

The HEART Hand Model for Life™

YOUR LIFE IS IN YOUR HANDS

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Start this exercise by revisiting and completing your HEART Hand Model.

If you have been doing this exercise every issue (which we highly recommend, as you grow and develop a sharper sense of who you really are – today – and who you want to be tomorrow) – take note of what has changed. Have you articulated your attributes and feel you are gaining a solid sense of self? Are you at peace with yourself and have you accepted your HAND with compassion and self reverence? If yes, GOOD FOR YOU! You have made terrific progress and will find this next exercise enjoyable and hopefully challenging. If you have still working on uncovering your true essence and you are working on to self love and acceptance, keep it up. You will uncover your

true nature and ideally, strengthen your self awareness and personal confidence. When we know who we are and more importantly, when we are living (in action) in alignment to our essence, we are more successful, harmonious and content. But, you must invest in yourself. You must take the time and effort to become aware of your strengths and opportunities and ensure that you are received by others as you intend. You must also take time to slow down, to quiet the mind, to journal and mediate so that you will discover what you really want to do and BE in this life.

As the great comedian Lily Tomlin once said, "I always wanted to be somebody, but I should have been more specific".

The HEART Hand Model for Life™ is the foundation of our mentorship exercise series. We have included it again for those who may not have had the opportunity to work through it. For those who have completed it, take a moment to revisit your Hand. Would you make any changes or additions to it, or would you articulate your Hand differently, now that you have had some time for reflection?

PERSONALITY: ♥ Funny

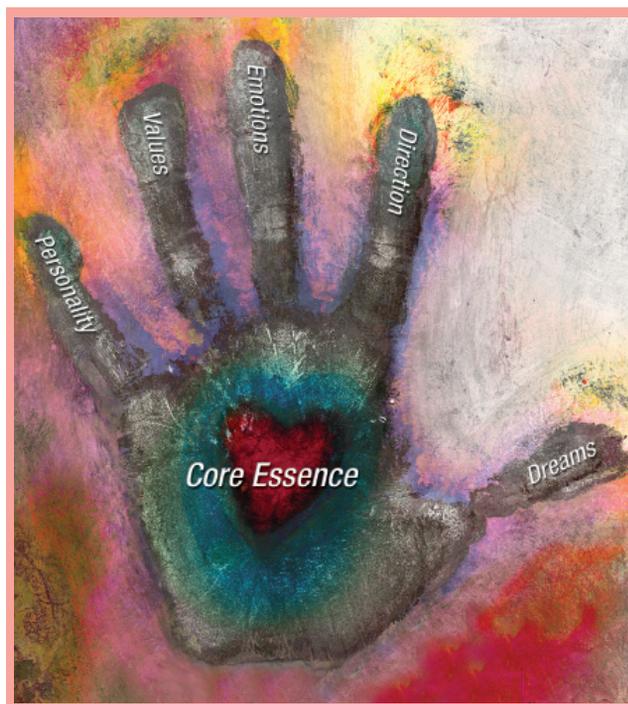
VALUES: ♥ Honesty

EMOTIONS: ♥ Sensitive

DIRECTION: ♥ Family

CORE ESSENCE: ♥ Spirited artist

DREAMS: ♥ World travel



IDENTIFYING YOUR DREAM LIFE – NEW BEGINNINGS

Identifying what it is that we want in our lives is the starting point to achieving our goals. This is no different from your professional life – writing your business plan or presenting your proposal.

1. Imagine you are living your ideal life – what would it look like? What would you be doing?

2. If money wasn't important/an issue – what would you spend your time doing?

3. What makes you feel ALIVE and excites you when you are engaged in this activity? How can you incorporate this into your daily life – your profession?

4. What do you know you are really good at? Can you make a living doing this? If not, why not? What would be required to make this a reality?

5. What was your favourite activity as a child (of 11 years old)?

6. What is your favourite activity today? (present age)?

7. Add as many new questions to this list. Have fun, relax and explore all options!

ASK YOUR SUPPORTERS – IDENTIFY YOUR GUIDES

“A man will find that as he alters his thoughts towards things and other people, things and other people will alter towards him” – James Allen

Guides come into our lives, many times, without our solicitation. Great bosses, co-workers, old and new friends that seem to get who we are and continuously nurture our growth. Now, I am not suggesting that guides are YES people – but critical for our development. They warn us if they believe we are heading into dangerous territory and they praise us heartily when we achieve our goals. They support our decisions and respect our choices, even if they are not 100% confident that we have made the best selection, because they also know that growth comes with failure, change, uncertainty and overcoming obstacles (particularly when we are the ones who have put up the obstacles). Each of us has an intimate and ideally, a discrete circle of friends, family and co-workers who we can approach to chat through issues or solicit advice. Approach your intimate circle to help you gain greater self awareness and clarity.

This exercise is designed to give you insight into how you are perceived by others. This is important, because if you feel you are a loving and caring person and this is one of your core values, it is beneficial to know if you are ‘walking the talk’ through your daily actions. And as it relates to your dream life; if you desire to quit your high pressured legal profession to pursue a laid back career as a yoga and meditational instructor, do you need to shift perceptions and grow in a particular area to achieve greater success living your dream life?

INTERVIEW QUESTIONS FOR YOUR FRIENDS, FAMILY AND CO-WORKERS

1. What do you think my three keys strengths are(in order of priority);
2. What do you think my three key areas for development are (in order of priority);
3. What is the ‘favourite thing’ you like about me?
4. Are they comfortable telling you a secret? Do they think you can keep a secret?
5. I project an image of _____.
6. What do you feel is my special talent, ability or gift?
7. If I were an animal, what do they think I'd be and why?
8. What do you feel is my essence – that which is unique to me – that which makes me so special?
9. What profession could you see me doing and enjoying?
10. What do you think is holding me back?