

But this night, when he asked her, "Will you give me your pearls?" She answered, "Yes" and she gave them to her Daddy.

With that, her Daddy reached into his pocket and pulled out a beautiful box. In that box was a necklace made of a strand of the world's finest pearls. He exchanged the Princess' necklace of cheap, plastic pearls with a genuine pearl necklace of immeasurable value.

As the King fastened the pearls around her neck, he said, "My daughter, you have learned a valuable lesson this day."

Widow's Holiday Letter

Dear Family and Friends,

It's the eve of a brand-new year. I've done things very differently since August. Not that I intended to do so, but I found it was necessary to make some major changes and form new habits. None of the old ones were working for me anymore. It's amazing how much of my world revolved around my husband and the life we had. Without realizing it, I took our life for granted. I made an incorrect assumption that we would continue the way we were for another 30 or 40 years (give or take). So, I never made a contingency plan – one that included how to live alone. The past 5 months have been spent learning how to live independently.

Up to that August day, I could not truly understand the depth of pain a person can go through and still survive. I was in a fog that included things like not remembering to shut the garage door before going to work, or leaving the doors unlocked all night, or forgetting appointments.

A few weeks after my husband's passing, I realized I needed a reason to get out of bed in the morning. All I wanted to do was stay under the covers and not come out until life was worth living again. So, I went to the animal shelter and let the right puppy choose me as her new owner. She starts barking at 5:30 a.m. and is the reason – along with prayer and friends that never stopped calling, writing, or showing up on my doorstep just when I needed them —that I was able to get past hiding in bed.

Lately, with lots of anguish, and strength that can only come from God, I have managed to let go of his car and I've cleaned out his closet and the garage. It's bizarre to think that removing his things from our home could make such a difference, but as hard as it was to part from those things, it has helped me heal and prepares me to move on. Now, I park in the middle of the garage, sleep in the middle of the bed, and get ready to sell the house. I'll do a major downsizing and way-of-living change.

At first, I thought leaving this house would be very difficult. After all, I have lots of memories here. Then, one evening, I needed a sweater from the storage closet in the basement. I hadn't been down there in months. At the bottom of the stairs I stepped into water. A small water line that brought water to the ice maker in the fridge had broken – obviously some time before – and the basement was FLOODED! Water was gushing out of the ceiling and the drywall was coming off the walls. I admit I panicked. Where on earth was the water shut off valve?

Then I got angry – if he was here this would never have happened! He would have been watching TV in the family room and he would have noticed the water right away. Besides that, he would know what to do RIGHT NOW. I most certainly didn't! I felt very alone and

terribly inept. Then, I got angry again – only I got mad at myself this time for not knowing the things I should know about home ownership, like where the water shut off valve was and how to clean up and fix the mess!

The same week as the FLOOD, my clothes dryer quit, I got food poisoning that caused me to throw up all over my car at 65 MPH (not pretty, and quite aromatic), and the light fixture in my closet broke (not the light bulb, the fixture itself).

I realized I had some choices to make. Either I could let all of these things really send me over the edge or I could choose to do what I needed to do and get on with my life. As hard as it was, I figured it out. I learned that I can be independent. I can take my clothes to the Laundromat. I can clean up icky, stinky stuff all over the inside of my car at 12:30 a.m. and I can move out of this house. My husband is gone from here. So are all of his things. I realized that he is truly no longer in this place and this place is not him. No matter where I live, I will still remember him, I will still miss him, and I will still love him. He is still as much a part of me as he always was. He's just in a far better place.

The old year is ending and along with it, a chapter in the book of my life has been completed. While this year was a year of endings and changes, next year promises to be a year of new beginnings. I find that as I prepare to move into the New Year, I'm pressing forward, leaning into the sorrow, and getting through the pain. There have been lots of tears (with more to come to be sure), but many smiles, as well, for the wonderful memories of the life we shared. I'm choosing to move forward.

Change as a Bridge

Where you are

Where you want to be



The Bridge
(change)

Values

According to Webster's Dictionary, values are principles, standards, or qualities considered inherently worthwhile or desirable.

Values are:

- A source of strength because they give you the power to take action.
- Deep and emotional and often unconscious.
- Difficult to change but can and do over time.
- Guiding forces in life and in work performance.
- Oftentimes called Guiding Principles.
- Meant to be energizing, motivating, and inspiring – spurring you to great achievements.

Questions to ask about values:

- What do I stand for?
- How do I treat others?
- What do I mean by ethical behavior?
- What values are the most important to me?
- How do I want to be seen by others?

Personal values provide an important bridge to work values. Personal values are real in that they help guide people's behavior.

"It's not hard to make decisions when you know what your values are."
Roy Disney

Values and Behaviors

Value:

Definition:

Behaviors:

-
-
-
-

Value:

Definition:

Behaviors:

-
-
-
-

Value:

Definition:

Behaviors:

-
-
-
-

Value:

Definition:

Behaviors:

-
-
-
-

Priorities, Vision, Changes

Domain	Top 3 Priorities	Vision	Changes Needed
Physical	1		
	2		
	3		
Emotional	1		
	2		
	3		
Relationships	1		
	2		
	3		
Financial	1		
	2		
	3		
Spiritual	1		
	2		
	3		

Purpose Statement

Your Purpose is the reason you are here on this earth.

Your purpose statement:

- Guides the way you live.
- Is an expression of passions, talents, values, and code of ethics.
- Becomes the criteria by which you measure everything else in life.
- Defines who you are and how you will live.

Who Am I?

Two of my strengths, gifts, talents, etc.:

- 1.
- 2.

My top 3 Values:

- 1.
- 2.
- 3.

What I am passionate about:

What I hope to accomplish in life:

Creating My Purpose Statement

Purpose Statement Template:

My purpose is to use my **(2 values, strengths, gifts, talents, etc.)**, and my **(passion)** to **(what I hope to accomplish in life)**.

Purpose Statement First Draft:

My purpose is to use my _____, _____, and my passion for _____, to _____.

Final Purpose Statement:

My purpose is to use my _____, _____, and my passion for _____, to _____.

Purpose Statement Examples:

My purpose is to use my empathy, interpersonal communication, and passion for youth to inspire change through teaching and coaching.

My purpose is to use my spontaneity, creativity, and passion for travel to experience all that the world has to offer.

My purpose is to use my compassion, optimism, and passion for humanity to cultivate a sense of belonging among those around me.

Purpose, Vision, Goals, and Change

Purpose

Your purpose is why you're here, how you choose to live your life, and what you stand for.

Gifts and talents

Don't typically change; are with you from birth.

Values

Principles, standards, or qualities considered inherently worthwhile or desirable. Your values may change as you learn and grow.

Goals

Come into play once you've established your purpose and defined a clear vision for your life. Goals are the road map or blueprint for how you achieve your life's purpose.

Change

Typically requires new people, places, and things.

*"We can't change the past. But we can change our future
by choosing to change our present."*

The LLC

"What serves a man is to take a step. Then another step."

Antoine De Saint-Exupery

"You don't have to see the whole staircase, just take the first step."

Martin Luther King, Jr.

"One may walk over the highest mountain one step at a time."

John Wanamaker

Creating a Vision Board

Step 1: Write your Vision

See Life Journal page 55 “Priorities, Vision, Changes” and capture your Vision for each of the 5 domains of life.

Step 2: Draw 5 sections on the board for each domain of life

Use pencil to sketch and label a section for each of the 5 domains:

1. Physical
2. Emotional
3. Relationships
4. Financial
5. Spiritual

Step 3: Choose images and words to represent your Vision

Use materials such as photos, magazine clippings, and drawings to personalize your Vision for each of the 5 domains.

Action Plan: First Things First

Physical Domain– First Action Step:

Emotional Domain– First Action Step:

Relationships Domain– First Action Step:

Financial Domain– First Action Step:

Spiritual Domain– First Action Step:

Commitment, Self-Discipline, Perseverance

Commitment:

- Defined as loyalty or pledge to something; a promise to one's self for personal growth.
- A key attribute that you need to stay focused on your goals.
- Commitment is a lifestyle. It's not just "trying." It's "doing."

Self-discipline:

- Defined as the "correction or regulation of oneself for the sake of self-improvement."
- Requires self-control.

Perseverance:

- Defined as persisting in spite of counter influences, opposition, or discouragement.
- It's what you do when it's easy and when it's hard. When it's going well and when it isn't. When people are on your side and when they are not. When you have to make tough decisions between something you've always done and something that you need to change in order to get to what you envision for yourself.

Facing Commitment:

Am I **committed** to seeing my purpose and my visions become a reality?

Will I be **self-disciplined** in putting thoughts and visions into action to fulfill my purpose?

Will I **persevere** when times are tough, and I want to give up?

You Must Not Quit

When things go wrong, as they sometimes will,
And the road you're trudging seems uphill,
When funds are low, and debts are high,
And you want to smile, but you have to sigh,
When life is pressing you down a bit,
Rest if you must, but don't you quit.

Life is trivial with its twists and turns,
As every one of us sometimes learns,
And many a person turns about,
When they might have won and had they stuck it out,
Don't give up though the pace is slow –
You may succeed with another blow.

Often the struggler has given up,
When he might have captured the victor's cup;
And he learned too late, when the night came down,
How close he was to the victor's crown.
Success is failure turned inside out –
So, stick to the fight when you're hardest hit,
And when things go worst, that's when **you must not quit.**

