



# 100 Ways to Know Your Evolving

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## 1. Relating

- I can say no easily and kindly, without feeling funny about it.

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- Negative and cynical people have disappeared from my life.

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- I am surrounded by people who are in touch with themselves.

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- I can be with anyone without feeling uncomfortable or reacting to them.

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- I let people evolve me instead of resisting.

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- I find myself having upgraded levels of conversation everywhere I go.

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- My boundaries are extensive, yet people are close to me.

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- I find myself connecting with others in new ways.

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- Most of my relationships are inter-developmental, not just inter-dependent.

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## 2. Learning

- I honor my relationships enough to step over nothing.

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- I no longer feel compelled to learn stuff yet I find that I'm continually learning on a profound level.

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- I synthesize all that occurs and use it to my advantage.

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- I am so sensitive to my environment that I notice, embrace, integrate and assimilate even the slightest change.

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- I can give simple language to the most complex issues.

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- I stay fully caught up with technology.

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- Discovering the truth of something is a joy for me.

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- I have extended my intelligence by connecting with people who can use it.

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- I constantly experiment with the gifts I have.

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- I follow my whims instead of disregarding them as impractical or unwise.

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- The unknown has become a doorway, not a cliff.

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### 3. Effectiveness

- I no longer feel the need to fix or improve myself or others.

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- I don't look for things to motivate me; getting up in the morning is all I need.

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- Synchronicity (fortuitous timing) has become the norm. It occurs so frequently, that it's easy to accomplish things.

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- Being important, admired or impressive has become irrelevant.

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- I always use synergy whether with others or alone.

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- I am skilled at creating environments that facilitate what I want to do.

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- I am inspired by people, possibility or events, instead of motivated by factors or situations.

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- I attract instead of sell or push.

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- I can do much more with a lot less.

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- I am able to experience (and harvest) energy from almost every person, event, object and environment.

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### 4. You

- I feel inner peace almost all of the time.

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- My needs are quiet because they are so well met.

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- I am willing to go back to foundational work whenever needed instead of thinking I've 'evolved' beyond that.

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- I wouldn't even think of not being authentic.

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- I've gotten over myself in every possible way, yet I honor my self, my needs and my soul.

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- I have nothing left to prove.

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- I've developed my own POS (Personal Operating System).

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- I am shameless.

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- I enjoy being a work-in-progress, yet I am complete as well.

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- My behavior is increasingly becoming an expression of my evolving true self.

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## 5. Living

- My evolution is a byproduct of living a creative life, not an objective to reach.

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- Traditions are a choice, not a habit or obligation.

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- I get what I want, without having to push or exploit to get it.

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- Possibility is my currency because I'm living in reality.

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- Living life has become an art form.

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- Creativity has become a way of life.

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- I easily ask for exceptions and special treatment whenever I need it.

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- I live ecologically because I respect nature.

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- I am taking better and better care of myself because evolving calls me to, without forcing myself to.

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- I love my life.

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## 6. Flow

- I have progressed beyond freedom and now maintain an 'absence of.'

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- I accept the inevitable variations in the rhythm, rate and quality of my evolutionary experiences.

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- I can give generously because I have reserve.

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- Time is irrelevant because I am in the flow.

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- I live in harmony with the physical universe.

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- Fear doesn't stop me for very long.

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- I am quite comfortable outside of my comfort zone.

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- I can respond fully to surprising developments because I have enough space and reserves in my life.

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- I've stopped resisting.

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- Grace is present in all that I do.

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## 7. Thinking

- I'd rather trust my intuition and be wrong, than trust my mind and always be right.

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- Whatever happens, I know there is always another way of looking at it.

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- I am aware that every problem has multiple solutions.

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- Apparent contradictions aren't.

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- I grasp and embrace complex ideas within several minutes.

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- I have a regular source of information and ideas outside of my usual network, so that my thinking stays fresh, global and innovative.

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- My brain, mind and spirit have found a common language to communicate with.

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- I find it easy to integrate seemingly unconnected or random events.

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- I'd rather adopt a new paradigm than push myself in the current one.

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- I have all of the language I need to express all that I am feeling and seeing.

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## 8. Skill sets

- My ability to respond to new information is increasing exponentially.

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- Mutating doesn't scare me.

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- I've stopped trying to evolve, and yet I evolve.

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- I have become a conduit as well as a source.

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- I've mastered the set of cyberskills.

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- My body guides me in my decisions during the day.

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- I find developing my skills to be a more and more enjoyable process, even with the inevitable learning curve.

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- I've become super-conductive -- reducing the energy I need by 90%.

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- I've simplified everything because I enjoy things that way.

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- Uncertainty is not a problem.

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## 9. Perspective

- I don't mind losing who I used to be even if I was terrific.

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- I view the world as an interrelated web -- everything is related to everything, especially from nature.

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- I see that flow is a seemingly chaotic web of events, not a linear path.

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- I have come to accept the inevitable element of chaos inherent in the evolutionary process.

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- When facing a big problem, I can increase the context enough in order to create a creative strategy to resolve it quickly.

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- When I see that a paradigm does not work in a particular area, I look for a new paradigm that does.

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- I see the subtle distinctions in every situation, which show me the opportunity that is always there.

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- I read/view a wide-enough variety of magazines, books and movies that stimulate my thinking, feeling and awareness.

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- I laugh at my own expectations, when they arise.

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- I laugh at my own humanness. It's funny.

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## 10. Orientation

- I've become the host of a thriving network and evolve as I learn new ways to serve them.

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- Success has become a feeling, not an outcome.

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- I have chosen to evolve myself, not just develop myself.

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- I have become strength-based, not power-based.

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- I've chosen my sources of energy and they are effective for me.

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- I'm not afraid to have a perfect life, even if it means making significant changes.

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- I can easily change my assumptions; they are disposable.

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- I've shifted from a hunger for knowledge to a desire to learn.

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- My definition of success continues to change.

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- The past and future have become mostly irrelevant given the richness of the present.

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