

Personal Path Program

Personal Path is a self-paced personal development program for the individual who strongly desires a high quality of life and is willing to make the type and degree of changes, which are usually required.

The program consists of 10 benchmarks or milestones in life - soft, yet very, very rich goals which the going after of fundamentally shifts how the participant relates to themselves, others and their environment.

The 10 areas are:

- A. Inner Peace
- B. Personal Power
- C. Happiness and Joy
- D. Spiritual Bliss
- E. Grace and Love
- F. Full Satisfaction
- G. Natural Balance
- H. Personal Passion
- I. Vitality and Wellness
- J. Fulfillment

This program is designed to be done concurrently with any other coaching program or goal you are working on.

Instructions

There are four steps to completing the **Personal Path Program™**.

Step 1: Answer each question. If the statement is true, fill in the circle. If not, leave it blank until you've done what it takes. Be rigorous; be a hard grader. If the item does not apply or will never be true for you, fill it in anyway. Give yourself credit you may do this with up to five items. And, feel free to rewrite or reword up to five of the items in this program to better suit you, your needs and your life.

Step 2: Summarize each section. Add up the number of filled in circles for each of the 10 sections and write those amounts where indicated. Then add up all 10 sections and write the current total in the first box on the Progress Chart.

Step 3: Color in the Progress Chart Checklist provided. If you have five circles filled in the Integrity section, color in the bottom five boxes, and so on. Always start from the bottom up. The goal is to have the entire chart filled in. This will indicate how strong your personal path is. In the meantime, you have a current picture of how you are doing in each of the 10 areas.

Step 4: Keep playing until all boxes are filled in. This process takes between six months - five years, but you can do it!! Use your coach or advisor to assist you. And check back quarterly for maintenance.

Progress Chart

Date	Points (+/-)	Score

Personal Path Program 100-Point Checklist

Sections										
#	A	B	C	D	E	F	G	H	I	J
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										

Give yourself credit as you get points on the 100-point program. Fill in columns from the bottom up.

A. Inner Peace

Inner peace is an inner calmness, a freedom from environmental hooks, an absence of disturbances or adrenaline, an inner knowing, a connection with one's spirit. You have a choice about whether to experience inner peace, or not.

When experiencing inner peace, a person is

- Unhookable externally by circumstances or others
- Fully present and able to be with everyone, always
- Extremely gentle
- Accepting of all, including all of oneself

What happens until a person gets here

- Easily disturbed by events, problems or others
- Creates problems, crises and disturbances for themselves
- Can't relax, chill out or fully enjoy themselves
- Busy-ness, frantic-ness, rush, obsession, preoccupation

The 10 Steps To Reach Inner Peace

Number of boxes checked (10 max) _____

- Have nothing unresolved versus just be finished.
- Surrender and accept what is so versus resisting, fighting.
- Take full responsibility for how you react to others.
- Become aware/sensitive to feelings versus be blind, ignorant.
- Tell the entire truth versus edit, censor, lie or translate.
- Distinguish between self versus mind, ego, needs, past experiences.
- Immediately catch yourself when triggered by adrenaline.
- Recognize and inquire into why your cage gets rattled.
- Step over nothing, even the small stuff, yet don't fix others.
- Reprioritize peace to be ahead of performance.

B. Personal Power

A powerful person has resources and knows how to use them: includes the people, skills, information, experience, abilities and focuses which influence, cause and create one's environment and results. We all have power available but must open ourselves to access it fully by being a conduit for power.

When experiencing personal power, a person

- Is able to accomplish a lot with little suffering
- Is able to create by using available resources
- Is results-oriented but process sensitive
- Is always at cause, not at effect; uses whatever power one has

What happens until a person gets here

- Weakness, at-the-affect of circumstances and life
- Inconsistent performance due to moods, energy
- Frustrated at length of time it takes to accomplish goals
- Controlling, pushy, too results-oriented

10 Steps To Increase Personal Power

Number of boxes checked (10 max) _____

- Raise personal standards to reflect higher self-worth.
- Empower others directly: recycling their power by listening.
- Start being for others/results versus being about them.
- Go for the quality versus quantity of what you produce.
- Get the phrasing you need to express yourself fully.
- Have things be acceptable or unacceptable versus forever gray.
- Initiate everything; wait for and follow no one.
- Take many, many risks and experiment as much as possible.
- Get to work, maintain momentum, be dedicated.
- Read those books which inform and educate you well.

C. Happiness And Joy

Happiness and joy come from having who and what you want. Happiness and joy are not mysteries; you can create these by being very, very selfish and by listening to your inner guide versus society', culture, shoulds or being controlled by potential consequences.

When experiencing happiness and joy, a person

- Feels gratified and wants more of this
- Is doing exactly what he/she wants
- Is pleasure-oriented and is willing to have more
- Is able to contribute well to others they care about

What happens until a person gets here

- Experiences sadness and unhappiness
- Can't figure out how to be happy; happiness and joy is elusive
- Stuck, miserable in the present; no way out
- Doesn't even know what will make them truly happy

The 10 Steps To Be Happy And Joyful

Number of boxes checked (10 max) _____

- Figure out what does make you consistently happy.
- Get your needs met so you can afford your wants.
- Stop doing what you should do; do what you need/want to.
- Restore your integrity to be at 100%.
- Eliminate every single toleration and source of suffering.
- Experience the difference between thoughts/feelings.
- Become truly selfish versus egotistical.
- Take what you need to be your best.
- Become internally generative versus externally motivated.
- Start creating a project that makes you feel very, very good.

D. Spiritual Bliss

Spiritual bliss comes from being totally connected with yourself, your soul, your body and a Higher Power (meaning everyone). It is a high experience of life, rich with the subtleties and details that open one up to a quality of life unmatched by the trappings of the material or linear world.

When experiencing spiritual bliss, a person is

- Glowing with energy, love and caring, but not high
- Light, contributory and being, yet fully responsible
- A part of a higher plane of existence
- Touching others in a profound way, measurable or not

What happens until a person gets here

- Disconnected from healthy energy; chemically high
- Burdened by life's challenges, alone
- Fearful of possible consequences, defensive, right
- Trying too hard to project or create

The 10 Steps To Have Spiritual Bliss

Number of boxes checked (10 max) _____

- Identify the distinction between self versus ego.
- Take the path of least resistance versus force, fight, win.
- Develop a relationship with your self, Higher Power.
- Respond versus react to circumstances, others.
- Keep yourself toxin free (chemical, energy, stress).
- Intuitively choose versus logically or linearly decide.
- Honor your inklings versus explaining, rationalizing, proving.
- Clean out your Rolodex.
- Dance with versus control others.
- Take extreme self-care of every part of yourself.

E. Grace And Love

Grace and love come from having more than enough, and by being able to give, receive, grant, attract and enjoy yourself and others to a degree that "it all" becomes a flow of energy. Grace is saying yes to God; love is saying yes to yourself and others.

When experiencing grace and love, a person is

- Warm, friendly, easy with others
- Living effortlessly, rarely concerned, flowing smoothly
- People versus result oriented, gives a lot, without cost
- Building a reserve of time, money, energy, space

What happens until a person gets here

- Critical, short, judgmental, measuring
- Alone, terminally unique, lots of effort for little return
- Needy, demanding, loud
- Childish, small, petty; not over self yet

The 10 Steps For Grace And Love

Number of boxes checked (10 max) _____

- Get more than you need: a reserve of everything.
- Live very, very well, versus just managing.
- Start acknowledging others versus complimenting them.
- Get the who versus the what about other people.
- Become charge neutral versus charge up/down.
- Fully communicate, but get permission first.
- Come from acceptance and compassion.
- Condition change versus forcing it.
- Put relationships ahead of mere results.
- Forgive and have compassion versus merely understand.

F. Full Satisfaction

One can become fully satisfied which means that one is well taken care of emotionally, physically, spiritually and intellectually. Becoming responsible is the process, which creates the feeling of full satisfaction.

When fully satisfied, a person is

- Connected with abundance and grateful for what they have
- Selfish enough to get what they need - as a first priority
- Operating with a very strong personal foundation
- Taking responsibility for what occurs in his/her space

What happens until a person gets here

- Dissatisfaction, blaming, complaining, disturbances.
- Neediness, pettiness, financial problems
- Trapped, restricted, imposed upon, externally prompted
- At the affect of what they have not become responsible for

The 10 Steps To Get Fully Satisfied

Number of boxes checked (10 max) _____

- Get that what you have, don't have, are, are not, is perfect.
- Understand, take care of core needs versus medicate, deny.
- Establish strong boundaries to protect the soul.
- Respond to the current situation versus was or will be.
- Get on a path to be fully healed versus terminally healing.
- Do whatever it takes to get totally free versus temporary relief.
- Understand the difference between adult, parent, child.
- Stop blaming yourself for what you didn't do.
- Only do what you enjoy or must do for your integrity.
- Fix or eliminate every source of dissatisfaction.

G. Natural Balance

Balance is a natural state that occurs when integrity is present. Balance is a barometer of this integrity. Humans are now just learning how to have it all and have balance. Balance is a life full of what is important to you.

When experiencing natural balance, one is

- Resilient because of a strong keel, foundation
- Consistently performing yet not at an emotional cost
- Enjoying the space created with balance
- Sharing their gifts because nothing is being lost or used up

What happens until a person gets here

- Mood swings, up and down, volatile, manic/depressed
- Deliberately stresses self, pushes, never enough
- Can't get present, can't find home or self in the swirl
- Full of reasons, excuses, evidence and shoulds

The 10 Steps To Balance Well

Number of boxes checked (10 max) _____

- Start creating choice/solutions versus compromising.
- Integrate all parts of your life versus compartmentalize activities.
- Find out and fix what is causing the imbalance or problems.
- Be very selective re: who, what, how comes into your space.
- Underpromise versus over-promise; don't stress self.
- Identify your values and re-orient goals around them.
- Understand balance versus juggle, manage or control.
- Give self permission to eliminate all that causes unbalance.
- Have no hidden costs that drag you down at work.
- Recognize/eliminate adrenaline triggers before they run you.

H. Personal Passion

Passion adds spice to a spiritual life. Passion comes from a convergence of desire, dedication and creation. Passion can be fully developed for oneself. It's healthy. People are passionate when truly contributing to others.

When being personally passionate a person

- Is fully expressing themselves and being human
- Is working towards a vision, purpose or meaning
- Is excited but not "on"
- Is coming from the soul versus the external project

What happens until a person gets here

- Frustration, boredom, regret
- Floundering, confusion, lack of direction
- Dilettante-ness
- Resistance to what turns one on

10 Steps To Be Personally Passionate

Number of boxes checked (10 max) _____

- Find out what most turns you on that then just do that.
- Set huge goals which bring out your best.
- Develop a compelling vision versus having lots of ideas.
- Start caring for others in a profound way.
- Distinguish between passion and adrenaline.
- Identify a theme to your life for the year that's ideal.
- Start stating what you want versus hoping for it.
- Go for the excitement versus drama in life.
- Design a contribution project that shares your gifts.
- Hang out with passionate people and learn from them.

I. Vitality And Wellness

Wellness is the basis for consistent creation, attraction and love. Getting well and raising your standards of what wellness means to you requires a dedication to being your best.

When experiencing wellness, a person is

- Active, has plenty of energy
- Emotionally and physical available to others
- Attractive because they are responsible and can share energy
- Able to enjoy more of what they are doing; they feel good

What happens until a person arrives

- Tired, lackluster
- Toxic to others, consuming the space
- At the affect of entropy
- Not creating or expressing oneself fully

The 10 Steps For Vitality And Wellness

Number of boxes checked (10 max) _____

- Develop a healthy morning routine versus rushing.
- Shift your day to be like you're on vacation.
- Start using food for sustenance versus pleasure, reward.
- Move your body aerobically several times per week.
- Identify and stop all behaviors, which cost you wellness.
- Develop a reserve of energy.
- Get all parts of your body fixed, if broken or blocked.
- Communicate until you feel clear.
- Discover and saturate yourself with what nurtures you.
- Clean up every closet, room, physical space so it's empty.

J. Fulfillment

Fulfillment comes from expressing yourself fully and feeling the impact it has on others and yourself. Basing your life on your Tru Values is the place to start experiencing fulfillment. Fulfillment is the inner reward for it being your life.

When experiencing fulfillment, a person is

- Creating something
- Full, proud, pleased
- Engaged and enjoying it
- Profoundly impactful

What happens until a person gets here

- Bored
- Looking for the meaning of life
- Making lots of "decisions"
- Making lots of changes

The 10 Steps To Be Fulfilled

Number of boxes checked (10 max) _____

- Start coming from the is versus shoulds, coulds, oughtas, wants.
- Do the maximum.
- Have a vision or project that leaves the legacy you want.
- Do what comes natural to you.
- Master something, anything, but experience being the best.
- Learn the difference between accomplishments and results.
- Honor your inner feelings, desires and inklings completely.
- Build something versus randomly create.
- Hang out with people who are fulfilled or well on their path.
- Make the most of what you already have.

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