





# WHAT IS YOUR ESSENCE?

Are you living authentically? Are you  
following a joyful path to success?

Does your career enhance  
your individual  
essence?

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## KNOW YOURSELF

Knowing yourself inside and out is the key to determining what you truly want in life and the best way to get it. Many people go through life never reflecting on who they are and how they change over time and through experiences. Without this knowledge, finding the right path in life can be an overly complicated journey. Our best intentions can leave us disappointed if we choose a company or career path that is in conflict with our fundamental essence. It is with this in mind that we have developed the HEART Hand Model for Life™. This tool is designed to help you gain the personal awareness you will need to identify and achieve your life goals.

### WHAT IS THE HEART HAND MODEL FOR LIFE™?

The hand is often the first physical point of contact. Our handshake, whether it is firm, soft, finger-tips-only, or one hand over the other, will signal to our new contact the type of personality style we wish to convey. Hands are also direct tools for self-acquisition. If we want to climb a mountain, we use our hands to gain purchase in the rock and pull the weight of our body to the next level. The strength of our hands is critical to a successful climb.

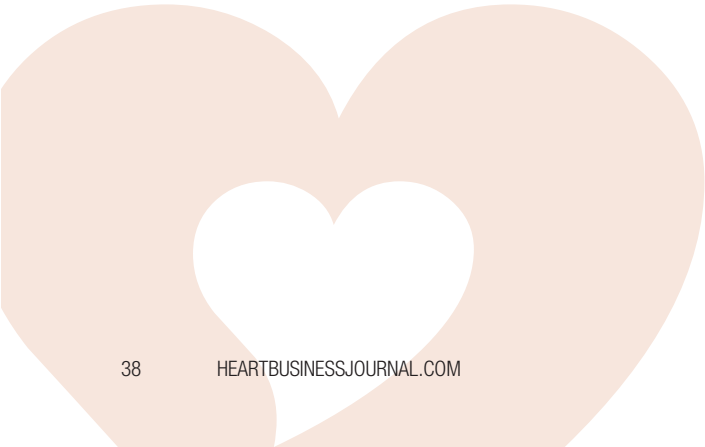
The HEART Hand Model for Life™ uses the hand as a map to identify who you are and the direction you need to take. This model forces you to identify and connect with your authentic self: not how others perceive you, but how you view yourself. By completing the model you could discover that your essence 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.



### CREATE YOUR HEART HAND MODEL FOR LIFE™

*Many people go through life never reflecting on who they are and how they change over time and through experiences. Without this knowledge, finding the right path in life can be an overly complicated journey.*

Your personality, values, emotions, dreams, and direction in life all contribute to identifying your core essence as an individual. These elements, as represented by each finger of the hand, work harmoniously to articulate who you are as a person. Each finger on our hand plays a role in both the functionality and purpose of determining our authentic self. Our palm represents our fundamental nature, our essence; it is the foundation on which we build our personality and to which all other components are connected. Our fingers represent dynamic elements, growing and changing with time. The HEART Hand Model for Life™ works at getting to the core essence of an individual, while identifying the key components that it supports. ♥



## 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.

*\* Each finger on our hand plays a role in both the functionality and purpose of determining our authentic self. Our palm represents our fundamental nature, our essence; it is the foundation on which we build our personality and to which all other components are connected.*



**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.

**PERSONALITY:** Outgoing ♥ Funny ♥ Determined

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

**VALUES:** Honesty ♥ Loyalty ♥ Integrity

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

**EMOTIONS:** Quick to anger ♥ Sensitive

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

**DIRECTION:** Aiming for a raise ♥ Family ♥ Planning to retire

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

**CORE ESSENCE:** Seriously spirited artist

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

**DREAMS:** Freedom ♥ Success ♥ World travel

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Refer to your newly completed HEART Hand Model for Life™ as you identify your life goals and draft a plan of action to achieve them. Stay true to your core essence, personality, values, emotions, direction, and dreams to determine your optimal path in career and life.

**IDENTIFY YOUR LIFE GOALS AND DEVELOP AN ACTION PLAN**

Now that you have completed your HEART Hand Model for Life™, reflect on your current career and life circumstances. Is your core essence in harmony with your current direction in life? Do you feel your career and life choices are enriching and nurturing your core essence? You may consider quitting your current corporate job to start your own company as a skilled entrepreneur. Or, conversely, if you feel you have not pushed yourself to your true potential, you may wish to go back to school for the education you have always desired. At the same time, if you are considering having children, you may need to further re-evaluate your current circumstances.

First, identify your life goals. At the same time, be sure to mention any obstacles you may need to overcome in order to execute your goals. Finally, make a list of all the steps you will take in the next six months to overcome your obstacles and make your dreams a reality. Once you have listed your goals, rank each one numerically in order of importance; this will help you to decide what is most important to you in life, allowing you to focus on achieving your dreams.

RANK	LIFE GOAL	POTENTIAL OBSTACLES	ACTION PLAN
1	Become an entrepreneur	Not enough money Lack of technical training Locked into a contract	Meet with bank Get training Meet with boss
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Check back with this chart every so often to see how you are progressing. When you revisit your action plan, reflect on your HEART Hand Model for Life™. Do your life goals still align with your core essence?

## IMPLEMENTATION

From the action plan section of the previous chart, what are the top five things you need to do initially to meet your goals? This may include contacting people or scheduling meetings. Use this chart to outline your next steps and by what date (approximately) you will achieve them. Experiencing progress and completion will help keep you motivated.

#	ACTION STEPS TO BE TAKEN	DATE TO COMPLETE ACTION

Final date of completion:

Signature:

The components of our HEART Hand Model for Life™ will change over time. Our life experiences help us to grow and strengthen our understanding and confidence. Early in our careers, we are reliant on our mentors, bosses, and coworkers to help us fit in to the work environment. These individuals help to shape our understanding of acceptable behaviour while providing a framework of their expectations of our performance. Some experiences will affirm our current beliefs and values, while others will challenge our comfort zones and expectations. As we travel through our professional life, our personality and posture may change for the benefit or detriment of our essence. In the end, you will not change your core, but you will be able to change your attitudes, reactions, and how you perceive the world around you. To stay true to your authentic self, you must first have a clear sense of what that is.

Don't forget to revisit your hand model every six months to one year. At this time, capture any personal or professional growth that may have influenced your HEART Hand Model for Life™ or your life goals.

There are many great resources available to aid self-discovery and promote harmony in work and life. Here are just a few suggestions:

- Alex Pattakos – Prisoners of Our Thoughts*
- Don Miguel Ruiz – The Four Agreements*
- Tanis Helliwell – Take Your Soul to Work*
- Barbara Sher – It's Only Too Late If You Don't Start Now: How to Create Your Second Life at Any Age*
- Deepak Chopra – The Path to Love: Spiritual Strategies for Healing*
- Lauren Catuzzi Grandcolas – You Can Do It! The Merit Badge Handbook for Grown-Up Girls and You Can Do It! Workbook*
- Brian Tracy – Focal Point: A Proven System to Simplify Your Life, Double Your Productivity, and Achieve All Your Goals*
- Steven Heine – White Collar Zen: Using Zen Principles to Overcome Obstacles and Achieve Your Career Goals*