

The HEART Hand Model for Life™

KNOW THY SELF AND Those in Your 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. HEART's second issue revisited the Hand Model to allow you to reflect, reevaluate, and refine your Hand.

Now, dig deeper to better understand how other people may be influencing your responses and ultimately, your life. Take stock of your relationships, both personal and professional. Who encourages your goals and supports

your efforts? Who puts you down or disregards your contributions? Garner insight into those who influence your personal success.

Learning to foster the relationships that lift you and to let go of the ones that bring you down is an important step on the road to self-discovery and fulfillment. By consciously identifying those individuals and creating an action plan, you can begin to spend more time with the ones who matter most in your life and eliminate the counter-productive relationships.

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?

PERSONALITY: ♥ Funny

VALUES: ♥ Honesty

EMOTIONS: ♥ Sensitive

DIRECTION: ♥ Family

CORE ESSENCE: ♥ Spirited artist

DREAMS: ♥ World travel



WHO IS SUPPORTING YOUR DREAMS? WHO IS BLOCKING YOUR ENERGY?

Using the completed Hand Model (page 62) as your foundation, use the Hand Models below to map out and recognize both constructive and destructive relationships. Be prepared to articulate your action steps to ensure you eliminate the counter-productive relations, while finding more time to spend with those who foster and support your goals.

RECOGNIZING OUR MENTORS, SUPPORTERS, AND POSITIVE INFLUENCERS

We divide our time and energy between our personal world and our business world. We encounter individuals in both arenas who can have a significant impact on our ability to maintain a healthy and focused existence. Take a moment to fill out these two Hand Models, keeping in mind those individuals who are helping you to achieve your goals. **Write the name in each of the respective fingers.**

AT WORK



AT HOME / PERSONAL LIFE



PERSONALITY:

Who compliments you and seems to bring out the "best in you"?

VALUES:

Who is aligned to your values?

Who warms your heart when you are in their company?

EMOTIONS:

Who works best with your emotional side?

Who calms you and fosters composure?

DIRECTION:

Who embraces your goals and encourages you along the way?

CORE ESSENCE:

Who do you think really knows you?

Who understands and celebrates your essence?

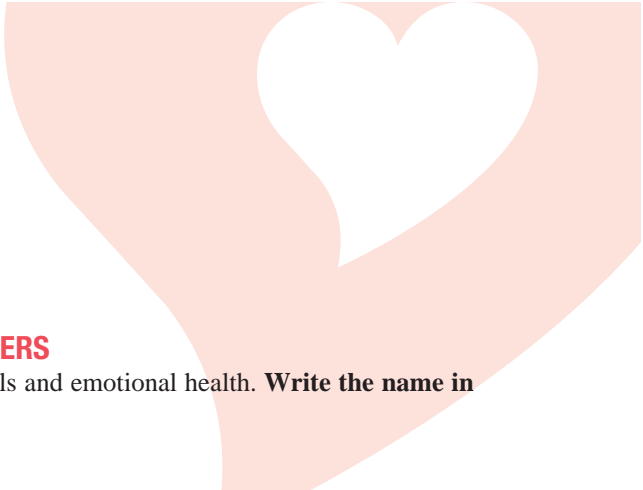
DREAMS:

Who do you feel you can share your dreams with?

Who is the first person you share with?

NOTES / THOUGHTS:

JOURNAL



RECOGNIZING OUR CRITICS, DISSUADERS, AND NEGATIVE INFLUENCERS

Now, consider the individuals who you feel are counter-productive to your goals and emotional health. **Write the name in each of the respective fingers.**

AT WORK



AT HOME / PERSONAL LIFE



PERSONALITY:

Who always seems to upset you, to criticize, or put your ideas down?

VALUES:

Who is least aligned to your values?

EMOTIONS:

Who seems to bring out the worst in you? Who pushes all the wrong buttons?

DIRECTION:

Who is the most negative with regard to your goals and unsupportive of your direction?

CORE ESSENCE:

Who do you feel is completely unaware of who you are?

DREAMS:

Who is the one person you would never tell your dreams to – that you don't trust sharing your dreams with?

NOTES / THOUGHTS:

JOURNAL

MENTORSHIP

Now that you have identified the individuals in your life who you feel contribute to your dreams and those who you feel undermine your efforts to achieve your goals, take time to create action steps to increase your involvement with the positive influencers and reduce or eliminate your interaction with negative influencers.

1. To help me achieve my dreams I need to spend more time with _____
and less time with _____ .

2. I will do this by establishing (weekly or monthly) _____ meetings with
_____ .

3. I will say NO to _____ the next time they ask for my assistance
or involvement.

4. I will spend less time with (if possible, completely eliminate) _____
as I always feel drained and compromised when we complete our visit.

5. I will do the following positive/healthy activities this month, to help bring me closer to achieving my goals. They are:
_____, _____, _____, and _____ .

6. I will commit to this action plan to detox my life and cultivate healthy supportive relationships so that I remain focused
and motivated to achieve my goals.

_____/_____ (signature/date).

Witnessed by _____/_____ (signature/date).

**Remember, what you can control, regardless of who is interacting with you, are your reactions and your attitude.
Sometimes the best solution is to walk away, gain perspective, and completely disconnect yourself from the situation.
Try meditation focused on "composure", "peace", and "strength".**