

**This document is to be used in conjunction with my e-Book,
'Clinging on to the Mezzanine of Life.' - Valerie Hardware**

Exercise 1. WHO OR WHAT IS YOUR GOD?

(Adapted with kind permission from Lynn Robinson – 'Divine Intuition')

Here are ten questions to consider. Some of the answers may be clear to you now and some may become clearer as we go further.

1. Have you experienced God's presence? If so, describe the experience.

2. What were you taught about God as a child? Are your beliefs the same now? If not, how do they differ?

3. What practices (such as praying, meditating or going to religious services) bring you to God? Or perhaps you find God through Nature or music?

4. How do you envisage God?

5. What is the purpose of life?

6. What takes you away from God?

7. Do you pray for guidance or ask in some way?

8. If yes, do you receive an answer and if so, how?

9. What do you think God wants you to learn in live, if anything?

10. What name do you give God?

Exercise 2: Self-Image Analysis

How do you see your Self? Can you see how good it is to be you? If you were to draw your potential, what sort of picture would it make?

At first glance you may not believe that you have ten of any of the following categories. It is best to be instinctive. If you feel really stuck it will be useful to ask a trusted family member or friend to help you identify them. They are there. You have them.

List 10 strengths

As a starter: One of the strengths I see in myself is:

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**
- 10.**

List 10 skills

As a starter: One of the skills I see in myself is:

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**

7.

8.

9.

10.

List 10 loveable qualities

As a starter: One of the loveable qualities I see in myself is:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

List 10 achievements

As a starter: One of the best things I have achieved in my life is:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

List 10 visions

As a starter: One of the things I would love to see my Self achieve is:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Exercise 3. The Wheel of Life

As a grounded complement to emotional and spiritual guidance I have always been interested in practical, solution-based therapy.

With this in mind I took a course in life coaching. A valuable tool is The Wheel of Life. The wheel helps clients to prioritise what category they would like to work on.

My version of life coaching sessions was called 'Personal Breakthrough', with an initial questionnaire for the client to fill in beforehand:

'The questions are in-depth and created to help you clarify your thoughts and jump-start our Personal Breakthrough Session. Please answer all the questions as instinctively as you can and complete the Wheel of Life exercise.'

General Questions

YES NO

1. Do you often feel stressed and think there is something holding you back from a much more successful life?

2. Out of 100 percent for both categories how much is stress and indecision in your life costing you in emotional and physical terms?

Emotional%

Physical%

3. Do you feel substantially more alive or further ahead than you did a year ago?

4. Do you often know what you 'should' be doing but have a difficult time actually doing it?

5. Do you routinely run out of time, energy or patience by the end of the day?

6. If you have a career is it more of a job than a calling?

7. Is there less meaning in your life, career, relationship or business than you would like?

8. Do you have a difficult time balancing your career, family, friends, health, etc?

9. How long has it been since you really enjoyed yourself?

(i.e. six weeks, three months, one year)

10. Do you often find yourself living automatically or just going through the motions?

11. Do you routinely find yourself worrying about the future?

12. Do you want more success, peace, close relationships or a sense that your life is making a difference?

13. Do you ever get a sense that you are not living the life you were meant to live and that

there is much more to life than you are now experiencing?

14. Do you have someone in your life who routinely gives you independent feedback and helps you to see what you are missing?

15. What is most important to you in life?

16. Who is most important to you?

17. What goals have you achieved so far in your life?

18. What dreams/goals have you set aside as unachievable?
(Describe in a few words how you feel about this).

19. What are your natural gifts and abilities?

20. What aspects of your life/work do you enjoy the most?

21. What aspects of your life/work do you enjoy the least?

22. What do you feel that you are putting up with?

23. What personal habit or trait would you like to change?

24. When your life is working, what is working about you?

25. When your life is not working, what is not working about you?

26. What makes you happiest?

27. When were you happiest?

28. How did you become happy then?

29. What do you like most about yourself?

30. What creates that quality?

31. How do you make that quality last?

32. When did you have that quality the most?

33. How could you create more of it?

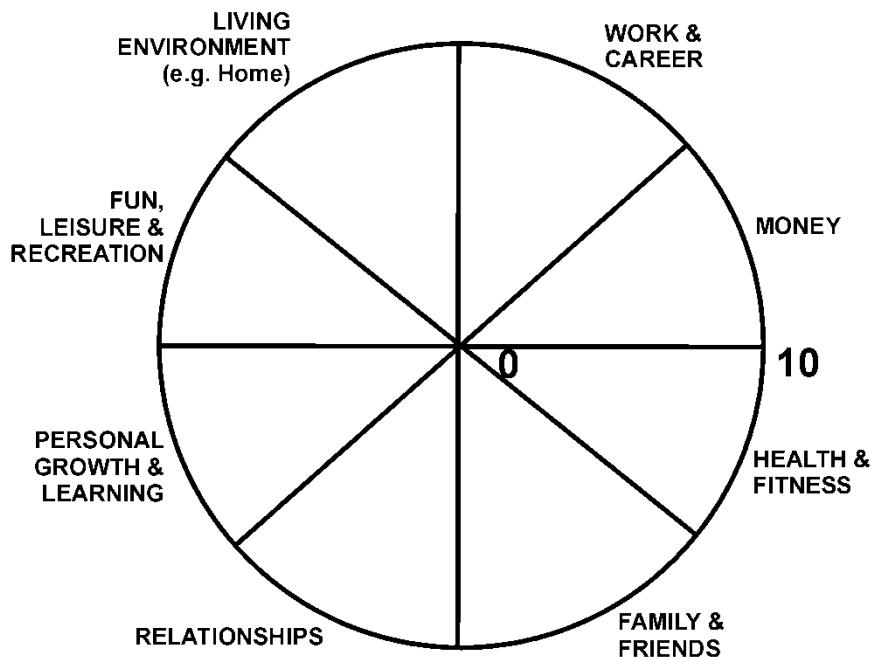
34. What gives you peace of mind?

35. Who/What brings out the best in you?

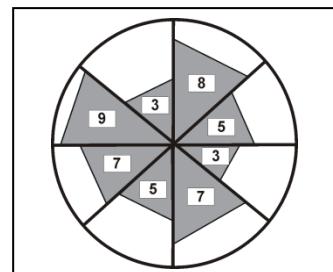
36. Who appreciates you most?

37. Why?

The Wheel of Life



Example



The eight sections in the wheel represent life balance. The centre of the wheel represents '**very dissatisfied**' (**0**) and the outer edge as '**very satisfied**' (**10**). Next, taking the centre of the wheel as **0** and the outer edge as **10**, rank your level of satisfaction with each area out of 10 by drawing a **straight line within each section and number it, to create a new outer edge (See example)**. It should represent how you feel at this moment.

Exercise 4.

1. Who Are Your Sunflower Friends?

2. Who Are You a Sunflower To?

