



YOUR EVOLUTION

The HEART Hand Model for Life™

In our premiere issue we introduced our HEART Hand Model for Life™—a tool to help you identify your core essence and achieve a soulful life through greater self-awareness.

Evaluating your life choices can help you to identify whether you are achieving personal growth or repeating unproductive behaviours. Are you acknowledging the successes throughout your life? Are you reassessing your needs and your definition of success to ensure that you feel fulfilled and joyful?

Many women say that they don't have any time to read, to journal, or even to evaluate whether they are living a soulful life. They are constantly trying to juggle a family, a career, and if they're lucky, a regular fitness routine. By analyzing our past, our role models, our sense of self, our level of confidence, and our choices, we may discover insights into what can help us to grow, while avoiding repetitive counter-productive behaviours.

JOURNAL

MENTORSHIP

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:

EXERCISE YOUR POTENTIAL

As you think through these questions and record your responses, let your mind wander. You may start thinking about that business you always wanted to start, or that trip around the world you always wanted to take. No matter what enters your mind, allow yourself to explore each thought. Review the pros and cons of each opportunity and ask yourself: is this one of your life dreams or is it an escape from a larger issue?

Look at the responses for each stage of your life. At what stage were you most confident? Most insecure? Have you evolved as you thought you would?

The process of identifying your frustrations, your strengths, and your dreams will help you to increase your personal awareness and devise an action plan for growth. Perhaps you just need to make some small changes, or perhaps a major overhaul is in order. In any case, take the time to identify your heart's desires and discover what awaits you.

TAKE TIME TO THINK...

Imagine what your Hand Model would have looked like (or will look like) at various stages of your life. Consider these questions and capture the recollections that surface. You may want to follow along in your journal for additional space to write.



AGE 13 TO 19

How did you perceive yourself in your teen years? Did you feel confident in yourself? Did you aspire to have a particular career as a young teen? Who were the major influencers in your life at this stage? Were you a leader or a follower? What, if anything, did you feel was holding you back?



AGE 20 TO 30

Have you found a meaningful job? Do you feel you can grow in your current position? If not, what steps are you going to take to improve your situation? Are you happy personally? Do you have a long-term relationship in your life? Do you feel satisfied with the friends and intimate relationships in your life? Do these people bring out the best in you? If not, what will you do about that? What are your life dreams? How have they positively influenced you?



AGE 30 TO 45

Now, as you articulate your current awareness, your goals and dreams for your future, do you see any patterns or common themes? Have you denied yourself your inner most desires and dreams? Can you see how you have overcome obstacles that have allowed you to live a more full, soulful life than you could have imagined in your teen years? Do your family and friends bring out the best in you? Are you passionate about your job?

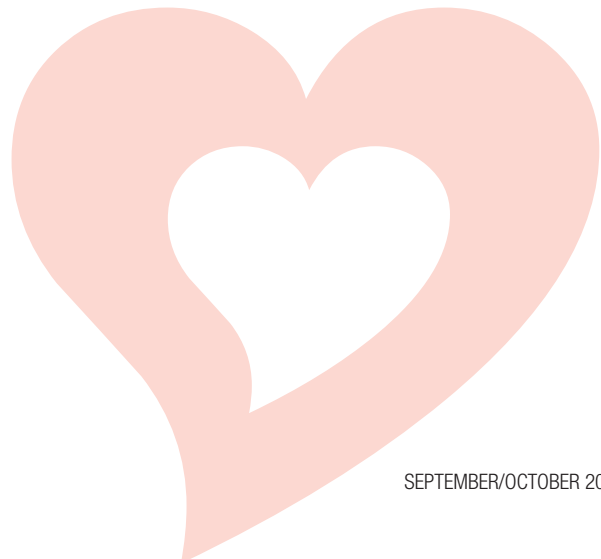


AGE 45 TO 60+

Now take time to reflect on your career, your personal awareness, and your happiness. Are you loving your job? Are you feeling torn between your personal life and career? Are you considering a new career direction now that your children are older or after a number of years in the same profession? Describe your comfort level for risk and change. Articulate your dreams for this stage of your life.



If you have entered or completed every stage, take stock: how has your Hand Model evolved over time? For those stages you have not yet reached, visualize how you want your Hand Model to look. Articulate your goals for the future to take an active role in its creation.



Answer the following questions to get a sense of what your Hand looks like today, in this present moment. For not only do we change year to year, but day to day, and moment to moment.

Date: _____

1. I am happiest when I am:

2. I feel my greatest strength (in my professional life) is:

3. I dream about being/doing:

4. I wish I had more time to enjoy ...

5. If money was not a concern (I had more than enough to pay bills, etc., in my current life status), I would:

6. I will commit to improving one aspect of my life today; that will be:

(Example: I will enroll in French lessons today, something I have always talked about doing but have not done yet.)