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*Awaken to Wholeness:  
Exploring some Great Ways to Support your own  
Awakening!*

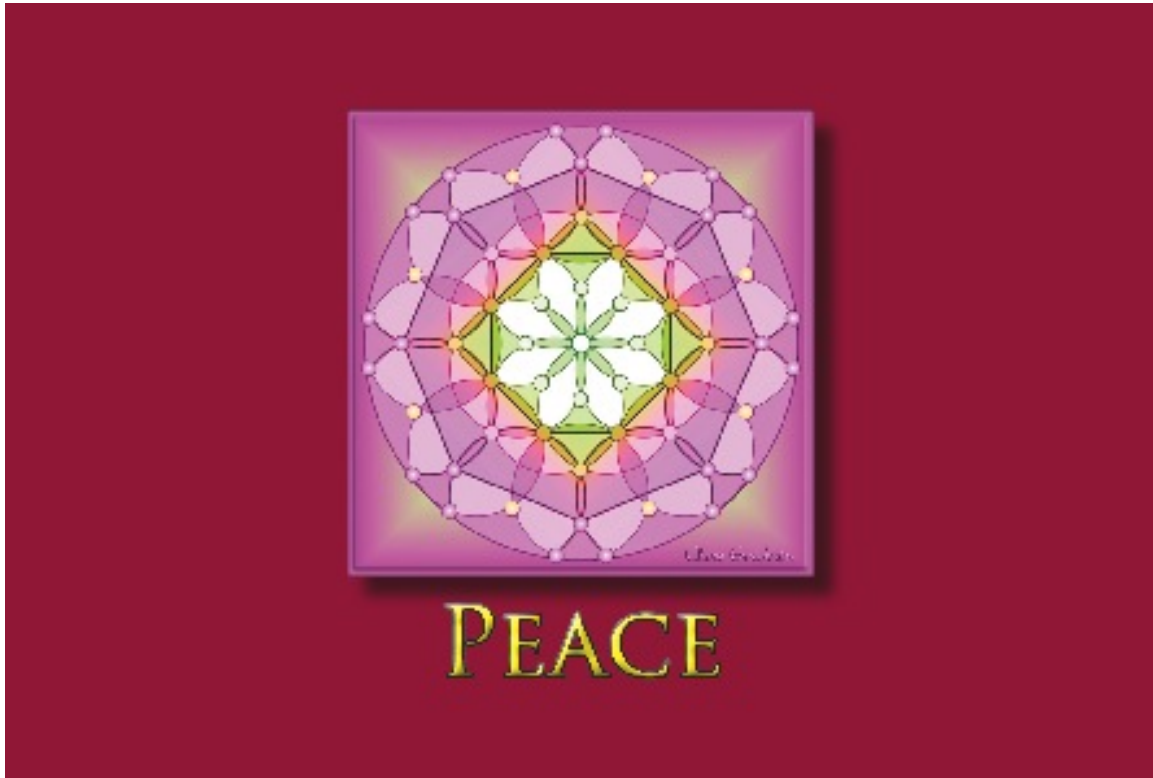
(with exercises and readings!)

offered by:

**The Will to Grow,  
Transformational Life Coaching  
The Synthesis Center**

(A Nationally Certified Life Coach Training)

*Please enjoy this psychosynthesis booklet, and visit our [website](#) if you are inclined to dig a little deeper!*



"From a still wider and more comprehensive point of view, universal life itself appears to us as a struggle between multiplicity and unity- a labor and an aspiration towards union. We seem to sense that... the Spirit working upon and within all creation is shaping it into order, harmony and beauty, uniting all beings with each other through links of love, achieving- slowly and silently, but powerfully and irresistibly *the supreme synthesis*."

**Roberto Assagioli, founder of psychosynthesis**

## **#1 Playing with the Big Question**

In this 5 minute Exercise, you'll ask the biggest questions and the answer (at least in part) will be right there! ENJOY!

- Take 2 minutes (no more) to write a sentence or two about one meaningful thing that happened to you this week. Big or small, stopping to smell a rose or finding true love... no difference.
  
- From that one instance (without thinking about everything else you know) write a one liner about the meaning of life! (no more than 2 minutes on this one either!)
  
- In one minute, extract the meaning of YOUR life from the above. Write it down.

*This may not be the whole truth, but let yourself notice how much truth, about you and the purpose, meaning and values in YOUR life, is revealed.*

## #2 YES!

by Dorothy Firman, Ed. D, BCC, director of training

We've all heard the oft repeated phrase, "Just say no". It's been used to respond to drugs, food, or even other people—a way of making boundaries. But there's a real invitation in the opposite phrase... just say yes. As a country we've just done that in a way that many of us would never have imagined possible. We've said yes to something new, something hopeful, something larger: a possibility. "Yes, we can" has mobilized us towards the possibility of being a better country, better people.

Saying yes to possibility is a gift we need to accept. Held back by fear or comfort, we say no. Unsure of ourselves, we turn away. Lacking confidence, we stay put. But just saying yes, to some of the many invitations that we are presented with every day, allows the unfolding of possibility: that possibility of being better, more of who we truly are. Saying yes to the call of Self is our single most important piece of work.

In the busy pace of life, it is hard to even hear the invitation, let alone take time to respond. And the invitation comes frequently. Not in a stamped envelope, but in the passing awareness of a Call, the still small voice, the synchronicity, the sudden open door. It may be the tweak of conscience or the sudden sight of a bird. The invitation may come in Technicolor: ***Do this now!*** More likely it comes quietly, without demand, without consequences, without a promise of reward or a threat of punishment. The invitation comes because it is from our Self to our self. There is no one to judge us for responding or not. But somewhere in us, we know, when we hear the invitation that we want to say yes. We want to, from deep inside us.

Did I write that letter that I wanted to, to a friend in need? Have I slowed down to smell the roses... or in New England to appreciate, not complain about, the snow? Have I remembered to tell my husband, my kids, my parents that I love them? Did I take time to pat the dog? Have I laughed? Have I cried? When was the last time I read a poem?

The invitations are small ones. We aren't likely asked to save the world. But we are asked, every day, to be true to ourselves. This is the invitation to which we just say yes.

### **#3 The Call of Self: Listening for Your Own Inner Guidance**

If you think about the call of Self as a way of knowing who you are being invited to become... in any minute, then the process is about listening to that call and learning to differentiate it from “shoulds”, outer voices, old messages, etc. Here are some questions and themes that will help you know what your Call is. Having found the Meaning of Your Life (at least a bit of it), these questions will help keep you tuned in!

- *What do you truly want?*
- *How would you like to live your life in harmony with your inner vision?*
- *What qualities do you feel connected to in the world?*
- *How do you know when you are happy or contented?*
- *What has meaning for you?*
- *What do you value?*
- *At the end of your life, what will have been important to you?*
- *What specific callings do you hear now? Personally? Professionally? Spiritually? In specific areas?*

***Add your own questions:***



# ENTHUSIASM

*As a rule, we live life more or less as it comes. Yet the business of living is in reality an art and should be the greatest of all the arts.*

Roberto Assagioli, founder of psychosynthesis

## **#4 Choice For Change**

The only constant, they say, is change! The art of personal growth is making changes that invite greater wholeness, authenticity and personal well-being. Life makes that a challenge, but we can always change. We can always choose towards our own growth.

1. *Think of a situation in your life that doesn't work as well as you'd like. Describe it.*
2. *How would you like this situation to be different?*
3. *Why is it important that you change this situation?*
4. *If it were different, how would your life be better, more satisfying?*
5. *How do you create, promote, or allow this situation to exist? What do you do to keep this situation going? What is your responsibility?*
6. *How could you change to improve this situation? In Inner Ways? Attitude/thoughts/beliefs/expectation/demands/desires/fantasy/ In Outer Ways? Behavior/action.*
7. *Would the improved situation be worth the required change?*  
*In what ways, Yes? In what ways, No?*
8. *What do you need to do, specifically, to create this change? Plan of action – step by step.*
9. *Do you choose to change (or take the first steps toward change)? Experience the choice – stay inside – what is that like?*

*If yes, what affirmation can you make to support this choice? If no, is there another choice you want to make? If no, are you willing to let it be OK not to change at this time?*

## #5 CONFIDENCE

By Jon Schottland, MA, BCC, president of the Synthesis Center

According to the dictionary, CONFIDENCE is "the feeling of being certain that something will happen or that something is true." A river flows downhill, the sun rises in the east, apple blossoms bloom in spring. Imagine the Self, too, in this light, with a confidence in the unfolding path of your life. In this very moment, "you" are happening and "you" are true.



### Like a River to the Sea

CONFIDENCE, as scientists and oddsmakers know, traditionally refers to whether or not we believe a particular outcome will occur. These outcomes matter to us, no doubt about it. Hosting a dinner party, we all would rather serve a delicious meal than one that is burnt or unappetizing. We delight in a job performance that results in a year end bonus. A peace agreement that resolves a conflict between warring factions is a great relief and achievement. It is natural and healthy to work towards positive, life affirming outcomes for ourselves and in the world.

But there is another way to look at confidence that has little to do with outcomes. This is a confidence that arises when we let go of the content and our



preferences, moving beyond what we wished would happen and embracing life and our world as it is actually unfolding. It is an experience of radical acceptance that is open and receptive to the truth of the present moment, whether we can bend it to our desires or not. This is an inclusive, holistic view of confidence that transcends dualities, that holds both winning and losing, success and failure, desires and aversions. The source of such confidence springs from connecting with the flow of life, like a sea seeking river trusting its course.

### **Zig-Zag**

In the town where I live, there is a wonderful theater company whose actors are mostly children and young adults with significant disabilities. Some are unable to walk, a few cannot speak or hear, still others have emotional or cognitive challenges. You might wonder how such a theater troupe would be able to tackle "The Lion King" or "Charlotte's Web", yet many times I have attended their public performances to sold out audiences who cheer and cry and stomp their feet!

Here is their secret: the theater directors understand and accept the old adage that the best laid plans often go astray. They might think and plan for a scene to go in one direction, but then something completely different happens based on what a particular group of actors is capable of delivering on any given day. They are not sure exactly what will unfold; the only certainty is that *something* will happen! Then they "flow with the go", to turn a phrase around.

One day at the theater I noticed the two directors getting somewhat exasperated as the rehearsal grew quite chaotic and unsettled. Then one looked to the other with a gleam in her eye and said "zig-zag!" This was their code word: time to recognize that while we might want things to go "zig", sometimes they will go "zag". Immediately a feeling of confidence and surety returned to the stage and the play once again surged back to life.

### **The "X" Factor**

When people report a feeling of confidence, usually what they mean is that they feel capable, well prepared, focused, and connected. Whether taking an exam, playing in the Super Bowl, getting married, or giving a presentation at work, confidence has much to do with an internal feeling of readiness. We cannot always predict for sure exactly how things will turn out; that's why they play the game, even when one team is a heavy favorite to win. And in large part it's what keeps life interesting! The uncertainty of outcomes transports us back to the present moment, where our choices and actions truly matter and can influence the outcome. Perhaps that's a useful way to think about confidence: the sense that we can *influence* the outcome if we call on all our resources and make our best effort.

In psychosynthesis, the "x" factor when it comes to confidence is the discovery and cultivation of the will. Assagioli referred to the will as "the cinderella of psychology". It is also the wellspring of confidence. No doubt you have heard the

old cliché, "If at first you don't succeed, try, try again." Cliches, though they may sound corny, usually contain at least a kernel of wisdom. The child learning to ride a bicycle who falls off on her first attempt and then gets back in the saddle is exercising her will. Confidence grows through persistence and perseverance, two attributes of a strong will.

Yet the will must be not only strong but skillful. The child on the bike may need training wheels at first to gain a sense of balance and certainly a helmet so she will not be gravely injured. It is the thoughtful and strategic use of the will that contributes to a sense of confidence that we are on a path that will produce positive results over time. The Titanic was a strong and powerful ship, but without skillful navigation she could not arrive successfully at the destination.

The third aspect of the will that is essential to inspire confidence is the good will. Employees or team members who perceive that their leader possesses good will, that he takes into consideration not only his own interests but the needs of the larger group, develop a deeper sense of trust and solidarity. Their confidence level goes up as they invest more of themselves, go the extra mile, in service of the team's goals. Conversely, governments will sometimes take a "no confidence" vote when they believe their leader has a will that is not sufficiently strong, skillful and good.

### **"I am"**

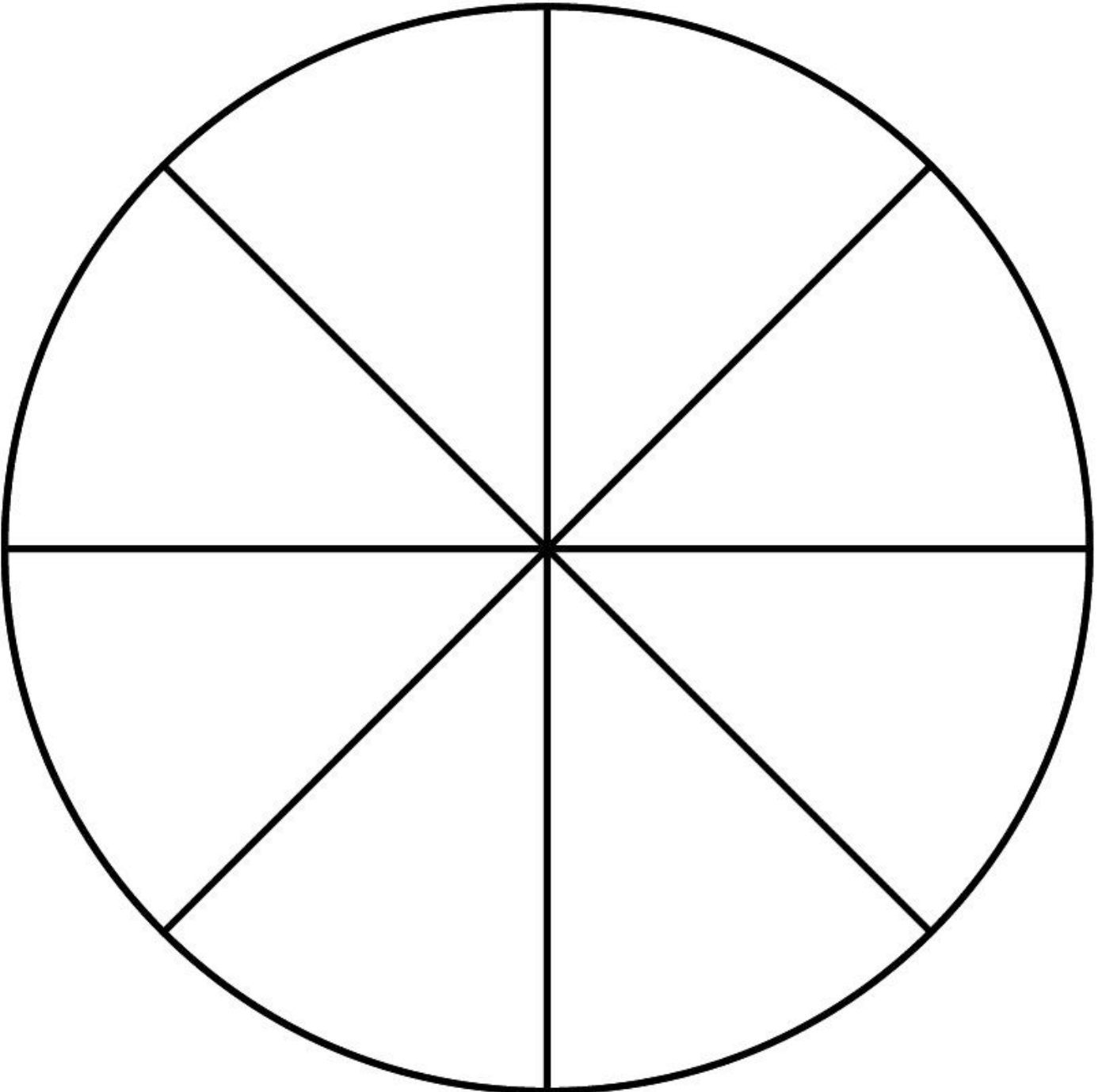
The practice of psychosynthesis helps us move more fluidly back and forth between "content" (including our preferences and desired outcomes) and a core self that is "content-less". Ram Dass, among others, has described this core self simply and succinctly in *Grist for the Mill*: "The one you are looking for is the one who is looking." It is the observer or witness, the "I" at the center of our life who is always there experiencing the content.

As we discover "I" or self in psychosynthesis, there is a kind of confidence in the experience of self that is distinct from any particular content or outcomes. This is the confidence to live a human life with all that it entails: embracing our vulnerability, the light and the darkness, the great mystery of it all. Think of it as a figure-ground shift, where our confidence is not exclusively tied to events but rather to an internal sense of being. It is borne not of swagger or success, but rather a profound trust and alignment with the very process of self and life unfolding.

This is important because the truth is that some days we will have our way with the world, and other days the world will have its way with us. The content and outcomes are variable, the story of our lives changes from year to year, and still this sense of "I am" persists through a lifetime. Somewhere out beyond a self-confidence derived from our ability, talents and skills, we can begin to discern also a confidence in the self, expressing its life force as sure as the young plant grows irresistibly up through the crack in the sidewalk, seeking its day in the sun.

## #6 Circle of My Life

Choosing your own themes, name each section and fill in with words, colors or pictures, whatever is important for you in visualizing the circle of your life. Some typical sections might include: career, physicality, fun or play, personal growth, relationships, friends, health, money, spirituality, service, space, family. Make yours specific to your values and needs and use this circle to help you create balance!



## #7 Life on Purpose

by Dorothy Firman

Lots of life feels like an accident, from the actual accident—car crash, lost wallet, third child—to the choices we thought we'd made that were going to work and somehow seemed not to. "*Accidents, accidents, all accidents*" cried the terrible toy breakers." (McPhail, (1980) *Those Terrible Toy Breakers*). I haven't read that book to a child since my youngest was young. He's 24 now, in Las Vegas. I wonder if that's an accident. Or an accident waiting to happen. But, boy the refrain sings around like an old friend. So comforting, so blameless, so.... Not true!

In spite of the accidents, big and small, much of life is right in front of us, ready for a purposeful decision. Is it tofu or a burger, a smile or a frown, a left turn or a right? I'm pushing an edge that I've been working with for the 40 years I've been an adult and the 35 years I've been in the field of psychology. The edge is living on purpose/living in purpose/living with purpose/living purposefully... Hard to find the right words.

But what works about this edge I'm walking is that the world looks different to me. I can feel impulses arise (I really do want a milkshake, now) and I am aware. I notice rising feelings (!\*!\*!\*) and my mouth doesn't open, until I choose it. I have thoughts and pay attention to some of them and ask others quietly to go away. And, on a good day, in an easy way, whatever arises finds itself in line with deeper values and that which is more important rises higher and that which is less important fades. Important does NOT mean what's on the list, the shoulds, the never ending 24/7 gobbling up of our time. What's important is what is valuable. What's important is what makes my life meaningful. What's important is the purpose of my life or my life of purpose.

So, what is one to do to support a life of meaning, purpose and values: a life that leaves us feeling, at the end of the day, like it's been a good enough day, we've been good enough people, we've lived in line with our values and have little to apologize for?

For today, I'd simply suggest some of the most obvious things... and the most easily forgotten. There's plenty of research to back up most common wisdom, but research is rarely compelling. What is compelling, for most of us, is the experience of feeling whole. Not perfect, not done, just whole in the moment. We know that moment because, in it, we are nowhere else. Where do you find yourself quieted of doubt or self-talk? What makes you smile... or cry in a way that feels resonant? Take a day and notice... peace, quiet, joy, caring, beauty, sweetness, love, curiosity and any other words that bring a little bit of spark to your consciousness. Those experiences are there everyday. Instead of the two-second glance at the first tulip, give it thirty seconds. Instead of the superficial hug or handshake, feel yourself and the other person in that touch. Instead of a meal gulped down, one savored. Instead of loud inner voices, quieted ones. Try it, you'll like it. And a little goes a long way.

**#8 Questions That Evoke Purpose & Will**

When thinking about your life, your hopes and dreams and your problems, questions such as these may engage a different area of the brain than asking “What's wrong?” which will tend to elicit a well-practiced mental list of problems, shortcomings and failures. “What do you want?” on the other hand, invites you to explore alternative ways of seeing and working with your problems and goals and elicits a sense of personal agency. This process accesses the will. Enjoy!

- What do you want? now? in life? in the next weeks or months?
- What do you see as the purpose of your life at this moment?
- What are your goals? Future visions? Intentions?
- What is your next step?
- What is possible for you right now in your life?
- What works?
- What quality or qualities would be most beneficial to you at present (hope, patience, courage, etc.)?
- What resources do you have to help? (inner and outer)
- What would you like to accomplish? What goals do you have?
- What would your life be or feel like without the problem?
- What are your hopes? dreams, etc.?
- Who/what do you value? admire?
- What do you believe in?
- What has meaning?
- What choices are you ready to make?

## #9 At the Choice Point by Dorothy Firman

We all make resolutions, promises to our selves, to do lists, but often these “goals” get no further than that. Some voice in us tells us we should make that list, do that thing, be better and stick to it, whatever it is. But, as we know, every *should* invites a rebellious, resistant or defeated response. Whoever, in our inner cast of characters, got tromped on in our list of *shoulds* will live to rise again. And the cycle of good intentions and failed outcomes goes on.

Who among us isn't tired of the many *shoulds*? They aren't good for the soul. Now there are helpful words we might use to convey the inner importance of a choice. I must, I shall, I will, I am committed to.... But most of the choices we make that feel deeply true and important don't need much in the way of words. Still, it is a piece of work to figure out who in us gets to make decisions and whether the rest of us will honor those decisions. This *act of will* can be supported by some fairly simple strategies.

*Will* is a different beast than *should*. It is, at best, the direct response to our experience of being centered. Awareness is our in-breath, taking in our world. Will is our out-breath, acting upon and in our world. It is not wish, want, hope, try, maybe, should, kinda, soon, have to. It is the act that moves us from purpose and meaning through deliberation into choice and action. And right in the middle, between purpose and action is the Choice Point. There is always a fraction of a second, or a minute or days and years, when we are poised at the edge of a decision. Sometimes by the nature of the choice being made it must take only a fleeting second. *Car coming: slam on the brakes!* Sometimes it is a very long time that we wait for enough information, enough awareness, enough inner clarity to act. How many years have some of us waited to go to school, leave a job, try something new, choose to have a child, sell that house, move to the place we really want to be?

Here are a few strategies that may be helpful in making choices that work. The first is checking in to what is important. If there's a bear in the woods, staying alive has now become way more important than that nice walk I had planned. So strategy #1 is about being clear about your values, your priorities and what is truly meaningful to you (in the moment and over a lifetime). This means, for instance, that when I remember that being kind is a high value for me, I am less likely to snap at the 30<sup>th</sup> telemarketer of the week.... or the bad driver.... or the people I love.

Strategy #2 is about giving our selves space to consider alternatives. It is said that even in life and death crises, the person who considers options does better. So does the person who has a plan B, if plan A doesn't work out. Day in and day out, this works too. I value kindness, but I really don't like getting telemarketer calls. What are my options? Seeing some options, I am now at that wonderful moment of choosing. I will do this... and if that doesn't work, I'll move to plan B.

Strategy #3 is the most important. It is that moment when we take a breath and focus our awareness *before* we act: the old “count to ten” strategy, though really it needs only be that one deep in-breath of awareness where we still have choice, where we haven't gone on automatic pilot or let a passing impulse take over. This precious moment is where we get to define the actions that are our legacy. When we stretch that moment between impulse and action, we then have a true choice. We then have access to our values. We then have the option to act in service of our deepest truth.

There are lots more tips, but for now, but I'll end with a quote from an unlikely source, Shaquille O'Neal (who did credit Aristotle with the original thought): “Excellence is not a singular act, but a habit. You are what you repeatedly do.” Let's do it right. It's all we've got.

## #10 Guidelines for Goal Setting

Goals work best when they are set up towards successful completion. Too many goals come from limited places: shoulds, have to's, wish I could... A goal that aligns with purpose, meaning and values and meets the criteria below is likely to be a winner!

- 1. Conscious**  
You must be conscious of the goal so that is it understandable and then be able to identify clearly what the first step or two would be.
- 2. Affirmed**  
In addition to being consistent with your personal value system, you must believe you can reach the goal. This goes back to the need to have a positive, affirmative feeling about one's self and the goal. An actual affirmation will serve well
- 3. Available**  
The goals you set must be accomplishable with your given strengths and abilities and within the realities of your world. But that doesn't mean you can't reach very far into possibilities that you imagine!
- 4. Controllable**  
The goal to be achieved is in your hands. Goals that rely on other people need to be worked out with those people. That doesn't mean go it alone. It just means, find your team, when you need them!
- 5. Measurable**  
How do you know you've achieved this goal? Make it clear what outcomes are so you can check back.
- 6. Desirable**  
Your goal should be something you really want to do (from within the "I") and something that is meaningful and soulfully appropriate.
- 7. Embraceable:**  
Hold it tight and don't hold many goals at one time. When you choose one, make it yours and make it important.

## #11 **KINDNESS** by Jon Schottland

**Imagine that you are in possession of a very potent medicine that is readily available, easily affordable and truly effective in addressing a wide variety of conditions. It improves the lives of those who receive it and those who give it. KINDNESS is such a remedy, and it is a life affirming response to the challenges, trials and experience of being human. Each of us can be a healer by freely administering this medicine in our daily lives. Go ahead and give it a try, your first opportunity is nearby.**

### **All Inclusive**



Psychosynthesis can be understood as an attitude of KINDNESS towards oneself. It is a process based on the unconditional acceptance of the different aspects of who we are: not just the shiny, glamorous parts that we find appealing, whether it is our intelligence, physical prowess, quick wit, or ability to dance and play the banjo! In a fully magnanimous gesture, psychosynthesis rejects nothing, excludes nothing, even the parts we wish to conceal from others or even ourselves. In fact the whole process of psychosynthesis requires all the little dings and dents and broken parts of a lifetime in order to fashion a fully robust self. We recognize that each part holds a piece of our truth and contributes something to the whole. What could be more unbelievably kind and warm hearted than to look upon ourselves in this light?



We often introduce students at our training center to Rumi's poem "The Guest House" at the outset of the psychosynthesis program, as it captures this spirit of inclusivity. It reads in part:

"This being human is a guest house. Every morning a new arrival. A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor. Welcome and entertain them all!

Even if they are a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably. He may be clearing you out for some new delight.

The dark thought, the shame, the malice, meet them at the door laughing and invite them in. Be grateful for whatever comes, because each has been sent as a guide from beyond."

### **Walk on By**

When I was seven years old, I remember my father taking me from our home at the Jersey shore up to Madison Square Garden in New York City to attend a professional hockey game. There was a thrill in the air as we walked a few blocks along the bustling streets from the parking garage towards the Garden on a cold winter's night. All of a sudden, we came upon a scene that alarmed and confused me as a young child. There was a ragged, somewhat scary looking man in tattered clothes stumbling and convulsing on the sidewalk, seemingly dazed and badly in need of help. I tried to stop and look, but my father pulled me in close and pushed us quickly along our way, keeping his eyes straight ahead in the direction we were going.

At the time, I had no way of understanding that this was likely a homeless person and perhaps someone who was under the influence of some dangerous street drugs. On the way home after the game, I saw the man again late at night, this time lying on his side in the gutter. Even at such a young age, though I couldn't have named it at the time, some part of me was registering this experience as a violation in the sense that something was required or needed in that moment, and what we did was walk on by. I believe that "something" was KINDNESS, a core spiritual attribute that elevates the human condition and whose absence we experience as dehumanizing.

### **It's in the DNA**

Kindness involves a willingness to truly see the "other" and respond from the depths of our being. In this sense, kindness is a very deep practice. Many years later when I was married and traveling with my kids in the city of Boston, the scene from my childhood amazingly repeated itself. Only this time I was the father, and one of my young sons stopped and stared at a homeless man shivering on the

sidewalk. We all paused for a few moments, in the midst of our discomfort, unsure how to respond to the enormous challenge of homelessness. There was a feeling of despair but also an impulse not to simply ignore the problem, because right in front of us was a real person who was clearly suffering. We convened a quick little family meeting right there on the spot, talked about it, and based on one of my kid's suggestions we went across the street to a department store and bought the man a blanket.

My son's response suggests to me that there is something about kindness that is in our DNA. We come to each other's aid, not because it is something we are taught but because it is part of who we are. In his marvelous book, The Power of Kindness, Pierro Ferrucci makes the case that we are *designed* for kindness. I would agree. Of course this raises the question why, then, do we live in a world that so often appears unkind? It's true, we human beings have the capacity for violence, even cruelty, yet we also intuitively recognize that it doesn't represent who we are meant to be. We don't witness malicious behavior, hold the perpetrator in high regard, and say "I wish that were me!" No, we recognize that something has gone wrong; we experience a sense of revulsion in the face of violence and cruelty because somewhere deep inside us there is an imperative and aspiration towards kindness.

The inclusive spirit of psychosynthesis would appear to be intrinsic to our higher nature. I have witnessed in my clients the healing effect of reclaiming some aspect of self that has been shamed, disowned or cut off. This spirit is also visible on a collective level as we move slowly, yet relentlessly and irresistibly, in the direction of social justice, recognizing that no one should be rejected, excluded, violated or diminished.

### **"Yucky Piles"**

What we *can* say about the human condition is that, collectively speaking, our kindness is still in its infancy or adolescent stage. Put differently, our kindness is a work in progress, it is not yet fully developed and integrated. Part of the problem is that oftentimes, where kindness is urgently needed (as in my childhood experience on the streets of New York City), we learn to look away. Ken Wilbur referred to this tendency as a global unwillingness to be fully present with life as it is happening in the moment. And when we look away, we also move away. This behavior is a protective response, a form of resistance in our personality to putting ourselves on the line, face to face with uncomfortable situations. But in that same moment, in the deep quiet abode of the Self, we may also hear a faint or even powerful call to action: it is the call of the Self to compassion and kindness.



The spiritual teacher Bernie Glassman, who founded Zen Peacemakers, tells the story of watching his son at the dinner table carefully and selectively pushing all the peas on his plate over to one side, away from the rest of his meal. When his father asked him what he was doing, the boy looked up and replied, "I'm making a yucky pile." Glassman uses this metaphor to fuel his work in the world, taking people on zen retreats not into beautiful mountain monasteries but rather directly into some of the hardest and harshest locations on the planet: the concentration camps at Auschwitz and the desperate inner city landscapes where homeless people barely eke out their existence. The purpose of these expeditions is to counteract the impulse to make "yucky piles" out of anyone or anything.

### **And in the End**

The process of psychosynthesis can help evoke qualities of spiritual maturity such as kindness by strengthening our connection with Self. Kindness may be in our DNA, but it is also something we must choose again and again by aligning ourselves with the call of Self. When we recognize that we are "more than" than the limiting patterns and conditioning of our personality, we may be surprised by the power of kindness to stir our souls and give life greater depth and meaning.

## #12 Life Purpose Statement

Having a Life Purpose (or mission) statement is a clear reminder of what is important to you. It is not assumed that this statement will stay the same over many years, but it will help define your movement in the next period of time. Checking back in, yearly or more frequently and re-writing your life purpose statement will help keep you on track and also keep you current with changing values and priorities in your life.

Based on my values, my skills, the qualities of my being and my vision of my unfolding Self, I make the following Life Purpose Statement.

(Keep it relatively short and focus on qualities, attitudes, behaviors & intrinsic goals more than very specific outcomes. Allow those specific outcomes to grow from the depth of your life purpose. Use language that includes "I" statements. I will... I am... My intention.... My vision, etc.)

My Life Purpose Statement

By \_\_\_\_\_ Date \_\_\_\_\_

Self- assessment: a quick check in Use this as often as it serves you!

- ❖ How do I feel physically?
- ❖ What am I feeling? (sad, mad, glad, scared and all the variations: excited, worried, etc.)
- ❖ What do I want right now?
- ❖ Are my current thoughts serving me?
- ❖ Is there any thought or affirmation I want to tune in to right now?
- ❖ Anyone I want to reach out to?
- ❖ Any unfinished business I have that I choose to attend to?
- ❖ Anything old and bothersome I am ready to let go of?
- ❖ What positive quality is emerging for me right now?
- ❖ What could I do right now, in less than 5 minutes that would improve my day? My outlook? My work? My relationships? My life?
- ❖ Am I ready to do this?
- ❖ Anything else I want to attend to?



**For more information on Psychosynthesis & Life  
Coach training programs, visit us at:**

**[www.synthesiscenter.org](http://www.synthesiscenter.org)**