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

*Creating You and Facilitating Your Life*

**MY PERSONAL CHECK-IN**

*"We delight in the beauty of the butterfly,*

*but rarely admit the changes it has gone through to achieve that beauty.” ~* Dr. Maya Angelou

***Maya Angelou used with permission by Caged Bird Legacy, LLC www.MayaAngelou.com***

I suggest gifting yourself a diary for your Check-In’s so that you have an ongoing reference. The frequency of your Check-Ins is a matter of personal preference; however, to begin, I suggest weekly or monthly. Studies have shown that those who track their progress succeed twice as much and as fast as those who do not.

If you haven’t already, I recommend composing your Doctrine and including it as the first entry in your diary. *You can refer to Chapter 10 for a sample.*

***~ My Doctrine ~***

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***~ INSIGHTS FROM THE EXERCISES WITHIN SOURCE CODE ~***

*-You may want to consider revisiting them from time to time to gain fresh perspective.*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE: \_\_\_\_\_\_\_\_\_\_\_

* Am I consistently exercising healthy self-care practices?
* Am I upholding my boundaries?
* Am I conducting myself and orchestrating my life in accordance with my Doctrine consistently?
* Are there any adjustments I’d like to make?
* What contribution does my Doctrine provide to my overall perspective and well-being?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***~ MEDITATION ~***

*For assistance with various meditation techniques, refer back to Chapter 11 and also to Dr. Newberg’s document:*

*Finding the Right Meditation Practice*

**maureendamery.com**

**http://www.maureendamery.com/Finding%20The%20Right%20Meditation%20Practice%20Dr.%20Andrew%20Newberg.pdf**

* Overall benefits and insights of my meditation practice:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***~ PROGRAMMING ~***

*Let me see the truth of who I am ~ No matter how beautiful it is.*

* What constrictive programs (Habits, Patterns ~ and their underlying Beliefs) have I become aware of?
* What intentions am I setting/action items am I implementing to cultivate and anchor positive shifts where they are concerned?
* What insights has this discovery process gifted me?

*~ Core Beliefs: Love, Worthiness, Safety, Wholeness ~*

|  |  |  |  |
| --- | --- | --- | --- |
| **Programs**  **(Habits, Patterns)** | **Underlying Beliefs** | **Intentions &**  **Action Items** | **Insights** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

* What Archetypes and/or shadow sides have I identified?

(Four Universal Archetypes: Child, Victim, Prostitute, Saboteur)

For assistance with archetypes, consult the references listed in *Resources*.

* What message(s) (strengths/weaknesses) do they bring to my attention?
  + What do they need that they may not be getting?
* What do I Love/Hate about them?
* What are the gifts they bestow as contributions to my evolution?

|  |  |  |  |
| --- | --- | --- | --- |
| **Archetypes/Shadows** | **Their Messages** | **What I Love/Hate**  **About Them** | **Their Contributions**  **To My Evolution** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Keep in mind that your shadow self is where the gold lies. For assistance with shadow work, consult the references listed in *Resources*.

***~ INSIGHTS FROM MIRROR WORK AND AFFIRMATIONS ~***

* Reflections on my mirror work and affirmations.
* How’s my word policing?

*~ May I be happy. May I be safe. May I be peaceful and at ease. ~*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***~ EVOLUTON ~***

~ *Health, Wealth and Happiness ~*

At present / Since my last Check-In:

* + What has gone / is going well ~ that I am proud of, feeling good and/or excited about?
  + What has not gone / is not going as well as I’d prefer?

|  |  |
| --- | --- |
| **Brags** | **Grumbles** |
|  |  |
|  |  |
|  |  |
|  |  |

***~ DESIRES ~***

~ *Health, Wealth and Happiness ~*

What would I like to change?

* + What would I like to heal and release?
  + What would I like to create and actualize?

|  |  |
| --- | --- |
| **Outgoing** | **Incoming** |
|  |  |
|  |  |
|  |  |
|  |  |

***~ INTENTIONS ~***

~ *Health, Wealth and Happiness ~*

What am I working on?

* Do I see and/or anticipate any challenges (a.k.a. opportunities) as I move forward?
* Do I desire/require assistance in any area(s) where they are concerned?

If so, from what source(s) will I seek and accept the gifting and receiving of assistance?

|  |  |  |
| --- | --- | --- |
| **Intentions** | **Possible Challenges** | **Contributions** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

***Best Practice:*** *Choose a role model ~ someone who is successful in a way that you desire to be.*

*Make note of their practices, express gratitude for them; and mirror and adopt them as your own.*

***~ ACTION ITEMS ~***

~ *Health, Wealth and Happiness ~*

What actions am I taking / will I take that will contribute to and foster my intentions and their actualizations?

|  |  |  |
| --- | --- | --- |
| **Intentions / Desires** | **Action Items** | **Insights** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

***~ GRATITUDE & CELEBRATION ~***

~ *Health, Wealth and Happiness ~*

What am I grateful for?

* In what ways do I / will I express this gratitude?

|  |  |
| --- | --- |
| **Gratefuls** | **Expressions** |
|  |  |
|  |  |
|  |  |
|  |  |

***~ A LOVE NOTE FROM MY TRUE SELF ~***

*If I could give myself some nurturing advice, I would tell her/him…*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*"You are what you believe yourself to be.” ~Paulo Coelbo*

*Namaste!*