

The HEART Hand Model for Life™ is the foundation of our mentorship exercise series. We have included it again for those who may not have had the opportunity to work through it. For those who have completed it, take a moment to revisit your Hand. Would you make any changes or additions to it, or would you articulate your Hand differently, now that you have had some time for reflection?

The HEART Hand Model for Life™ uses the hand as a map to identify who you are and the direction you need to take. This model forces you to identify and connect with your authentic self: not how others perceive you, but how you view yourself. By completing the model, you could discover that your essence is a spirited entrepreneur, suffocating in a corporate environment. It may also help you to identify that a problem at home is contributing to daily feelings of stress and anxiety. By completing the HEART Hand Model for Life™ you can reveal your core essence and achieve a soulful life through greater self-awareness.



TAKE A MOMENT TO ARTICULATE YOUR HEART HAND MODEL FOR LIFE™

You are the only one who can decide what environment compliments and brings out the best in you. This exercise is designed to help you gain the personal and professional awareness you will need to start finding soulful work.

Personality: List as many adjectives as you can think of to describe who you are and how you act. Use a thesaurus to get specific.

For example: *Outgoing ♥ Funny ♥ Determined*

PERSONALITY:

Values: List the principal ideals and morals that guide your every action.

For example: *Honesty ♥ Loyalty ♥ Integrity*

VALUES:

Emotions: Describe how you feel things, and how you react to various situations.

For example: *Quick to anger ♥ Sensitive*

EMOTIONS:

Direction: Personally, professionally, and spiritually you are moving toward a final destination. Write down where you are headed in the near future.

For example: *Aiming for a raise ♥ Family ♥ Planning to retire*

DIRECTION:

Core Essence: In a short statement, reveal who you are at the most basic, core level.

For example: *Seriously spirited artist*

CORE ESSENCE:

Dreams: Explore the limitless possibilities and divulge what you most want in life.

For example: *Freedom ♥ Success ♥ World travel*

DREAMS:
