

Living a Real Life

A Personal Growth Workbook

Goal-Based Version

Living a Real Life

Living a Real Life is about living for what is real. Possessions will eventually turn to dust. Money can be made and lost in an instant. Even our relationships will not last. So, what are we to live for?

The temporary nature of physical things does not mean we should ignore them. In fact, we ought to enjoy this world as it is. But what is it that enables us to enjoy these things? Are these things sources of enjoyment and meaning in themselves?

Consider, instead, that the source of enjoyment lies in the same place where enjoyment is experienced—within yourself. Perhaps there is no aspect of you that lasts beyond this physical lifetime—that question will not be tackled here. But no matter what happens, even if you lose all your possessions, income, and relationships, you still have *you*. Wherever you go, *you* will always be there. What, then, is common to all your experiences and circumstances, whether they be for better or for worse? That's right—you are.

It makes sense, then, to continually improve the entity that is *you*. The more you do this, the more enjoyable and gratifying your life will be. Your relationships with physical possessions, other people, the activities you partake in, and other aspects of life will improve as well: as you change within, so you change without.

Now, let's take a look at what it means to improve yourself. We can refer to the pursuit of self-improvement as *Personal Development*.

Personal Development, or Personal Growth, refers to positive changes in your character. It is marked by changes in behavior, such as taking on a new challenge you previously avoided, as well as changes in your affect (feelings), such as feeling more empowered to pursue your goals.

The purpose of Personal Development is to *live consciously*. To live consciously means that you assume full responsibility for all aspects of your life. Perhaps you cannot control everything that happens, but you are *responsible* for how you *respond* to all the events and circumstances of your life.

To live consciously also means to be *aware*—of your own values, beliefs, preferences, talents, needs, desires, internal conflicts, and so on. The more self-aware you are, the higher your capacity for growth. Awareness is often the first step required for change. The more you grow, the more you will be able to respond to life *congruently*. This means that you act in accordance with the aspects of self listed above, and they each are in harmony with one another.

How It Works

Overview

The purpose of this program is to help you achieve a big, long-term goal that is important to you, ideally one which can ultimately serve the highest good of humanity and of consciousness in some way.

Generally, a big goal will require **at least** one month to be worked toward, will require significant effort, will challenge you (and thus lead you to learn and grow), is important to you on a deep emotional level, and is likely to have a lasting impact on your life.

Additionally, the goal may be a step along the path to your ideal future and it is in line with the purpose or mission of your life, provided you know what these are (it's okay if you don't). Maybe your goal can even be to define a purpose for your life.

The Workbook

This workbook contains 10 projects. For each one, your task is to look at your goal through the lens of the topic at hand. How will working toward and achieving the goal effect this area of your life? How would you *like* it to effect this aspect of your life? What changes can you make to this area of your life to support your goal? What will you have to do to handle the likely problems that will arise and to make the desired changes?

The outline of the projects in this workbook is as follows: **(1) Personal Development, (2) Truth, (3) Love, (4) Power, (5) Intelligence, (6) Habits, (7) Health, (8) Relationships, (9) Career, and (10) Spirituality.**

The first five projects focus on general, abstract components of personal growth (don't worry—they will be explained!), and the last five focus on concrete areas of your life.

Any major goal you set will affect your life as a whole. This is inevitable. Achievement of the goal, then, will require you to assess each area of your life and how it relates to the goal. Starting a business is a Career goal, for example, but it may very well change every one of your relationships. For success to be possible, the likely consequences ("good" and "bad") of success must be identified and accepted.

The different areas of your life must come together harmoniously with one another. There certainly will be times when some thrive far more than others, where you will see disconnects, and where you will focus far more on one than the rest (that is, in fact, what you are doing with this big goal of yours). At the end of the day, however, we have the power to choose what each area of our lives shall be like. They can get only so out of line with one another before something has to give somewhere. Of course, at that point you'd probably *want* something to give, anyway, so you might as well take care of that giving yourself.

This workbook is meant primarily to provide you with basic information and to facilitate your journey of growth as you go through this program. In addition to working on your goal, the projects contained within are meant to encourage you to have meaningful conversation with others, perform your own growth experiments (whereby you seek out new experiences), and to both become aware of and question what you believe.

Coaching Program

This workbook is meant to be used as part of a 6-month coaching program which consists of 12 calls (or meetings) which occur twice per month (spaced 2-3 weeks apart). The first call is meant to introduce the program and to help you clearly define and prioritize your goal (and to identify it if needed). The last call

is meant to wrap up the program, evaluate your progress, share what you learned and accomplished, and provide guidance for continuing onward. The 10 calls in between are based on the 10 projects in this workbook.

This workbook can still be used effectively apart from the program, though participation in the program is more likely to help you produce the results you desire.

Surround Yourself with Driven People

The program also aims to create an environment where growth-oriented people can learn from and encourage each other. We all have different skills, experiences, and ideas, and so we each have something unique to offer one another. Additionally, it is much easier to make positive changes in our lives when we are surrounded by people who support us and are trying to do the same for themselves.

Overall, you are bound to find people who can help you, who you can help in return, and who you may even become good friends with. This group is a great place to teach others, learn from others, and to connect with people who share your interest of personal growth.

Project Suggestions

For each project there will be a small list of suggestions for how you might go about improving this area of your life. You can consider the actions you take to do so as *personal growth experiments*, or simply, *experiments*.

Experiment, in this case, means about the same as *Experiential Learning*. In other words, it is to choose to experience something—that is all. There's no need to recruit participants or control for confounding variables, though you can do those things if you'd like.

What occurs in an experiment is entirely at your discretion. However, an experiment should have some structure and rules to it, and it should also **challenge you** in some way. For instance, if you have been a vegetarian for a year, then a 30-day trial of a vegetarian diet does *not* constitute an experiment for you. However, to try a vegan (i.e. 100% herbivorous/plant-based) diet for that length of time would indeed be experiment-worthy.

An experiment does not have to be complex and complicated. It could be as simple as not eating chocolate for a week. It could be asking someone on a date, or exercising every day for two weeks, or sharing something you've been afraid to share with someone (e.g. "I love you!"). **Simple can still be challenging.** Again, the length and rules of your experiment are up to you.

Of course, if your big goal is to become a vegetarian, for instance, you may very well do a 30 day trial, but you will continually assess this goal as it relates to different principles and areas of your life as you go through the program.

All in all, make sure that any experiments you take on relate to your big goal somehow. Remember that the different areas of personal growth are not as far apart as you think. A 30-day trial of exercising every

day could be a perfect experiment for someone with a business-related goal, for example, because doing so will likely boost their energy and mental clarity, which will help them to achieve their goal.

Completing Projects

For each project, you are asked to write a brief summary of the challenges you face, the changes you want and need to make, and the actions you are going to take. This doesn't have to be elaborate and impressive—just be straightforward.

For experiments, you can write what you did and what the results were. An example of what you did would be, "I attempted a vegetarian diet for 30 days." An example of the results: "I was able to maintain the diet for the 30 days, but I went back to eating meat after the trial was over." This is all that is required, but you are encouraged to keep more in-depth records for yourself. Write down why you chose this experiment, keep track of how you feel, and consider why you got the results that you did and whether you are pleased with them.

Most importantly, consider what you learned. How did this project challenge you? What will you do differently because of it? You are encouraged to write this as part of your summary as well, even if it is brief. Remember, this is the purpose of this program—to challenge ourselves, to learn, and to grow. This is what makes what we do exciting!

Other Information

Private Forum/Meeting Outside the Group

Meeting with group members outside the meetings is highly encouraged. You are free to explore anything of your choosing together, so long as you have access to it.

This is also valuable to having in-depth conversations with a smaller number of people than in the group setting (e.g. just 1 or 2), and also for doing growth experiments. You can have another group member introduce you to an activity they like which is new to you, or you can take on something new together.

You are encouraged to share any growth experiences you have—particularly if it was an activity with another group member.

To contact other group members, use the private online forum.

Mentors

As stated before, each one of us has different abilities and past experiences. Perhaps you have enjoyed a rich social life, but you are having trouble creating a career that you feel good about. If you would like, you can request for a fellow group member to mentor you in this area.

Additionally, on the flipside, you can offer to mentor someone on relationships (or a specific aspect of relationships, such as social skills). People may not ask for a mentor if they are unsure that they will get

one. However, if they already know such a mentor exists, they will be more likely to ask for the help they would like.

What occurs in the mentoring relationship is determined only by those involved. This includes the length of the relationship and how frequently mentoring-related meetings are held. The only suggestion is that the mentor does not offer more help than he or she is prepared to. Only advise on topics you feel confident advising on, and only give as much of your time as you are comfortable giving.

Mentoring another group member is encouraged only if you genuinely desire to do it. Likewise, you are not obligated to ask for mentoring if you do not want it, no matter what your present circumstances may be.

Values

There are five values you are asked to acknowledge as you participate in this program.

1. **Honesty:** To be honest means to express yourself and whatever is true for you fully. It is not merely the absence of lying.

Remember that we are here to learn from each other, not agree with each other. If you have a question you'd like to ask or an idea you'd like to share, then share it—even if you think others might disagree with or be discomforted by it. You are here, after all, to be yourself.

2. **Openness:** To be open, or open-minded, means that you sincerely desire to learn, and you are willing to entertain different possibilities. To be open, you must first accept what is already present.

Though we are not here to agree with each other *per se*, in order to learn we must be open to new perspectives. If you never consider anything that is new or different to you, you will never grow.

3. **Adventure:** Adventure is all about exploration and experimentation. Challenge yourself, take risks, befriend the unknown, and exercise your courage.

Adventure is the active side of Openness. Through Openness, you allow possibilities to exist. Through Adventure, you explore those possibilities actively. In order to grow you must face what scares you, go after what you want, and discover new things—all tasks involved in Adventure.

4. **Foresight:** The idea behind Foresight is that, somewhere in your being, whether you are consciously aware of it or not, you already know what is right and what needs to be done—you simply have obscured that understanding is all. Thus, Foresight is about recognizing the truth. It is through Foresight that you (temporarily) can take someone else's perspective and change your beliefs.

Foresight means that you cannot ignore data. This makes Foresight the basis for Honesty: to speak the truth, you must first become aware of it. Through greater awareness you keep your perceptions of

reality clean and accurate. On that same token, it is by Foresight that you adhere to Truth. When you hear falsehood, listen compassionately, but do not believe. Do not be so quick to compromise yourself, but be able to recognize when you are wrong.

5. **Love:** In a nutshell, to love is to connect. In particular, you connect with the data, activities, people, and ideas which seem right, useful, fun, or otherwise worthwhile to you. When you connect with something you make it the focus of your present reality.

Love is also an absence or overcoming of fear. *Fear* is the opposite of love: it is to avoid connecting with what you desire due to negative emotions and disempowering ideas.

During your time in this group, connect with the people who inspire you. Follow your inclinations. Do your best to accept others and yourself as you are, and serve others by giving to them what you can. By doing your best to serve, you will ultimately push yourself to grow—and you will light up other lives along the way.

Finally, last but not least...

Rules

Respect confidentiality. Outside of the group, do not discuss what other group members say and do without their permission. It is encouraged that the group contributes to others, such as by recording discussions and uploading them to YouTube, for instance. However, for this to occur, **all people involved** must give their consent.

A variety of ideas and perspectives will be explored, but there are no dogmas that must be adhered to: only a genuine desire to grow is required.

No darkworkers allowed (if you have to ask whether you're a darkworker, you aren't one).

This is not a place for complaining about problems or throwing pity parties. We all get frustrated sometimes and could use support, and that is fine. Additionally, you are encouraged to express yourself honestly. However, the focus of this group is to grow so that we may get past our problems—not to dwell on them.

This is not a mental- nor an emotional-health support group.

You are responsible for what you do within the confines of the group.

No one has to share information they would prefer not to share, ever, nor do they have to take part in activities they would rather abstain from.

Where to Start?

Start on Page 9, "**Your Big Goal**," and write down your goal. Then, go to page 29 and fill out the **Self-Evaluation** there. Finally, turn to page 10 to begin **Project 1**. The projects will be completed in numerical order.

Your Big Goal

Examples

Examples of big goals you may have include the following. Note that each is derived from one of the areas of growth outline in the workbook.

Career: Starting a business, making your business profitable, scaling your business (i.e. serving more people), Getting a high-paying job you love, Quitting a job you're "done" with, Making some sort of career transition, Starting some type of social movement

Relationships: Getting a girlfriend or boyfriend, transitioning from monogamy to polyamory (or vice versa), getting engaged or married, ending a long-term relationship, surrounding yourself with positive people you admire and respect

Health (and physical activity): Losing a substantial amount of weight, changing your diet (e.g. going vegetarian or vegan), running an ultramarathon, adopting and committing to a workout routine, walking across the country, adopting a polyphasic sleep schedule, hiking the Appalachian Trail

Habits: Making major lifestyle changes—improving health habits (see above), buying a house, having children, travelling more often or even living on the road, breaking an addiction (the following two are smaller goals); mastering time management, learning to say "no" more often

Spirituality: defining the purpose of your life; creating a compelling vision of your future; adopting or dropping a particular belief which has the potential to create major changes in your life. Perhaps you are looking to drop or change religions or to undergo a Subjective Reality 30-Day Trial, for example.

Write the Goal

This is straightforward, yet incredibly important. Please write down the task you wish to complete. Additionally, state the goal in positive terms, and use the present tense. Make sure it is something you can see yourself doing. Be specific.

If you have a major goal that is vague, such as, "Create the best personal development website on the Internet," or, "Become the best ultramarathon runner ever," just write that down. Perhaps you will have more specific and time-based goals to break it down into, from there: perhaps you will not. Do what works. Same with deadlines: if they work for you, great. On the other hand, if deadlines make you anxious and degrade your performance, then don't set one.

Here is an example: "I complete a 1000 mile race [by January 30th, 2016]." Notice that it doesn't say, "I will complete," nor, "I won't drop out..." Instead, it is a straightforward statement about what is desired.

My Goal:

Project 1: Personal Development

Background

In the introduction to this workbook, Personal Development is defined as *the pursuit of self-improvement*. It was also stated that the purpose of Personal Development is to *live consciously*.

Purpose

Rather than read more information about these terms out of this workbook, you are encouraged to explore them for yourself. The purpose of this project is to help you become better acquainted with your journey of growth, so that you can better recognize the value in taking this journey. For this value to be seen, the premise of growth must touch a place in you that is very personal. It must make sense to you, at least on a deeper level.

Whether you are just starting your personal development journey or are many decades down the road, it can be helpful to clarify what you believe, what is important to you, and why you do what you do. Wherever you are right now, you are starting with the knowledge, ideas, beliefs, and experiences you have picked up so far, as well as your present ability to learn. You may dispense of some of your present ideas sometime in the future; but, always, you work with what you presently have, and this is just fine.

Your Task

Explore what personal development means to you and why it is important to you. This will lay a foundation for continued conscious growth.

Suggestions for Experiment

Try an activity or new behavior (habit) that you suspect will change your life in a positive way. This is a broad suggestion, as is Project 1 itself. Perhaps there is something you have been wanting to try for a while that you think will be very helpful, transformative, and/or enjoyable for you. It could be anything from initiating conversation with a particular person to meditating to changing jobs. The general suggestion here is that you do something that you believe will kick-off or accelerate your journey of growth: perhaps it will initiate a new phase of your life. Don't put too much pressure on yourself, but try something that sparks your curiosity or that you have a good feeling about.

Looking Ahead

Projects 2-5 will cover the abstract components of personal development, while projects 5-9 will cover practical, concrete aspects of your life that you can apply these abstract ideas to. Project 10 will wrap up all that you have learned so far.

Project Completion

Use the space below to write about your experience(s) with this project. Be as brief or elaborate as you would like.

Project 2: Truth

Background

One way to view personal development is as a process of realizing more and deeper truths. Truth means about the same as “the state of reality.” To learn a new truth is to develop a clearer, more accurate picture of how reality works. This is important because, for any meaningful change to be made to a situation, the present truth of that situation must first be realized. Otherwise, it will be unclear of what must be done for the proper changes to be made.

Truth is made up of five components: **Perception, Prediction, Accuracy, Acceptance, and Self-awareness***.

Perception is what you believe to be true about in a given moment. It is the product of processing sensory and cognitive (thought) data. This means a perception is made up of what you see, smell, taste, hear, think, and feel.

Prediction is what you perceive will happen in the future. You are always forming and considering expectations of the future. An event that defies your predictions is likely to alter your perceptions of reality. This means that you learn something new about how the world works.

Accuracy means that your perceptions closely match reality. Making correct predictions is an example of being accurate.

Acceptance means that you recognize truth for what it is: the truth. Rather than fight with a certain aspect of reality, you choose to see that it is here, and it is what it is. Acceptance means about the same as agreeing with the truth. This does not mean you will not change the situation: rather, acceptance is what allows you to recognize that the situation exists in the first place.

Lastly, prior to acceptance is **Self-awareness**. By self-awareness you recognize various aspects of yourself, such as your strengths, weaknesses, biases, beliefs, present abilities, desires, and habits. It is even self-awareness that tells you whether you have accepted or are resisting a certain aspect of reality. Self-awareness is self-perpetuating: the more aware of yourself you become, the more accurate your perception of yourself is likely to further become.

Overall, a greater alignment with truth helps to improve your functioning because you will be able to work with, rather than against, reality. When you are sided with the force of the real world, rather than with a delusion, how can you go wrong for very long?

Your Task

Your task is to become more aligned with Truth. Become aware of that which is needed to move forward and to grow. How do you feel about your current predictions for your future? What situations do you suspect you are viewing inaccurately? Which of your beliefs were handed to you by other people, such as your culture? What in your reality are you resisting?

To help yourself with this last question, think back to a time when you accepted a truth that was hard to come to terms with. How did this acceptance change the situation and your perception of it?

Suggestions for Experiment

Introspection: Experiments related to Truth are likely to be introspective, as you explore your mind and emotions and take a look at your life for any truths you may be resisting or are presently unaware of. Perhaps there is a thing you know you must do that you have been avoiding—what is it? What have you been overlooking or hiding from? Take some time to get honest with yourself and become aware of the truth. Writing out your thoughts is recommended.

Research: You may also choose to do research on a topic where your understanding is fuzzy. Physical health habits (especially diet) are likely culprits. You can read information, ask people who have put thought and experience into the subject, and/or experiment directly for yourself.

Project Completion

Use the space below to write about your experience(s) with this project. Be as brief or elaborate as you would like.

Project 3: Love

Background

To love something, in essence, is to connect with it. The three components of Love, in fact, are **Communication**, **Connection**, and **Communion**. In each moment you are choosing to connect with something, whether it is a thought, an activity, an object, or a person. The more you connect with something, the more you strengthen that connection. Ideally, these strong connections should, in turn, strengthen *you*. You can also consider the components as the levels of Love, each one deeper than the last.

To communicate with something is to send and receive information to and from it. To connect with something is to give it your attention and to engage with it. Communion is the emotional aspect of love: it is the sense of bonding closely with another entity (e.g. a person, an activity). You regard this entity as an important part of your life, and it is a joy for you to connect with.

To love, overall, is to live in the world. Interact with the things that are here and enjoy them. Give attention to the things you care about and watch them expand. Bring your world to life by connecting with it.

The combination of Love and Truth, which Communion borders on, is **Oneness**. Oneness is the recognition that we all are already connected, and it is to live in accordance with that recognition. Through Oneness, you see yourself in everyone and everything else. The components of Oneness are **Empathy** (recognition of another's feelings; adopting another person's viewpoint), **Compassion** (affinity for others), **Honesty** (expression of what is true for you), **Fairness** (treatment of each other which honors the collective best interest), **Contribution** (service; giving to others), and **Unity** (we are all parts of the same whole; we *are* the whole). Adherence to these creates heightened self-awareness, genuine and clear communication, and deeper connection.

Overall, when you make connections between different truths, your understanding of reality becomes more comprehensive and complete.

Your Task

Your task is to become more aligned with Love (as well as Oneness). Connect with what really matters to you—and to what really matters to the rest of humanity, as well. After all, we are all one.

You are also encouraged to think about other ideas and definitions you have had regarding Love. How are those ideas supported by the Background information above? How might your present ideas about Love now change?

Suggestions for Experiment

Connect with another being. To be specific, more deeply than usual. Share more of yourself than you're used to sharing. Allow your emotions to show more so than you usually do. Talk about things that really matter to you. If appropriate, show more physical affection than usual, such as by saying hello (and goodbye!) with a hug. Enjoy even the silence of each other's company. At the end of this conversation or

activity, notice how more deeply connected you feel not only with the other person, but also with life itself.

Do something you love. Perhaps there is an activity which you have enjoyed, but have not recently participated in. Maybe it's a sport you used to play or a craft you used to practice. It might even be a place you used to visit or an object which you enjoyed using, such as an old piece of technology. Whatever it is, spend some time with it, and let the feelings of love come to you more powerfully than they ever had previously.

Project Completion

Use the space below to write about your experience(s) with this project. Be as brief or elaborate as you would like.

Project 4: Power

Background

Power is your ability to create desirable results, by way of your own choosing. Such results include meeting your wants and needs, and overall creating a life for yourself which operates smoothly and intelligently (just the way you like it, of course).

The components of Power are **Responsibility, Desire, Self-determination, Focus, Effort, and Self-discipline.**

Responsibility is the recognition that if you want something done, then you must do it. If you want something changed, it is up to you to change it. It is your life, after all. Who else can live it but you?

Desire is what you want. It is experienced emotionally, and may or may not always make sense logically. Only you have access to your desires. Desire is what fuels your actions. You always act due to some desire, whatever it may be. Ensure that these desires are truly *yours*, and not imposed on you by some outside force.

Self-determination is akin to free will—it is your ability to choose. You are always making choices, even if you choose to do nothing. You must choose, whether you want to or not.

Focus is your ability to be present and to place your attention on a certain entity (e.g. an activity). The only place your power exists is in the present. It makes sense, then, to put your attention on and act on what empowers you *right now*, whatever it may be. If you hope that a certain goal will empower you sometime in the future, you have set the wrong goal. Power is with you now, and nowhere else.

Effort is the use of energy toward some action. Empowering actions tend to require a serious effort, yet it is an effort which you are ultimately glad to make.

Self-discipline is your ability to act regardless of what you think or how you feel. A discipline is a set of skills and/or knowledge. To be disciplined, then, is to act consistently on your skills and your knowledge (and to build on them). All in all, you do what needs to get done, regardless of circumstances.

The combination of Truth and Power, which Self-determination borders on, is **Authority**. Authority is your ability to take charge of your life, based on what you want and what you believe to be right and true. The components of Authority are **Command, Effectiveness** (taking correct action), **Persistence** (action to completion), **Confidence** (self-efficacy; belief in your ability), and **Significance** (doing what matters). To have Authority is to be able to trust yourself to do the right thing, and to do it well.

The combination of Love and Power is **Courage**. Courage is your ability to act in spite of fear. Ideally, the fear will have been reduced or released once you have done so. The ability to act arises from Power; the motivation to act arises from Love, which drives you to connect with whatever it is you desire—even if you are afraid to. The components of Courage are **Heart** (connection to your core self: do what compels you emotionally and which will lead you to grow, even if you are afraid), **Initiative** (make the first move), **Directness** (be straightforward), and **Honor** (commitment to principles—i.e. Truth, Love, and Power).

All in all, when you have Love and Truth on your side, it is hard for you to be anything but immensely powerful.

Your Task

Your task is to become more aligned with Power (as well as Authority and Courage). Surely there is some task which you know you must do and which is waiting for you. It may frighten you, but if you truly are the leader of your own life then you will do it. So, get to it.

You are also encouraged to think about what a powerful person looks like to you, and whether you ought to change that image after reading the above Background information about Power.

Suggestions for Experiment

The task you know you must do. Didn't I just say it? You know what you have to do. Now, go do it!

Eject what disempowers you. Certainly there is some presence in your life which serves to weaken you. Perhaps it is a lack of physical strength, a boss you have sacrificed your Honor for, or even just a mess of a house or room which you waste time navigating your way through. Muster all the resources and force you can to removing this presence from your life and reclaiming your Power. Make a week-long or month-long commitment- whatever is necessary- and be sure to *persist*. If permanent change would require you to take on a certain habit (such as exercising consistently), you can choose whether or not to continue building the habit after the commitment period has ended.

Project Completion

Use the space below to write about your experience(s) with this project. Be as brief or elaborate as you would like.

Project 5: Intelligence

Background

In Project 4: Power, you were introduced to Courage, a component of which includes Honor. To be honorable is to adhere to higher principles. In the context of this workbook, those principles are Truth, Love, and Power.

The combination of these three principles is **Intelligence**, the ultimate goal and result of personal growth. To be intelligent is to be able to see reality as it is, to connect with what empowers you, and to work toward and achieve goals that inspire you. The components of Intelligence are **Authenticity, Creative Self-Expression, Growth, Flow, and Beauty**.

Growth ought to be mentioned first. Intelligence, like Truth, Love, and Power, is not something that you either have 100% or completely lack. Rather, it is something you are aligned with to a certain degree. Intelligence always seeks to improve itself: this, indeed, is what makes it intelligent. So, intelligence isn't about knowing everything: it's about desiring to become something more, while recognizing that you are already intelligent as you are.

Standing in your current intelligence- who you are presently- is where Authenticity comes in. Authenticity means to be your true self. The nature of your true self is principle-centered. Think about the principles and their components—Honesty (from Oneness), Heart (from Courage), Authority, Desire (from Power), and Self-awareness (from Truth). Each of these attributes encourages you to examine yourself, to stay true to what you believe in, to tap into your feelings, and to express yourself truthfully. To do all of these things is to be authentic.

Creative Self-Expression and Flow go hand in hand. When you express yourself from a place of Authenticity and create something that only you can create, you enter a state of flow. The more you act from this authentic, creative place, the easier it is to stay in the flow. Let creation and life flow outward from you: after all, you are the source of your own life.

We tend to regard things as beautiful when we understand how they work. Now that you know how intelligence works you shall be able to recognize it; and, when you do, you will be a witness to beauty.

Your Task

Your task is to become more aligned with Intelligence. Which areas of your life are working best? Might these be areas where Truth, Love, and Power all harmoniously overlap with one another? Think back to times where you clearly see Intelligence operating in your life: what events come to mind?

You are also encouraged to consider two things. The first is how the ideas about Intelligence presented here both support and conflict with other ideas about Intelligence you have had. The second is to look at the bigger picture of Intelligence. What implications could these ideas about Intelligence have for humanity? What might they say about life itself (e.g. the purpose of life)? The universe as a whole?

Suggestions for Experiment

Enter the Flow state. Ah, the state of Flow. So much time goes by so quickly. You could go on all day. You hardly have to think about what you're doing, yet you accomplish much. Set aside at least a few hours- preferably in which you can be uninterrupted- and engage in an activity which helps you enter the state of Flow. Outdoor physical activity (running, hiking), the creation of art (includes playing music and writing), and deep conversation lend themselves well to Flow.

The next suggestion may help you with this first one.

Create something beautiful. Maybe it's a relationship, an essay, a work of art, a song, an expedition, a meal, an income stream, or a lifestyle. As an intelligent being, it is in your nature to create. Go to work on something which aligns with Truth, Love, and Power, which is an outer expression of your authentic self, and which you know you will be proud of. It is when we create things of this persuasion that we see ourselves in all our beauty.

Project Completion

Use the space below to write about your experience(s) with this project. Be as brief or elaborate as you would like.

After that, turn to the next page to fill out the **Self-Evaluation**, under the last column ("After Project 10").

Project 6: Habits

Now, in the second half of this workbook, you will move on from the abstract aspects of Personal Development to the concrete, practical aspects. Here you will apply what you have learned from the first five projects to make improvements to various aspects of your life.

Background

Habits are automated actions, which serve as solutions to certain problems or which fill certain needs. Habits run subconsciously, which means that you do not have to think about these actions to carry them out. This helps to free up space for use of your conscious mind, by which you can carry out more complex or unfamiliar tasks. Common tasks which get taken over by habit include tying shoelaces, driving automobiles, and typing on a keyboard. Of course, everything you do is affected by your habits somehow—even the way you converse with other people is under the influence of habit.

Basically, habits form as a result of repeatedly taking a certain action or set of actions, which most likely produce(s) a positive result, such as good feelings. Even if negative results are also present, such as physical pain or wasted time, the positive results may be desirable enough to sustain the habit. Generally, your habits will continue to run as long as they remain unchallenged, regardless of whether they are helpful or harmful.

The fact that much of your life runs on auto-pilot makes it even more important that you engage in self-examination. Otherwise you will continue to get the same results indefinitely, and chances are you do not want that (beyond basic skills—again, such as tying knots).

It is also likely that you have a number of habits which you are unaware of—habits you would like to change, if only you knew about them. The only way to change a habit is to first become aware of it. To do so, think about an area of your life where you get largely the same results from day to day. Odds are that area of your life is dictated overwhelmingly by habit, and very little by your conscious mind.

There are no neutral habits. All of your actions serve to either empower or disempower you in some way.

Your Task

Your task is to explore methods of habit-change, as well as helpful vs. harmful habits. Think about the habits which have been most useful to you, as well as those which have held you back most. How much of an impact have your habits had on your life? Which new habits would you like to adopt? Which bad ones would you like to drop? What are effective methods of habit-change you could try?

Remember Truth, Love, and Power. Are your habits in line with what you know to be true? Do your habits help you to connect with what's important? Do your habits distance you from other people? Do your habits empower you? Do you feel good about your habits, or badly?

Suggestions for Experiment

Break addictions. Steadily ween yourself off of caffeine, and anything else you may be knowingly or unknowingly addicted to (e.g. compulsive checking of your cellphone or e-mail). Once you've reached a safe enough point, go without the addiction completely. Will you last?

Give up the useless. Do you come home from a long day of work, plop down on the couch, and watch TV? Do you eat foods that are loaded with added salt and sugar? For a whole week (or longer), don't do that—at all. See what happens.

Adopt a new routine. Try reading for an hour a day, exercising for 30 minutes a day, or adding some spice to the solid routines you already have.

Project Completion

Use the space below to write about your experience(s) with this project. Be as brief or elaborate as you would like.

Project 7: Health

Background

Health is the ability of your physical body to function well. There is not a strong consensus on what qualifies a person as being healthy, rather than unhealthy. This makes it extra important that you take responsibility for your health into your own hands.

Though it is subjective, a simple indicator of whether you are in good health is whether you can function as well as you would like to. If you feel tired or have trouble breathing after walking up a flight of stairs, for example, your health is not at its best. If you have constant food cravings or you feel that you *need* a certain food to get through the day, you may need to re-evaluate the food you put on your plate.

Similarly to the Personal Development principles, the various aspects of health are closely connected. Changes in your sleep, diet, and exercise/movement all influence one another. A lack in one is likely to create difficulties in the others, just as a boost in one is likely to help improvements in the others.

Likewise, your mind, emotions (“heart”), and even your spirit are interconnected parts of your health as well, along with your body. They share in improvements and in diminishment just as the aspects of your physical health do. Each aspect of your health can function and improve without the prosperity of the others, but only so much and for so long. Health, like growth, is holistic. The “spirit” aspect of your health refers to growth—if you are not learning and growing, your health may suffer for it (if not the body, your emotions and mind, at least).

Functionality is not the same as skill, however—being unable to hit a baseball as far as you’d like doesn’t mean you are unhealthy. That’s more a matter of practice than health. So is being able to do complex calculus problems. That being said, if your athletic or cognitive abilities diminish without apparent reason, a drop in health may be the actual reason.

Your Task

Your task is to honestly assess what is healthy, and what you can do to improve your health. Take note of what you are already doing that promotes health, and what you are doing that degrades health. How has your health improved over time? In what ways has it diminished, if at all? What do you think is a healthy level of functioning? What level of functioning would you like to reach? Are you there already, or can you do better?

Additionally, consider the idea that the body simply reflects what goes on in the mind, emotions, and spirit. If these three parts of yourself are healthy, the body is healthy and functions as it ought to. But when they are not healthy, the body experiences sickness and dysfunction. Might sickness simply be the result of a lack of alignment with Truth, Love, and/or Power? What new thoughts or conclusions do you have about your health after considering these ideas?

Suggestions for Experiment

Exercise. If you never do it, do it. If you already do it, do it differently. You are encouraged to find a form of exercise that you can genuinely enjoy, as opposed to feeling like a hamster running on a wheel.

Maybe this will lead you to go outside and/or to play a game. Find a fun, energizing way to move you can engage in regularly.

Different food choices. Surely there's at least *one* change to your typical diet you ought to make. Cut the salt, the sugar, the caffeine, the strange ingredients you can't pronounce—the potential culprits are many. Try nothing but fruit for breakfast. Don't eat anything packaged in a can or a wrapper. Maybe find a new favorite food. Whatever you do, do it in the name of your health. You (probably) eat every day, so it's worth your while to eat well.

Intuitive, Honest Self-Assessment. Forget the research and the societal ideas and ideals for a moment, and base your conclusions about your health on your own judgment. Take a look in the mirror and at your dinner plate: how do you feel about what you see? Do you honestly believe you are looking at health? You might not like the answers you get, but these answers will help you to move forward.

Major Physical Challenge. Have you ever run a race before? Hiked up a mountain? Gone rock-climbing? Swam for a straight mile? No? Well, go do it.

Project Completion

Use the space below to write about your experience(s) with this project. Be as brief or elaborate as you would like.

Project 8: Relationships

Background

Relationships are your connections to the things around you—most prominently, the humans. At the end of the day, you only have one relationship, and this is to life itself. All of your individual relationships- to your family members, your friends, strangers, your career, yourself, and so on- are reflections of this larger relationship to life. This means that how you feel about yourself, the people around you, and the activities you engage in are likely to be, overall, one and the same.

Not only do your relationships reflect your relationship to life, but they *amplify* it. Certainly, a relationship to life itself is complex. Some aspects of that relationship are pretty good—others, not so much. So it is with your individual relationships: some are great, others are dreadful.

The types of relationships (empowering and loving vs. hateful and disempowering) you cultivate and put your attention on will perpetuate themselves, affecting all of your life by either improving your relationship to life or degrading it. Empowering relationships will raise you up; disempowering relationships will trap you. So, it is important that you choose your relationships wisely, keeping your eyes on the larger relationship (the “bigger picture”) they are all a part of.

Your Task

Your task is to evaluate the present state of your relationships and to improve upon it. Which relationships are working well for you? Which ones are riddled with conflict and tension? What people and activities feel good to you? Are there people in your life who encourage you to be your best? What would an ideal relationship look like to you? Who or what would you like to be in your life that is not presently?

How does the idea that you only have one true relationship affect the way you see the connections in your life? What do your individual relationships say about your life in general?

Suggestions for Experiment

Suggestions from past projects will work well here, including the following: **Introspection** (from Project 2: Truth), **Connect with another being** (3: Love), **The task you know you must do** (4: Power), **Eject what disempowers you** (4: Power), and **Intuitive, Honest Self-Assessment** (7: Health).

Additional suggestion... Kiss that girl (or boy). You won't regret it. ;)

Project Completion

Use the space below to write about your experience(s) with this project. Be as brief or elaborate as you would like.

Project 9: Career

Background

Your career is your primary outlet for self-expression and contribution. It is comprised of a medium, which is *how* you express yourself, and a message, which is *what* you express. The message is the overall, powerful truth that you want to share with the world.

Ideally, the message you share should be in line with what you see to be the purpose of your life. Life purpose is not about what you do, but rather, what kind of life you'd like to live, what kind of person you'd like to become, how you'd like to contribute, and what qualities and principles you believe are worth adhering to. In other words, life purpose, like your message, is abstract (non-physical), whereas the medium you use is concrete (physical).

Your career ought to meet four criteria, which we can call Body, Mind, Heart, and Spirit. The Body asks, *What do I need to do to survive?* As far as most careers in the modern world go, this basically boils down to making enough money to meet your physical needs (unless there's free food at your job).

The Mind asks, *What can I do?* This assesses the knowledge and skills you have. Of course, one of your abilities is to learn, so you can learn new skills if and as needed.

The Heart asks, *What do I want to do?* This will largely be based on your past experiences and individual preferences. This is the question people most often get stuck on. If you don't know how to answer this question, you are encouraged to explore different activities. Really immerse yourself in them—if you spend a lot of time doing something, you will find out very quickly whether you'd like to continue doing it.

Lastly, the Spirit asks, *What should I do?* The answer, essentially, is to contribute. All careers serve other people somehow, even if in a very small way (of course, that's the only way people will pay you!). What you need to figure out is what you think is the best way that you can contribute.

All in all, in a fulfilling career, giving and receiving are closely linked. Obviously you receive money and give your products or services to people. But the action of doing something you enjoy and which you believe is worthwhile—in that act, you give and receive simultaneously. In the ideal career, the separation between giving and receiving is slim to none.

Your Task

Your task is to reflect on and improve upon your career. Depending on where you are currently, the questions that can be asked are many. Wherever you are, it is recommended that you ask the questions of Body, Mind, Heart, and Spirit. Consider what you'd like to receive from life and what you'd like to give to it. Think about the message central to your life that you want to share. Overall, what would an ideal career look like for you?

Suggestions for Experiment

Life purpose. What is the purpose of your life? The key is that your purpose (which you can write out as a purpose statement) makes sense to you both logically and emotionally; otherwise, you will see no reason to follow through with it. It should both satisfy you intellectually and inspire you.

The purpose you base your life on will come from your beliefs. Essentially, what you believe about life on Earth in general is what you also believe to be the purpose of your individual life. So if you believe the purpose of life is to evolve and to improve upon itself, then you will also see that as the purpose of your own life.

If you don't like the purpose you came up with here, you may want to re-examine your beliefs. Your beliefs, like your purpose, should make sense to you both logically and emotionally. So, you are encouraged to both dig through your mind to see which beliefs of yours may be troublesome, and also to explore different belief systems.

Additionally, ask yourself the following questions: *What qualities do I want to embody? What do I believe is worth living for? What do I value?* Examples include honesty, fun, freedom, courage, kindness, integrity, and knowledge.

You may refine your purpose over time, so don't feel that you need to come up with the answer for the rest of your life now. Additionally, make sure to pay close attention to your feelings through this process: your logical mind is bound to resist some of the answers you come up with. The answers that don't make sense to you now may not be wrong: you may simply need to change your beliefs about reality to accommodate those answers. Keep an open mind through this process.

Project Completion

Use the space below to write about your experience(s) with this project. Be as brief or elaborate as you would like.

Project 10: Spirituality

Background

Spirituality is the pursuit of forming accurate beliefs about reality. Intelligent spirituality encompasses and addresses all aspects of life equally. Your beliefs and practices should work as well for one area of life as it does for all others.

Life purpose was discussed in Project 9, though it would apply here as well. It was mentioned that a strong purpose should make sense to you both logically and emotionally. Spirituality encourages you to try making sense of the world using both these channels and seeing where they overlap. Trusting the emotions, or intuition, can be difficult at first, and like anything it takes deliberate practice. Logical abilities too must be built up through effortful use.

All in all, Project 10 brings this workbook full circle, serving as the bridge between non-physical principles as well as practical aspects of your physical life. To refer to Project 1, the purpose of Spirituality is to live more consciously, just as it is the purpose of Personal Development itself.

Your Task

Your task is to explore spirituality as well as your current approach to it (i.e. your spiritual practice). Are your beliefs serving you or disempowering you? Which beliefs would you rather not part with, and why? What experiences have you had that your beliefs don't explain so well? What territory remains to be explored?

How do the above ideas about spirituality compare to other ideas you've heard or held about spirituality?

Suggestions for Experiment

The Suggestions from Project 2: Truth would work well here, in addition to the following:

Write out your beliefs. Start with your most fundamental beliefs about reality and then work your way down. Ask, *How does the universe operate?* Do you believe this is a world of objects that the mind exists within, or that the world of objects exists within the mind? What is the purpose of life? How do things get to be the way they are? This process can be lengthy, but it is worthwhile to be aware of your fundamental beliefs, for they affect everything that you see. For an example, see <http://www.kimwrate.com/Belief-Experimentation.html> and scroll to, "An Overview: My Beliefs About Reality."

Belief experimentation. Pick a belief you want to try out and run with it. Learn through reading material by and talking to people who subscribe to the belief. Then, seek to steadily see the world the way they do (at least, in this regard).

Visualization can be incredibly helpful to immersing yourself in a new belief by imagining (and later recalling) what the experience of holding that belief will be like. Parts of experience which reflect a certain belief can be called *perceptual points*. When you experience these things you can be fairly certain that you hold a particular belief: these are the things which stand out as a result of the belief. If a belief creates a certain image of the world, **perceptual points** are what distinguish that image from all others**.

Project Completion

Use the space below to write about your experience(s) with this project. Be as brief or elaborate as you would like.

After that, turn to the next page to fill out the **Self-Evaluation**, under the last column (“After Project 10”).

Self-Evaluation

Rate each area of your life from 1-10, with 1 being the worst imaginable and 10 being the best imaginable. You will do this before you begin Project 1 and once again after you complete Project 10.

This program will not automatically boost you to a 10. Perfection is not the point—instead, improvement is. Change takes time, however, so don't pressure yourself to get higher ratings overnight.

As you go through this program, some of your ratings may decrease. Remember that these ratings are subjective—totally based on your current standards. As you go through the workbook, you are likely to raise your standards. This means a 7 before you begin Project 1 will look to you like a 3 by the time you reach Project 10. Though it may be disappointing, this is a sign of progress, because it means you now recognize what you would really like in this area of your life.

	Before Project 1	After Project 5	After Project 10
Goal Progress			
Physical Health and Fitness			
Emotions			
Self-Esteem			
Social life & Relationships			
Money & Finances			
Career & Work			
Habits & Daily Routine			
Lifestyle			
Mental Development & Education			
Home & Family			
Fun & Adventure			
Character & Integrity			
Life Purpose & Contribution			
Spiritual Development			
Overall Satisfaction			

Extra Notes

If you need extra room for any of the projects or you would like to take notes, this page shall serve you well. You can write notes on your Self-Evaluation, such as by stating the area(s) of your life you would most like to focus on right now. You can also write the overall lessons you have taken away from going through this workbook.

Final Notes

References (marked by asterisks)

*: The outline of this workbook is based on *Personal Development for Smart People* By Steve Pavlina (Published by Hay House in 2009). The components of the growth principles (e.g. Love = connection, communication, communion) are from Pavlina's book as well.

-Reference from Project 2: Truth

** : From *What is a Real Life?* By Kimberly Wrate (Published 2016).

-Reference from Project 10: Spirituality

Credit

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