

Shine

Shine

Secrets To:

Extraordinary **HAPPINESS**

Ideal Life **BALANCE**

Ultimate **FULFILLMENT**

Unending **ABUNDANCE**

“9 out of 10 people want HAPPINESS for breakfast”
Reed Berryhill

CHERYL ANNE HURLBURT

Foreword by: Lisa Pedscalny

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Dedication

I would like to dedicate this book to my children, for whom I cannot describe the depth of my LOVE. You are all such amazing, beautiful people; Lisa, Sara, Nicholas, and Kayla. To my soul mate Perry, the boy in my dreams, the man I was born to love. To my Mom and Dad who gave me life. To my brothers, Kelly and Kurt, and my sisters, Michele and Bobbie. You are my inspirations, my challengers and your love is the richest blessing I have been privileged to receive. Thank you Mr. Wiesner, the greatest coach in the world, your words and encouragement walk with me every day of my life. Sister Elanie, my grade three teacher and idol, Mike Walters, my most significant role model in leading people and focusing on the big picture, Kim Chapdelain, my coach and trainer who helped me realize that at 40 I still have it in me, that was such a gift, thank you. Ray Watrin, a great CFL Football player, my friend and the coach who is making the dream of a Women's Professional Football Team a reality, Miss Davidson, my grade 12 Biology teacher, for showing me Ireland as we flew over on our trip to Europe- I will go there soon. Al Morrow, my step father who taught me so many things about living peacefully in this world, Vince Kimura, a kindred spirit who affirmed my belief that people are brought together for a reason; you have all been extraordinary teachers and mentors, thank you for believing in me and helping me develop the skills to believe in myself. Terry Surik, my life long friend and confidant, it has been so amazing to stay connected over the last 30+ years. As well, it

is comforting to realize how well you know me, thanks for always being there.

To my clients, and friends: Marvie, Dee and Reed, Jackie, Kim, Melissa and Todd, Jennie and Joanne, thank you for allowing me the opportunity to give back and for providing an environment where we grow and learn together.

To my creator, who has been walking with me on this journey, who's unending love and strength has brought me over many mountain ranges, kept me on this path, and fueled my unquenchable passion to empower my fellow travelers.

To all of you who will read this book, may you experience a peace indescribable once you have truly connected to your soul and aligned your life with your passions.

Today I know who I am, what I am here for, where I am going and how I will get there. When I was 38 years old this clarity felt like opening my eyes for the very first time..... it was and is so beautiful to look at the world from this place.

Love and Abundance

Cheryl

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Foreword

“There are two ways of spreading light; to be the candle, or the mirror that reflects it.”

Edith Wharton

I found it a bit daunting to be given the task of writing this foreword. After all, what I was really being asked to do was collect some thoughts in such a way that these few lines preceding Shine would somehow be illuminated in the same form that those within the book itself so amply are. The question then became, was I qualified? That, I suppose, remains to be seen, but I would say I am an authority on all of the reasons this book will strike a chord within you- one that often goes unstruck as we scurry about our busy lives. I have had the pleasure of viewing from front row seats the process of discovery that has excavated these secrets to a way of being I believe we are *all* searching for. Extraordinary Happiness, Ultimate Fulfillment, Ideal Balance & Unending Abundance. These words may seem to you to come from a place that has never even shared a galaxy with where your life is rooted now- fairy tales, you might assume.

I delight in being able to inform you, however, with the utmost certainty, that all of these things and more await you at the end of the journey you are about to embark upon. And what is even more surprising- they do not await you in this book at all. Shine is really a map to all of the aforementioned destinations- one that has been painstakingly plotted by Cheryl Hurlburt as she travelled the way there herself. This book is in actuality, an absolutely necessary travel companion for anyone who has even suspected there is more to this life than they are currently living. What truly has been of the biggest inspiration to me though, is the way

Cheryl has not forgotten to include the detours, the deepest valleys, and the most disenchanting pathways she experienced along the way. And what is more, Ms. Hurlburt realises that every path is as different and unique as each one of you who will be witness to her personal voyage.

What does it mean to “Shine”? It means to be so in touch with your inner light that you positively glow from the inside out. Following the processes you will be shown in this book, and answering the questions asked of you here, will not always be easy. You may have to come face to face with parts of your self or your life that have been buried for quite some time, and possibly have never been examined before. But once you allow yourself to explore every inch of what makes you **you**, I think you will be amazed at the light that begins to seep from your soul. And if you decide to make this book a point from which to begin a new way of being, you will be truly astounded at how real the concepts of Extraordinary Happiness, Ultimate Fulfillment, Ideal Balance & Unending Abundance can become in your life.

I mentioned before that I have had the pleasure of watching this excavation process from the front row- that is because I have travelled many of the miles that will be recreated for you by Cheryl Hurlburt in this, her first book, alongside her. I have been so privileged to experience my own life journey with this incredible woman as my Mother. Because of this, I have not a single hesitation when I say there is no better teacher, mentor, friend or companion you could have to accompany you while you search for who you really are, discover what your purpose is, and connect to your passions in a way that will unlock your soul.

What does it mean to “Shine”? Continue on through the pages ahead, and no doubt you will soon experience this indescribable illumination first hand. I congratulate you on beginning this process. I know that within you there are things so brilliant they will eclipse your wildest imaginations. And I am just as sure that Cheryl Hurlburt’s Shine will put you on the fast track to the life you’ve always dreamed of.

Introduction

“We are not human beings on a spiritual journey. We are spiritual beings on a human journey.”

Stephen Covey

This book is written for you. My greatest hope is that each and every one of you who will read these pages will find the true answers to the age old questions, “Who am I?”, “What am I here for?” and, “How do I accomplish my dreams and goals?” As you read I will be your greatest cheerleader, encouraging you every step of the way, and challenging you to your highest potential. The process of connecting to your inner soul is not always easy, but it is so worth it.

I have always believed that if people could truly internalize the fact that every single human being on this earth has a different set of DNA, if we could celebrate and be connected to our unique purpose, then we would feel an inner peace like never before. Think about it, as individuals, if we encouraged and celebrated our differences rather than expecting others to think like us, act like us, and live like us - if we rejoiced as people accomplished their goals, rather than feeling threatened - wouldn't our relationships be different? Better?

Discovering and connecting to YOU, and celebrating all that you ARE, allows you to BE. May your unique and beautiful soul SHINE as you travel along the journey of Life!

Chapter One

Defining Your Passions

“Nothing great in the world has ever been accomplished without passion.”

G.W.F. Hegel

Knowing Your Soul

It was a whispering warm wind that blew in my hair as I crouched over and rubbed my cheek on the fuzzy purple petals. I am sure it was the first flower I ever saw; the magnificent prairie crocus. I was only 5 then, and still every spring that flower cries out for me to bend down, (with a bit more effort), and rub its soft petals on my face. As my grandma and I wandered through the grassy field that day she asked me what I wanted to be when I grew up. “I want to be a Mom,” I responded immediately, “and maybe a teacher or a nurse.” “I want to help people.”

And so at 5, the memories of my life began, and each day was exciting and brand new. I planted my first garden, caught my first garter snake, went to kindergarten, tried to cook pudding on the stove by myself, pretended to marry the boy next door, collected so many of the coolest rocks and learned to ride my blue two wheel bike.

Can you recall some of your first memories? Take a few minutes and think back. How did you respond the first time someone ever asked you what you wanted to be? What did you absolutely love to do as a young person? There are so many clues to truly discovering the identity of your soul, especially in your responses as a child. Children usually act and respond from their heart (gut). There is very little, if any, analytical process that occurs before answering a question or demonstrating a feeling. In the process of socialization and growing up we change. Based on the memories of our experiences, and the role models around us, we develop a greater ability to evaluate circumstances and situations, and then sometimes, choose our responses accordingly. I say sometimes, because in highly emotional situations or quick to happen circumstances, we sometimes revert to our instinctual response. Have you ever heard someone say, "I just didn't think before I spoke," meaning they responded before evaluating the situation or perceived outcome. Instinctual responses will sometimes leave us feeling like we acted or spoke inappropriately, but they do seem to express our true feelings.

In looking back at your childhood, did you like to roam and explore outdoors, or did you like to be inside, curled up with your favorite toy or book? Were you more attracted to playing in a group, or playing by yourself? Remembering these things can reveal much about You! There are no right or wrong answers - only answers that reveal who you truly are.

I realize that some of you may have difficulty with recalling memories from childhood, particularly if there were painful experiences associated with that time. Dig deep if you can to recall something that was pleasant and joyful to you. If you really cannot get to that place, then try to imagine (knowing who you are today), what you think you may have loved to do as a child, or something you think would have been extremely fun. Take a minute and write that down.

Remembering was not always pleasant or easy for me either. I lived in a white box house with no running water and a furnace heater that sat in the middle of the living room. I know my mother had to go to work when I was four or five so that we had food to eat. My dad didn't ever hold a steady job, and he drank a lot.

I lived through a number of sexual molestations and a near rape, all when I was 5. Even though there are some truly wonderful memories, there are also some extremely painful and unpleasant ones. Unfortunately, these incidents seriously affected my life up until my late 30's. It is not that I lived in a melancholy depressed state; in fact it was just the opposite. I always had a positive attitude, a smile on my face, and made the best of every single situation, but inside I hurt and it took a long time to heal. According to a study done in 1998 by Statistics Canada, two out of three Canadians aged 15 and over have had at least one traumatic life event in the 12 months preceding the study. I was somewhat surprised to learn of these findings.

Many times I think that those of us who have experienced such events feel like we are quite alone. However, if we look at these statistics, we see that many of us are dealing with similar difficult baggage. Working through these issues, healing, and forgiving, are critical to happiness and fulfillment.

“Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities; always see them, for they are always there.”

Dr. Norman Vincint Peale

Connecting to your soul is an intricate process of questioning yourself, and reviewing your natural gut responses. Being curious about what, how, and why you think and act in certain ways will give you good indications of what is most important to you.

To really look at who we are is almost like trying to watch ourselves from the outside in. It is so important to search yourself and ask in many circumstances, “What is it about me that values *this in life?*” If the answer is because someone else has said it was important, or has taught you that it was important, then ask the question again and make sure it fits with your soul. Make sure it is not someone else’s expectation or value that you have adopted “just because”.

A life of fulfillment, ultimate fulfillment, is choosing to do all the things you love because they exemplify your inner passions. (Secret Number One)

Why do some people choose to work at a job they hate? Many people would respond by saying it provides the money they need to live. So how much effort and risk would it **really** take to find a job or create a business doing what you love? Who said we have to do things we dislike to make money? Why can’t we do all the things in life we love? Is there any reason we can’t set up our jobs, businesses, families, relationships, and lives this way? The key here is choice and agreement.

No pain, no gain means to me: taking what you are good at to the next level. Pushing yourself to grow and go beyond what you have believed are your personal limits. It does not mean that you need to continually do what you detest until you get good at it.

In the process of becoming connected to our passions we

may have to go through a lot of experiences we don't like until we make the choice to do what we love. That process does, and will, teach us many things about ourselves. Still we need to know that these experiences have been a result of our choices. The sooner you choose to live out your passions, the sooner you will experience the happiness, fulfillment, and abundance that you have searched for.

When I look back at my life, between the ages of 6 and 17 I was always a leader. I was a high achiever, an A student, and athletic. I wanted to be the best at everything I did. I was highly competitive, and yet a very good sport, encouraging everyone to do their best.

As I was growing up my mom always shared and repeated many little quotes that had a tremendous impact on my attitude and how I lived my life. I remember clearly being about 7 years old and cleaning in the kitchen when she said, "Cheryl, if you are going to do a job, do it right or don't do it at all."

So much of our perception of how our life is has been formed by our experience. We have developed our behaviors, attitudes, and values based on our perception of our experiences and the emotions attached to them.

***“People may forget what you said, but they
will never forget how you made
them feel.”***

Carl W. Buechner

I find this statement very interesting, because if I review my most prominent memories they are all associated with a strong emotional feeling. If you look at your day-to-day lives as adults, how does this statement show up in your life? Take a look at the last 24 hours- what do you remember most?

In knowing your soul you need to look at your natural or instinctual character. When are you truly happiest and at peace? These

are all part of connecting the dots. The other big factor that is relevant and important to evaluate is how your soul has been affected by your experiences. Have your experiences encouraged you to keep the channels to your heart open, or have you created blocks and walls?

Truly knowing your passions often requires some healing and forgiveness; some clearing of the channels, if you will, between the mind, heart, and soul, allowing the real you to **be!**

Within all of us there are unique triggers that inspire, empower and drive us. Through our experience of life, we come to know and understand who we are, what we are made of, and what it is that elicits passion in our lives. Those who demonstrate a passionate existence seem to shine from the inside out. We are all passionate about something. There are certain values, issues, and beliefs that give us purpose and a reason to be. How we live out our passion is very dependent on our life experience and our understanding of self.

We walk this way but once (Secret Number Two), and for some, the journey of life itself is the experience of passion. What drives you? What gives your life meaning and purpose? Anything is possible! Living our passion takes us beyond mediocrity and allows us to accomplish our highest dreams and goals. Never settle for less than what you believe to be the best! Good is not enough. It may do for a time, but it will not allow ultimate fulfillment to occur.

“Expect the best. Convert problems into opportunities. Be dissatisfied with the status quo. Focus on where you want to go, instead of where you’re coming from. And most important, decide to be happy, knowing it’s an attitude, a habit gained from daily practice, and not a result or payoff.”

Denis Waitley

Confidence to Be

“Struggle and Emerge.”

Unknown

During one of our regular philosophical chats my Mom encouraged me in saying that my life could be what ever I wanted to make it. She said, “Your happiness does not, nor should it, depend on anyone else.” I understood as much as an 11 year old could, and agreed with her sentiments. What I was learning and developing at that time was what I know now as a victor attitude. **A victor attitude is living your life with ownership, accountability, and responsibility for all of your words, thoughts and actions *all of the time.* (Secret Number Three)** That attitude would prove to empower me with a perseverance and determination to do anything.

A victim attitude, on the other hand, blames people and circumstances, makes excuses, and is in denial for certain results in ones life.

How do you live your life? Do you have the attitude of a victim or a victor? I suppose all of us have some of both at times in our lives, but I really challenge you to remember that you have the choice! YOU ultimately have the choice to live as a victim or a victor. Being exposed to this concept at a young age probably saved me from a life of anger, depression, and despair.

Confidence is an interesting thing. It often grows as we experience achievements, and until we truly know our souls, it can be seriously affected by other peoples opinions and comments.

It was a routine track practice at St. Gabriels Junior High School one spring afternoon. I had run our concluding wind sprints so hard I thought I would get sick. After a quick trip to the washroom and a drink of water I was helping put the mats away. As Mr. Wiesner (my coach), and I chatted, he said, “You know

Cheryl, you can be anything or do anything you want, as long as you never give up.” In my mind I thought, okay Mr. Wiesner, that makes sense. He went on to say, “When you think you have nothing left, dig really, really deep and there is a whole lot more there.” Again I thought about what he was saying and it inspired me as a young 14-year-old athlete.

Later in life I realized that because Mr. Wiesner believed in me first, I was able to learn to believe in myself.

“We do not believe in ourselves until someone reveals that deep inside us is valuable, worth listening to, worthy of trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit.”

E.E. Cummings

Once you connect with your soul and know that you were created absolutely unique, one of a kind, that no other set of DNA is like yours, and you are able to celebrate YOU... at that very moment your confidence will be unshakeable. (Secret Number Four) When you live your life with ownership, accountability, and responsibility for everything you think, say, and do, you will know a power and control like no other. For each one of us that moment will occur at different ages and stages of development and experience. It may be a very long process, and possibly may never occur for some. I think of my father who at 63 has lived his whole life in a victim mentality (my perception). Though I love him tremendously, I feel sad that he has spent his whole life blaming the rest of the world for his misfortune. Severe abuse of alcohol has contributed to his poor state of mental and physical health. Still I never believe it is too late to change; maybe someday he will choose differently.

***“It is never too late to be what you might
have been.”***

George Eliot

Another big contributing factor to our ability to live confidently may come from our depth of experience. The more we have achieved our goals, accomplished tasks, and repeatedly met our expectations, the more confidence we develop. There is no doubt in my mind that having role models who encourage and praise us, significantly impacts our confidence until that revealing moment when we meet our true purpose. It is then that we have the confidence to move forward based on our own inner truth, not on outer encouragement.

At 18 I went through a time of anger, rebellion and extreme loss of confidence. It is always about choice, and after learning and living a victorious period in my life between ages 6-17, I really struggled. I chose to feel sorry for myself and isolate myself from my friends, family, and from my sports. As I analyzed my life up to that point, I became disillusioned and depressed, thinking back to the abuse, my mothers divorce, remarriage, the lack of time with my father, and his alcoholism. Mid way through my 17th year I attempted suicide over a relationship. Things seemed to progress in a downward spiral and I myself was drinking a fair amount to dull the emotional pain. Finally, one early July morning in 1979, I had had enough of being in that place and decided to get my life back on track. Having the knowledge of how to live like a victor would not let me stay in that space. I wanted to make something of my life and I would not allow myself to become an alcoholic like so many of my ancestry had done. I desperately wanted to be a mother someday, and not an alcoholic mother. That in and of it self, gave me the determination to change my circumstances. (I never drank another drop of alcohol until I was 26 years old.)

I went off to college strong, independent, and excited. Yet somehow I let anger towards my mother fester, and it would al-

most destroy our relationship. Though I did not become conscious of the deep betrayal I felt until I was in my 30's, I separated myself from her emotionally as I tried to work through the inner turmoil.

Mid way through my first year of college I met a man that was nine years my senior. I loved to listen to his stories about his life, and yet could not believe someone could live through such hell on earth. Up to that point in my life I thought that most people were good (even after the abuse I had experienced). My Mom used to say I had rose-colored glasses in regards to seeing the world. I was attracted to this man, and felt so bad that he had lived such a treacherous life. Once we started dating, I thought it was my personal mission to make sure he never got hurt again. I fell in love and was married by August 1980. I was 19 years old. Unknowingly, what lay ahead would almost break my spirit and take my life.

The first few years were really quite uneventful. We traveled across the country following the pipeline, making lots of money, and living a fairly typical newly wed existence. At 20 I was pregnant; unexpectedly, as I was taking birth control and planning to go back to school in the fall. Being that I had always wanted to be a Mom, I was very excited and decided that I would just have to make alternate plans.

Lisa Ann was born April 7, 1982.

It was just after midnight and we were having a cup of tea. I knew it would not be long before this little life growing in me would enter the world, but it was a bit of a shock when my water broke at 12:30 am. Quickly, my mother in-law gathered my things and delivered me safely to the hospital. At 3:00 am I was discouraged, hurting, and frustrated. With all my might I pushed and pushed, and yet somehow I was making very little progress. I tried to do everything they had taught me in my delivery classes, but nothing seemed to work like it was supposed to. At 5:21am my doctor

decided to help with forceps, and hearing her little cries were welcome relief to my heart. Even though that was the most painful experience I had ever had in my life, holding my baby girl for the first time made all the pain disappear. Every difficult part during the pregnancy, and all of the labor was so worth it. My dream of being a mom had arrived, and oh I had a passion to take care of this little girl.

I couldn't wait to care for and love this beautiful baby. My marriage had already started to show signs of deterioration, but I was determined that I would never be divorced, and so we continued. My second beautiful daughter, Sara Lynn, was born in November 1983. Again, the experience was magical and as she lay on my tummy, only a few minutes old, my passionate nurturing instinct to love and care for this little life was overwhelming. By this time I was experiencing serious mental abuse on a regular basis. In 1985 I had been in a women's shelter and feared for my life. I had never felt so alone and so helpless. I begged God to intervene, as my faith kept me sane. It was during these times that I thought a great deal about the words of my coach, and at every level of complete despair I would dig deeper and again find enough strength to keep going. I was seriously suicidal during the last year of this relationship, but somehow I knew I could never leave my children. Our last trip to the women's shelter in the spring of 1986 was a six-week stay. It was one of the few places I could really sleep, as I felt safe and protected. I was terrified to leave. Even with restraining orders in place I knew we would be putting ourselves at risk by moving out. There were many times following that our lives were again threatened, and we spent a great deal of time in fear.

Lisa (4), Sara (2) and I began life on our own in late May 1986, and we would spend the next five years healing and moving forward little by little. I was twenty-five years old, and felt like a hollow walking shell. At that point and I could not believe I had allowed myself to stay in such a toxic environment for so long. In an attempt to rebuild my spirit, I would try to remember what I

had been like as a teenager. What things did I like? Who was I then? Very slowly I began to clear the numbed, blocked channels connecting all of me. I was so fortunate to have a loving support system of friends and members from my church around me. They helped tremendously in the process of learning to love myself again. God showered us with miracles on a regular basis, and I am sure I could write a book just based on his amazing presence in my life at that time. I have to share at least one of these miraculous events.

It was in the fall of 1986 and it was always very difficult to make ends meet financially. I was going to college again and working part time, but there was rarely enough to pay the bills. When we had moved into our quaint little brown and stucco two-story home in June, there was a fridge and stove that came with the house. I had also brought with me a small fridge and stove from our previous residence, and had been storing them in the basement. I decided that I really needed the money, so I listed them for sale in our local newspaper at \$850.00 for the pair. For the first two weeks I didn't have any response, so I decided to lower the price to \$650.00. A few days later a woman came to see them and said her son and husband would be there on the weekend to pick them up. I was thrilled, as this would be a big help in making ends meet. When they arrived on Saturday morning to pick up the appliances, I led them to the basement and they hauled them up the stairs and out to their truck parked on my front street. The man then came and handed me a cheque. I looked down at the amount on it and it read \$850.00. I looked at him perplexed. He said that God had told them to pay me \$850.00 and that that was what they wanted to do. I was in awe, and thanked him graciously as I told him the story of initially listing the items in the paper for \$850.00 and then making the change in price. That day it was like Jesus himself had visited me, and the miracles continued to provide for us and protect us for many years.

Slowly but surely my confidence began to return, and I applied to work at a summer camp and teach canoeing in 1988. I had sent my application and had been chosen for an interview. I had always loved the outdoors, and I thought it would be so perfect to be in such a wonderful environment with my girls. When they heard that I was a single mother and that I wanted to bring my girls and a nanny with me they seemed to lessen their initial enthusiasm. The camp director and I had a number of telephone conversations after that, as I desperately tried to convince him that it could work, that my girls were used to being with me everywhere, and that they would behave appropriately amidst the staff team (again I was hearing in my head, “You can do anything or be anything you want - just never, ever give up”). My eighteen-year-old nanny would stay with us and keep them occupied during the days in a way that would not be interruptive to the camp. After many conversations, and just as many prayers, the camp hired their first single parent staff member, and the process made way for others to follow.

Living at camp was like being in heaven. We stayed on tipi row, which was a staff area that consisted of 4 tipi's. I loved the smell of the earth floor and the stone fire pit in the center of our humble abode. Every morning I would wake up with the chirping of birds, walk outside the flapped tipi door, look up at the glorious mountains in front of me, the vibrant colored wildflowers everywhere, and I honestly thought I must have died and gone to heaven. This was one of the most blessed times I have ever had on this earth. The girls connected with the staff, and even the hardest of souls fell in love with their vibrant little spirits. Everything worked better than I, or anyone else, could have ever imagined. It was like we had this huge big family around us, in which everyone was caring for us and encouraging us. When it came time to leave at the end of the summer, I desperately wanted to stay.

We missed everyone and the outdoors as we headed back to the city and I returned to University. Two more years and I would have my degree. The girls and I would return to camp for the next

two summers, and every time we arrived it was like coming home.

How has your life story shaped the reality you live? Are you coming from a victor place, where you can be thankful for all of your experiences because they have helped create who you are? Or are you angry and resentful for how you feel life has created what you don't want to be? Again, we all have choices, and the choice to look at our experience and acknowledge that it happened, and then to choose to go forward and make the best of everyday is ours. Who said life is fair? Please believe me that no matter who you are, or what has happened in your life, you have the choice to live the life of your dreams. **If you can unblock the channels and connect to your soul, let go of the past and the pain, forgive yourself and others, you can have everything you have ever dreamed of. (Secret Number Five)**

***“Dance as though no one is watching you,
Love as though you have never been hurt
before,
Sing, as though no one can hear you,
Live, as though heaven is on earth.”***

Unknown

If you participate 100% and follow the process that I will share with you, you will experience freedom and peace. This connection and understanding is so important to really knowing who you are. I believe that **the most important relationship you will ever have is the one you have with yourself. (Secret Number Six)** Once you can learn to love, accept, and listen to your soul, you will move to a new level of being in this world.

I was 32 years old in June of 1993. It was the first time in my adult life that I knew I had connected to a deeper part of my soul. Steven Covey was one of my first mentors in this process, and his teachings only magnified my desire to clearly define my earthly

purpose and significantly contribute as a mother, friend, and mentor. For the first time I created a personal mission statement; something that empowered me to listen to my soul and be true to my internal purpose. This mission statement was a tool I used as I made decisions. Whenever I felt torn about how to make a decision, I would measure my question against what I had determined was important in my life (my mission), and then make my decision accordingly. This initial process assisted in my quest to discovering my passions.

The exercise on the following page has evolved throughout not only my own life experience, but also as a result of assisting many others in their quest to connect to their inner purpose.

2. What are your most favorite memories & why?

(Any age)

3. When you were a child, what did you dream of being when you grew up? (What is your first memory of this?)

4. What class did you like best in school & why?

5. Where is your most favorite place in the world to be & why?

6. Who is one hero or idol you have & why?

7. What have you received the most compliments about?

8. What is success to *you*?

9. If you were to pick something in nature that represented you, what would it be, and why?

10. When did you feel most fulfilled in your life and why?

11. What would you like to say about yourself at the end of your life?

12. What would you like others to say about you at the end of your life and why?

13. Why do you get out of bed in the morning?

14. If money and time were not issues, what would you do for the next two-weeks?

15. What are 12 things you want to do, acquire, or be in your life? (Any combination of these)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Once you have finished questions 1-15, please re-read your responses before moving forward to the next exercise. What did you learn about yourself; take a minute to write that down.

If you were to read these things about someone else, what would you say was important to that person? Search for common characteristics, emotions, and adverbs, in your responses. Really examine the why portions of your answers. For example if someone said that they really loved to be out in the middle of lake fishing, what would that be telling us is important to that person? (Maybe solitude, or peacefulness). Look for what each of your answers tells you about your soul.

Three Key Area's

Are you excited yet? Please give yourself a pat on the back, or even better yet, look yourself in the eye in a mirror and say, "GREAT JOB!" If you have participated and answered the previous questions honestly, and at a 100% gut level, then you are going to unlock the doors that connect you to your passions...and to your soul! For many of you this may feel like coming home, an indescribable peace, a child-like excitement, or for others, just...WOW!

After you have re-read your responses and summarized what you have learned, I would like you to define your passions in three key life areas, the first being personal. This is about you and your relationship with yourself- body, mind, and soul. Imagine you lived your life only for you and there was no one else around. Please look at this area from that perspective. The second area deals with relationships. This is about your interaction with your family, friends, and community. The third area looks at your work, and the financial aspects of your life.

Lets begin.

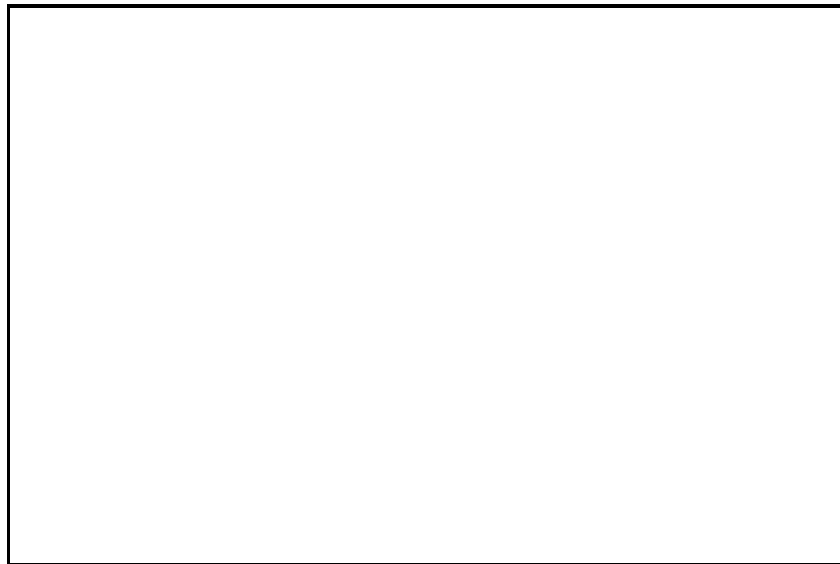
Please look at each area again. Now see if you can list your passions by only using one or two words to describe what you have listed in each area.

Personal: _____

Relationships: _____

Work/Financial: _____

Concluding this section, please take a minute and draw a picture of what your life will look like in 10-20 years. Make it as detailed as possible, including all aspects of your passions. This will be defined as your life Vision. It will be a picture of what you expect your life to look like, based on what is most important to you. Dream...



“The best way to predict your future is to create it.”

Unknown

Now write your personal mission statement including your passions from all three areas. What is your purpose in this life?

My Mission

In my Life I will:

Great work! **Awareness and connection to your soul and your passions will provide a natural discipline to live and be who you really are (Secret Number Seven).** You will experience an enlightened truth about yourself. This enlightened truth brings with it a great inner conviction, inner strength and total peace.

After defining your passions, creating your vision picture, and completing your mission statement, you will begin the process of aligning these things with your goals so that they truly represent what is most important in **your** life.....