



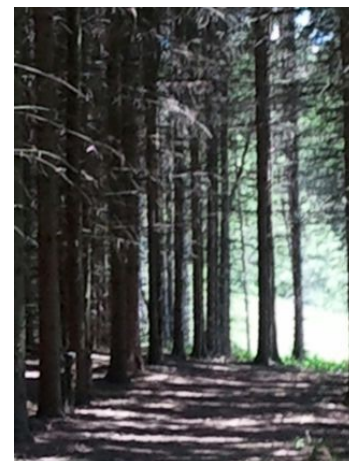
## LIFE TRANSITIONS *and* SELF-FINDING

Crisis = Danger and Opportunity

Today is about OPPORTUNITY paths

### Some Concepts:

- Healthy Self-care
- Perfect the Present – the second Principle of Attraction:
- Unhook Yourself from the Future. Attraction works in the Present, not in the Future. (Thomas Leonard)
- Life is a Game. And we have all the pieces we need to play right now.
- PLAY! The opposite of play is not work; the opposite of PLAY is depression. – Stuart Brown, National Institute for Play <http://nifplay.org>
- Lighten up and attract more JOY and Abundance.



## *Who am I Now? Heart. Soul. Body. Mind. Spirit.*

4 things you can do ... be creative, open, playful with these. Use art, music, nature, and color.

### 1. Take Stock, Fresh Start, Redirect

- What kind of work / life do I thrive in?
- What am I good at?
- What challenges my intelligence and creative abilities in a good way?
- What skills—technical and people—have I acquired and used?
- Can they also be used elsewhere? in another industry?
- Is there something I definitely don't want to do anymore? Environments, workplaces, and industries I don't want to work in?
- What do I love doing? Lose track of time doing? Something that comes easily, naturally to me?



- Take this information and 1) redo your self-introduction / resume / artist statement , and 2) take note of your Wish List--Everything you LOVE, want, and or need that delights your heart

## 2. That Some Day List

- What's on MY *Someday List*? Note some of it here:
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- I now have the gift of TIME to spend and enjoy.



## 3. Be There for Someone Else. Volunteer

## 4. Have a positive, proactive support System

- Who makes me laugh?
- Who are the positive people around me?
- Who / what brings me down?
- What am I reading? Listening to? Looking at?
  - Do I like the impact / affect on my energy and attitude?

Design a dreamy positive support system for yourself. ... people, places, things... Start here.

☺ The Universe does things FOR us; not TO us.

**Write your own script of how you'd like it to be ... play a little**