YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

**CHAPTER 3 EXERCISE: GETTING TO KNOW YOUR SOFTWARE**

*“Can you remember who you were before the world told you who you should be?” ~Danielle LaPorte*

Consider the various elements of your life – The people, places and things – and the aspects related to them. Identify those you consider less than desirable – the ones you’d like to change. For example: Your Profession (place of employment, managers, co-workers), Your Home (location, the building), your relationships (partner/spouse, family, friends, neighbors and *You* (body, personality traits, habits), etc. and list these in column one.

Next, consider whether each aspect is a contribution to or deduction from your overall well-being and desired objectives. This is a Yes or No question. Examine each and consider the volume of the role it plays within your life using a scale of 1-3: 1 being the most relevant, 3 the least and 2 the median. Rate these elements regarding their relevance - How important is it to change them? Note these in column three. This will help to enumerate your priorities.

Then, consider your perceptions and beliefs as well as the potential sources of the programming by which they were created, and list these in column four. Some influences to deliberate upon when compiling your list:

* Culture, Family and Friends, Religion, Education, Advertising, etc.
* Perception of limitation (resources/support)
* Persuasion or pressure, perceived necessity/fear
* Absence of direction, encouragement

In column five, note whether your perceptions surrounding these aspects feel light or heavy. Are they true for you? For example: *“I can’t go back to school at my age.”* Truth: Can’t you?

For each, ask yourself, *Truth:* *What can I add, subtract or change about this that would generate more possibility, ease, fulfillment and joy in my life?* Note your insights in the last column.

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| **Element**  Aspects you’d  like to change | **Does it compute?**  Yes / No | **Relevance:**   1. Most 2. Median 3. Least | **Potential Sources**  **& Programming** | **Light:** *True*  **Heavy:**  False | **Insights** |
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“*Whatever you are not changing, you are choosing.”* ~ Laurie Buchanan

With this in mind, for each element in your table above, list one to three action items that you will employ to shift your perceptions, consider and pursue other possibilities. For example, if you desire a career change, research the aspects of your desired calling.

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| **Element** | **Action Items** |
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*“Life begins at the end of your comfort zone.” ~Neale Donald Walsch*