

The Commitment to Yourself:

Diving into an awareness of any views of "Life Happening to Me":

"I am willing to look at and let go of seeing other people and circumstances as obstacles and impediments to getting what I most want."

Opening to a new experience of Life happening "By Me", "Through Me", and "As Me":

"I commit to seeing all people and circumstances as allies that are perfectly suited to help me experience the most important things for my personal awareness and freedom."

The Big Question:

If the Universe were using some person or situation as a perfect experience to help me shift and change, how is my personal awareness and freedom expanding around areas that have seemed stagnant, stuck, or repeating patterns in my life?

Additional questions to help shift perspective in seeing every person and situation as an ally in experiencing life:

Before you start working with these introspective questions, first check in with yourself and ask this question:

"Would I be willing to see this person and these circumstances as an ally for me opening my awareness more about life?"

Your willingness is essential for any shifts to occur. If yes . . . then continue, and as you are journaling here, note the questions in the exercise that have the highest emotional qualities (expansive and/or contractive) and what those emotions are.

1. What is it that I could not have experienced without this person/circumstance?

2. What part of this am I most resistant to? Can I see that this is true about me? Am I willing to welcome/love that part in myself?

3. What is my biggest judgment about the way it is? Am I willing to see that the opposite of my judgment is as true or truer?

4. How is this person or circumstance helping me face something that I have been unwilling to acknowledge or face?

Opportunities are always presenting themselves . . . the Universe is inviting you to pay attention to your own body wisdom:

- Is there is something you are ready to face in experiencing more personal freedom and awareness?
- Is forgiveness wanting to open - for yourself or someone else?
- Is there an unhealthy pattern or habit you are ready to end?
- Are there are judgements you are ready to release?

5. What quality could not have been developed in me without this person/circumstance?

6. How is the Universe using this person or situation to give me feedback?

7. How is this in service to my growth?

Opportunities are always presenting themselves . . . the Universe is inviting you to pay attention to your own body wisdom:

- Are you ready to expand the possibility of who you can be and know your true self better?
- Are you uncovering an area where you are resisting life; mentally, physically, emotionally, or spiritually?
- Are you developing clarity on what you desire and what you do not desire in your life experience?
- Are there some unexpressed emotions you ready to acknowledge, feel and flow through?

8. What part of me is this bringing forward to welcome, honor, accept, or love?

9. In twenty years (or two), what will I say I gained in awareness about myself or life from this?

10. In twenty years (or two), what about this will I be grateful for?

Need help? Want to dive in further?

Free Coaching Breakthrough

Regular Appointment

INFORMATION ABOUT EMOTIONS:

ANGER is the energy of change: Something is not, or is no longer, of service or aligned, and must be changed or destroyed so that something more beneficial can replace it. A boundary needs to be set or an existing one is being violated.

FEAR is the body's way of saying, "Wake up!": Something important needs to be known or something is not being faced.

SADNESS is the energy of loss: Something needs to be let go of, said goodbye to, moved on from.

JOY is the energy of celebration: Something needs to be celebrated, appreciated, or laughed at, or someone needs to be patted on the back.

ANTICIPATION is the energy of creativity and creation. Something new wants to be birthed, to be created, to come into the world.

Adopted from "The 15 Commitments of Conscious Leadership"
Jim Dethmer, Diana Chapman, Kaley Klemp