



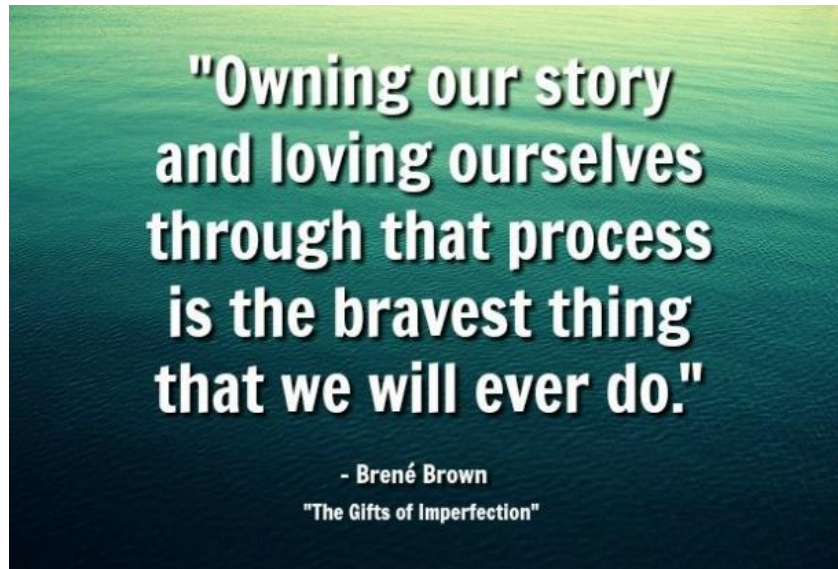
Module 3

SELF KNOWING

Sacral Chakra. Pleasure. Purpose.

Who Am I in Career & Activities?

WELL... Here we are! In just 6 weeks we've laid the foundation for your personal mastery journey. You've figured out who you are in terms of your personality & in relationships. Let's lay the final part of your foundation – work, career & activities!



Our Next Step Together...

You've found clarity around yourself personally & in relationships...let's create clarity around career & work and take your *knowing* a little deeper.

- ✓ Stepping into your OWN life story and truly embracing 'Who You Are' requires an honest look at (& acknowledgement of) your strengths as a person and an awareness around what your passions are so you can begin to figure out, embrace & honor your soul path in this lifetime.

Suggested Resources:

- ✓ 'The Gifts of Imperfection' by Brene Brown

Learning:

SACRAL CHAKRA

The 2nd or 'Sacral' chakra is located just below our belly button in the area of our sexual organs. It is considered the center of our creativity & passions, sensuality & pleasure and our enjoyment in life. The sacral chakra is also known as the 'water' chakra – healing and nourishment of this chakra are all water based (bathing, swimming, crying, listening to water, etc). Guilt is the central focus here – it is our 'guilts' in life that block its flow.

It is within this chakra that we figure out:

- Why we struggle with creativity (or why it flourishes)
- Why we struggle with our sexuality/sensuality (or enjoy it)
- Why we explode with emotions (or process them with ease)
- Why we struggle to enjoy and take pleasure in life (or find it easy)

Healthy 2nd Chakra

When our sacral chakra is healthy and flowing, we find ourselves loving, appreciating, nourishing & valuing our body, honoring our emotions & desires, enjoying life's pleasures and allowing ourselves to fully experience the present moment through all of our senses. We show up as friendly, passionate & fulfilled, at ease with our sexuality and playful in life & relationships.

When this chakra is overactive, we find ourselves craving power & manipulative; when it is underactive, we find ourselves shy, guilty & concerned with what others think.

How It Relates to Intuition

Our sacral chakra is the center of Clairsentience (clear sensing) and empathy as this location is the center of a cluster of nerve endings that pick up on the feelings & emotions.

When we are empathic or clairsentient, we intuitively feel & perceive others' emotions & feelings. Our life & decisions may be influenced by other's desires, thoughts or emotions (without even realizing it); we may pick up on other's physical pains (pain in our knee); we may experience digestive upset, our stomach in knots, nervousness or anxiety as a result of taking in and processing others emotions as our own (without even realizing it!).

When we enjoy life and take pleasure in our creativity and passions, we let go of guilt and begin to see, know and realize the root behind ours and others' guilt or enjoyment of life.

Tool #1:

ASSESS YOUR SACRAL CHAKRA

1. Acknowledge the state of your sacral chakra

****Circle all of the options below that apply to you.**

Fertility Issues

Sexual Abuse

Fibroids

Ovarian Cysts

Menstrual Dysfunction

Crohn's Disease

Sexual Dysfunction

Frigidity

Pelvic Inflammatory Disease

Ovarian Cancer

Inflammatory Bowel Disease

Sciatica

Bladder Infections

Promiscuity

Endometriosis

Appendicitis

Colitis

Diverticulitis

2. What are your beliefs around sensuality, pleasure in life & passion?

****Circle all that apply to you.**

Sensuality is wrong/bad/evil or can hurt me

I struggle to like my body

I must be sexual to be loved

I struggle to enjoy life's pleasures

I struggle to embrace beauty

I need to control my sexual experiences

Passion must be contained

Sex is fun, healthy & pleasurable

I love & enjoy my body

I am loved for who I am

I enjoy life's pleasures

I enjoy creating beauty (inside & out)

Willing to trust my sexual experiences

Passion is a creative, beautiful thing

3. Indicate with an arrow how open this chakra feels to you:

Closed

Balanced

Overflowing

0 1 2 3 4 5 6 7 8 9 10

4. Where do you hold yourself guilty in life? (experiences, failures, hardships, etc)

Learning:

LIFE'S SWEETSPOT

Self knowing is a 3-part process: Personality – Who Am I? + Love Languages – Who Am I In Relationships? + Strengths – Who Am I in Work & Activities?

Figuring out who you are in work activities is a bit like building a puzzle...we first need to understand 'why' we want to build the puzzle, then we need to find the puzzle pieces (3) and finally we begin placing them together to create a complete picture. I call this 'picture' your 'Sweet Spot' in life...that place where YOU light up and find fulfillment in work and activities. It's from this sweet spot that fulfillment, sense of purpose & appreciation in life grow.

Let's begin by identifying exactly what fulfillment is, how to recognize it and how we create it in our lives, activities, work and careers.

WHAT IS FULFILLMENT?

Fulfillment in life comes from a place where you are truly *honoring* all facets of Who You Are (personality, strengths and passion/meaning/purpose) in your relationships, your activities and in your job/career.

Living Out of Alignment

When we are living *out* of alignment with Who We Are, we feel like happiness, motivation and desire are struggles. A lack of alignment forces us into 'working' to please others, 'slaving away' to build our bank account and, essentially, lacking meaning behind how & why we do what we do for work, activities and roles.

It is during the times when we are most out of alignment that we self sabotage and turn to busyness, socializing and habits to numb, deny, avoid and distract ourselves from the truth (it's subconsciously painful to live out of alignment).

How do we know when we're living OUT of alignment?

Physically: lack of vitality, energy & health (frequent illness, pain or fatigue)

Emotionally: sadness, depression or anxiety OR outbursts, overwhelmed & irrational

Mentally: Lack of motivation or desire, laziness, procrastination and/or constant mind chatter, worrying, anxiety and over reacting

Externally: Lack of synchronicity in what we're trying to create/change – life is difficult

Living in Alignment

On the flip side, when we're living in alignment, life comes to us with a joy and ease; our job shifts from feeling like 'work' to feeling like 'play', our awareness shifts from 'clock watching' and 'tracking your hours' to seeking additional time to research, develop and implement our ideas.

Living in alignment happens when we weave activities, work and roles into our life that honor and nurture our natural abilities, strengths and passions.

How do we know when we're living IN alignment?

Physically: vitality, energy & health (infrequent illness, little to no pain or fatigue)

Emotionally: feelings of happiness, contentment and fulfillment

Mentally: feel motivated, inspired and eager

Externally: synchronicity of events, people & desires – life just seems to flow

I tend to think of alignment and fulfillment in life like a river – there's a natural flow and a strong current to it. When we honor ourself and our path (alignment) we find ourselves surrendering to flowing *with* the current – going wherever life takes us – exploring along the way.

Alternately, when we do not honor ourself and our path (out of alignment) we struggle *against* the current – trying to get back to some previous point upstream – and life becomes a constant struggle.

We are not meant to stay in the same spot forever.

We are not meant to swim against life's flow.

Relax. Let go of control.

Breathe and enjoy where the current of life takes you.

Surrender & Trust in its path for you.

Tool #2:

CLARIFY YOUR EASE

Reflection Questions

1. Think back over the years to times when you experienced a sense of fulfillment, purpose or a natural rhythm & joy with what you were doing.

- What career, work, activity or role were you in?

- What was it about this work/activity/role that energized or fulfilled you?

- Tell me about the types of people that you interacted/worked with in this role.

- Describe how you felt physically, emotionally, mentally as a result of this role(s).

Learning:

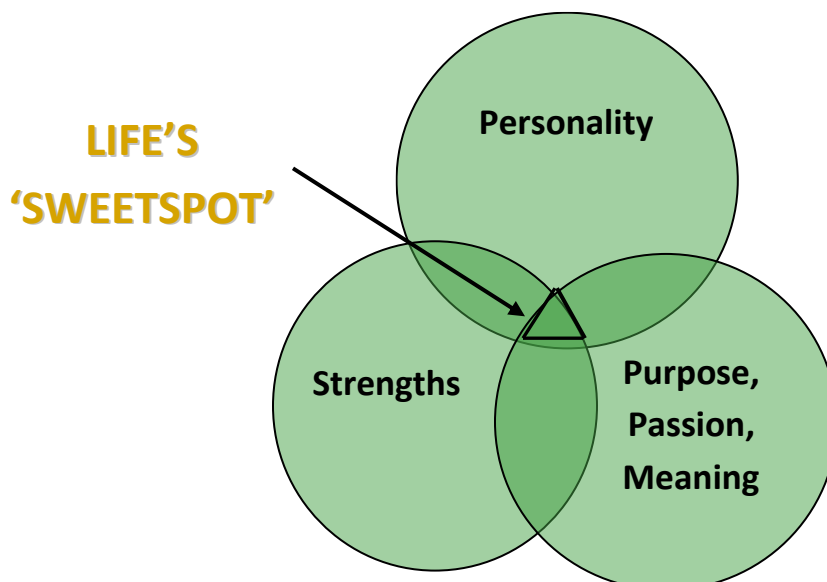
THE 'SWEETSPOT' PUZZLE

The 'Sweetspot' is much like putting together a 'fulfillment' puzzle...fulfillment in work & activities & volunteer roles comes from the intersecting point of our personality, strengths & passion/purpose. And, just like a puzzle, it's one thing to see the individual pieces but it takes seeing the pieces *all together* that enables us to see the complete picture.

Our goal here is to identify and take a good look at the individual pieces of your 'puzzle' and then bring them together to create a vision of your 'sweetspot' – the point where the 3 pieces intersect to create a point of *personal power*. This point of personal power brings together and aligns those characteristics, strengths & passions within ourself that light us up and creates *fulfillment and flow*.

PUZZLE PIECE 1: PERSONALITY

The first piece of the 'Sweet Spot' puzzle is personality. This piece of the puzzle is critical as it shifts us into honoring and valuing our Self and our unique contribution. When our work, activities and roles support our personality and align with Who We Are, we naturally begin to feel valued, appreciated and skilled for our contribution – to feel like Who We Are has a place to 'fit'.



PUZZLE PIECE 2: STRENGTHS

The second piece of the ‘Sweet Spot’ puzzle is strengths. Our strengths (also known as our talents, gifts or aptitudes) are those things that we are naturally good at. In fact, we may have overlooked our strengths in the past because they came so easily to us that we assumed they were nothing special (or we may not even have realized they’d be considered strengths!).

Identifying, acknowledging and honoring our strengths and weaknesses is just as critical to developing personal alignment as knowing our personality. Our strengths are additional **clues** to identifying roles or activities that will naturally generate energy, motivation and flow for us – which, ultimately, lead to a sense of fulfillment, purpose & appreciation in life.

Acknowledging Your Strengths

Our strengths have certain qualities that allow us to identify when we’re using them. Specifically, our talents are often revealed by those activities where:

- We experience a sense of being ‘in the zone’ or losing track of time
- We are left feeling emotionally and physically energized, fulfilled or renewed by doing them
- We develop mastery relatively quickly with/without training, focus and discipline

Our weaknesses are revealed by those activities where:

- We experience a sense of time dragging on and/or we engage in clock watching
- We are left feeling drained, both mentally and physically, after doing them
- We do not enjoy doing them even though we may have become proficient through training, focus and discipline

Let’s explore your strengths in depth to gain a clearer understanding of how and why these are your strengths and begin putting the strengths puzzle piece into place.

Tool #3:

ACKNOWLEDGE YOUR STRENGTHS

You've completed the **FREE Strengths Finder Assessment**. Let's pull together an understanding & acknowledgement of your strengths by answering the self reflection questions below. *Record your top 5 strengths from the FREE assessment below

Strength #1	_____
Strength #2	_____
Strength #3	_____
Strength #4	_____
Strength #5	_____

*Record these top 5 strengths onto the 'My Sweet Spot' diagram in the circle titled 'Strengths' (p. 12).

Reflection Questions

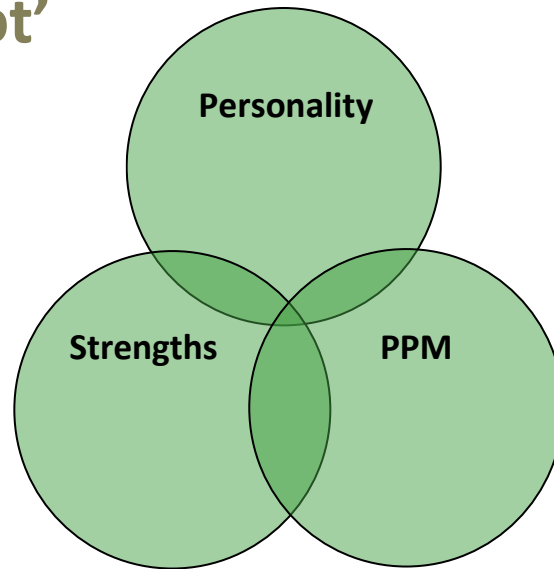
1. Briefly describe each of your top 5 strengths.

Strength #1:

Strength #2:

Strength #3:

My 'Sweet Spot'



5. Record any additional activities or roles that you're realizing are natural strengths for you in the space to the left of the 'Strengths' circle beside the above diagram.
Ex. Organizing, decorating, book keeping, negotiating, etc

6. Record your 'Personality Type' (identified in Module 1 – ex. INFJ) in the 'Personality' circle on the above diagram.

PUZZLE PIECE 3: PURPOSE, PASSION & MEANING (PPM)

The final piece of the 'Sweet Spot' puzzle involves our purpose, passion and sense of meaning in life. Now, many people get bogged down when it comes to identifying purpose, passion and meaning in their life – but, all you need to know is this –

Discovering your purpose is an exploration

This piece to the 'Sweet Spot' puzzle is the key, without it, there'll just be something missing.

As we begin to identify and incorporate our sense of purpose, passion and meaning into our life & activities, we can't help but experience a sense of fulfillment. When we incorporate this key component, ***work is no longer work - it becomes play***...and that, my Gorgeous Gal, is the secret to all fulfillment, joy & ease in life.

With purpose, passion & meaning as our focus, our appetite for learning & growth becomes insatiable.

Exploring Purpose, Passion & Meaning

What we find meaningful is both highly individual and sometimes indescribable. The excavation of our purpose, passion & meaning requires a little soul searching and an exploration from different angles to bring it to the surface of our awareness.

Stick with me; we'll explore this knowing from 2 different angles to uncover yours.

1. Identify Your Motivators
2. Experience: Life's Prep School

I recommend that you attempt both of them at first but don't worry if one seems to bear little fruit. Focus on the exercise (or specific questions) that seem to resonate best with you.

Tool #4:

IDENTIFY YOUR MOTIVATORS

Our motivators in life hold the wisdom for what drives and fulfills us. Let's explore your motivators from the perspective of passion, energy & fulfillment. Listen to the first thought/idea that comes to mind – let all judgement or expectation go.

1. PASSION

What fills you up in life? What makes your heart sing? Is it helping others, bringing others joy through your voice, music, healing or creativity, teaching or helping children, organizing & decorating a home? What are those 'moments' where you fill lit up, full of joy or like you're in your passion?

What touches your emotions – what moments, situations or people bring out laughter, sadness or frustration in you? Others being picked on, confrontation & fighting, someone struggling to feel worthy? What comes to mind for you?

What do you see around you - in your community, activities or the world - that you want to fight for (or against)? The environment, poverty, equality? Depression, sexual abuse, feeling included? What strikes that cord deep within you?

2. ENERGY

What things in life do you have a lot of energy for – that you could *lose hours* doing them? Is it painting, writing or decorating, exploring, hiking or travel, sports, exercise or health? What is it for you?

Describe a time in life where you had a lot (or very little) energy. What were you doing?

3. FULFILLMENT

What in life gives you lasting satisfaction or fulfillment? Helping someone feel valued/appreciated, supporting someone to find their first job, being a Mother? What is it for you?

What accomplishment or legacy would have ultimate significance for you?

If you could invest the rest of your life and know you could change one thing in the world around you, what would it be?

Tool #5:

LIFE'S PREP SCHOOL

There's no such thing as a wasted experience. Every experience, good or bad, can be leveraged into a person's sense of purpose, passion or meaning. The key to finding meaning is in understanding that every experience is a *qualification*. We'll explore your experiences from 2 perspectives: *Successes and Failures*.

I. SUCCESSES

What positive experiences have most shaped who you are as a person? What experiences left you feeling proud, accomplished or valued?

What do you do that few others can?

2. FAILURES

At their point of need, people are most open to being influenced by someone who's gone through what they have. What have you gone through – what challenges, pains or struggles have you been through?

What do you perceive as mistakes or failures in your life? How have these shaped who you are as a person (woman/wife/mother/community member/employee/etc)?

Take a moment to review your answers from this PPM section. When you look back through these exercises, what are you recognizing about your life's purpose, passion or meaning? What role(s) might you be best suited for?

****Record your main insights from the purpose, passion, meaning explorations in the 'PPM' circle on your 'My Sweet Spot' diagram (p. 12).**

A FINAL THOUGHT

How do you choose your purpose? How do you find your passion? When you pose these types of questions, people either get mystical (at best) or become paralyzed by a fear of commitment or inadequacy (at worst). All we're really concerned about at this point is *being aware* of your puzzle and its pieces and *embracing a willingness* to explore how those pieces fit together in a way that aligns & supports you.

No one else can tell you where the
intersection of your puzzle pieces lay -
this realization is part of your
soul journey

Tool #6:

WHERE ARE YOU AT?

After completing the FREE Strengths assessment & learning about the sacral chakra and my 'Sweet Spot', I'm feeling:

****Circle all of the words that apply to you**

Relieved	Excited	Surprised
Motivated	Overwhelmed	Intrigued
Frustrated	Determined	Unique
Aware/Enlightened	Inspired	Curious
Other: _____		

As a result of knowing more deeply Who I Am and my personal power, I'm beginning to acknowledge & appreciate my:

****Circle all of the words that apply to you**

Self-Worth	Self-Value	Uniqueness
My Life Path	Past Work Challenges	Natural Strengths & Abilities
Ideal Careers	Ideal Activities	Ideal roles in my job/position
Current Circumstances	Sweetspot	Potential Contribution in Life
Other: _____		

This Week's Daily Affirmation:

I am learning to embrace _____ and let go of _____

so that I experience greater _____ in my work & activities.