

# LIVING STEP BY STEP™

## THE ART & SCIENCE OF LIVING

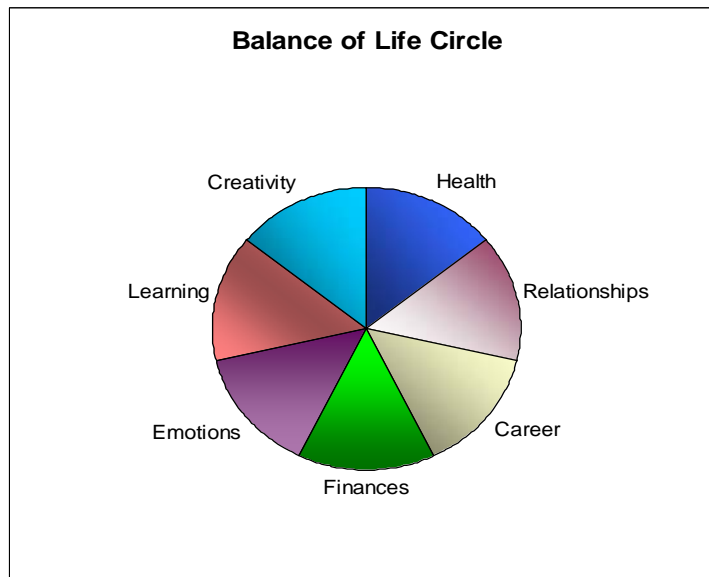
### ***What Do I Want?***

*Einstein said, "Few people look through their own eyes and feel with their own hearts."*

If you are willing, take some time for yourself to look at your life through your own eyes and to feel with your own heart. Get to know yourself from your inside out, from your unspoken wants, and from your unfilled dreams. Have a meeting with yourself.

You can use the circles to record and review your information in the circles below.

The first image this Circle with a balance of seven areas of life:



The purpose of this Circle is for you to see and feel what it might be like if your life had more balance in it. How that balance fits for you depends upon what feels best for you. You choose the percentage of each area in your life.

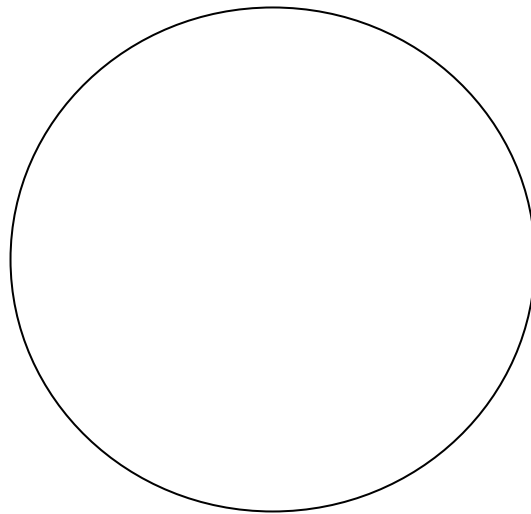
This Circle shows a life with balanced, neatly labeled areas, and metallic color codes. Thanks to the Excel program, this life looks organized, well-managed, and definitely arranged with impeccable boundaries. The life is well contained in one circle within one outlined box—no chaos, stress, or spilled pizza on the floor here. If the kids are

screaming, the boss demanding, or your emotions are frayed; the circle keeps anything from causing undue concern. This ship is totally on an even keel.

However, few of us have such a perfectly balanced life. Our circle probably has lots of people footprints, barking dogs, automobile repairs, washing machine dysfunctions, grocery shopping during peak hours, relationship issues, and the feeling that life is moving way too fast. Some areas may be just fine; other areas too small; and still other areas taking up more space than we want.

### 1. My Life Circle as it is right now:

Use pencil, pen, crayons, or whatever you want to fill in the areas and amounts of your life as you know it. Add more areas if needed. Be honest with yourself.



Areas of Life:

Health  
Relationships  
Career  
Finances  
Emotions  
Learning  
Creativity

When you have filled in your circle, here are a few questions:

- Is your life balanced in a comfortable way?
- Would you like to change any of the areas?
- Is your circle filled with mainly tasks and to-do lists?
- Are your circle and areas of life according to your wants or someone else's?
- Do your circle-of-life areas leave time just for you?

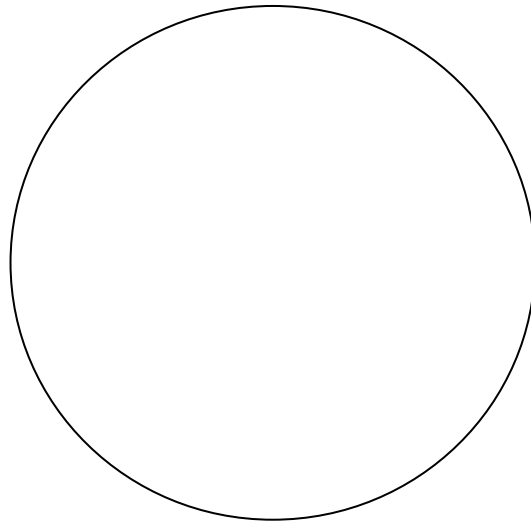
*Lao Tzu wrote, "If you do not change direction, you may end up where you are heading."*

**Now in this second circle**, draw the Areas of Life Circle that gives you a life you have wanted. Be honest with this circle, too. Listen only to yourself. You are the designer of this Life Circle.

Name and proportion the areas, balanced in the way you want. This is the thinking stage, so don't try to decide if this can really happen or not. Brainstorm with yourself. Is this circle looking the way it needs to be, for you to have more of what you want?

Really listen to yourself. Design the life of your dreams—with all the areas filled in and the percentages balanced to fit just you. Make it so that you are heading in the direction you most want.

## 2. My Life Circle as I want it to be:



Areas of Life:

Health  
Relationships  
Career  
Finances  
Emotions  
Learning  
Creativity

When you have filled in this new circle, review these questions again:

- Is your life balanced in a comfortable way?
- Would you like to change any of the areas?
- Is your circle filled with mainly tasks and to-do lists?
- Are your circle and areas of life according to your wants or someone else's?
- Do your circle-of-life-areas leave time just for you?

**3. Here are three questions** dedicated to the changes you would like in your life—the ones that truly support you being more of who you are, and getting more of what you want:

Imagine you have 24 hours just for you. What would you be doing? Where would you be doing it? With whom would you most like to do it?

You can write about your special day on the back of this page. Then you will have a picture of your life now, a picture of the life you would like to have, and a day living the life you really want.

Remember this composite of your life, now and for your future, is for gathering essential information. You are not deciding anything yet. You are not making a plan. You are checking in to see what you really want for yourself. You are getting to know your preferences, your wants, and your wishes. You are getting to know yourself well enough to begin getting ready for a change.