

STEPS TO A SUCCESSFUL PRACTICE

HOW DO YOU ACHIEVE YOUR FULL HUMAN POTENTIAL?

VIEW LIFE AS A JOURNEY AND LIFE LONG PERSONAL EXPLORATION

COMMIT TO DAILY PRACTICE AND MASTER THE PAUSE

UNDERSTAND THE KEY BRAIN CONCEPTS

DEVELOP PRACTICE MOTIVATORS

ACHIEVING CALM MIND

LEARNING YOUR

1. Skills
2. Curiosities
3. Passions
4. Aspirations
5. Life Purpose

MASTER FLOW TRIGGERS

1. Challenge Skill Balance
2. Exercise
3. Arts & Culture
4. Nature
5. Human Connection
6. Develop Discipline and Grit

Be A Brave Courageous Life Long Learner and Explorer.

**-A GUIDELINE FOR DEVELOPING A LIFE PLAN –
FINAL PROJECT FOR ACHIEVING FLOW:
Learning to Meditate and Developing Your Full Human Potential**

1- Define Your Life Aspirations - What Would Fulfill You?

- How do you define a satisfying life?
- How might your motivations intersect with your values?

2- Review your top 5 Signature Strengths – what motivates you?

Create a list of (or a spreadsheet, if that might be useful) of your:

**Skills
Curiosities
Passions**

Where do these motivations intersect? (The Habit of Ferocity PDF will help here) It's helpful to see patterns and link up new ways of seeing how your motivations combine or overlap. Keep track of those thoughts by writing in a journal or a small daybook that you keep with you. Writing these things down will sometimes prompt the revelation of more options to consider.

3- Strategic Areas of Focus – Incorporating Important Life Elements in the Plan

- Exercise and a healthy diet
- Work aligned with purpose and that is of value to others, engaging in 'passion projects' being of value to and in service of others
- Enjoying professional, community and intimate family and social relationships
- Incorporating a focused engagement with nature, art, reading, film and music – living life as an adventure
- Understanding the importance of financial comfort through a simple lifestyle – living a reasonable life.

“Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.” Howard Thurman

