

The HEART Hand Model for Life™

WHO ARE YOU? Finding your authentic self.

“It doesn’t interest me what you do for a living. I want to know what you ache for and if you dare to dream of meeting your heart’s longing.”

Opening The Invitation, Oriah Mountain Dreamer

Oriah Mountain Dreamer penned that famous poem as she endured once again, an evening spent in the same empty conversations. She had forced herself to go to the party for fear she may be becoming too isolated after declining previous invitations. Feeling the social pressure to attend, she put on her party mask and tried to connect with the other guests.

Have you ever been in a position where you have accepted an invitation to an event with a gut feeling of regret? It has nothing to do with being shy or busy; it has everything to do

with the quality and depth of the interactions. So how can we reprogram ourselves and shed our masks so that we can have intelligent, soulful, and hopefully, authentic relationships?

Take a moment to bring awareness to your life and identify if and when you are wearing masks.

What masks are you wearing? In the Hand Model below, write down which masks you wear or roles you play that disguise your true self.



NOTES / THOUGHTS:

MENTORSHIP

Now look over your Hand Model. Are these the five words that best describe who you are? Would you make any changes? If yes, change your Hand to reflect the best description of your true self.



NOTES / THOUGHTS:

Compare this Hand to previous Hand Models you have done. Visit www.HEARTbusinessjournal.com for the original HEART Hand Model for Life™ exercise if you have not had the chance to complete it in previous issues.

Now consider the type of person you want to be. If this list is similar to your Hand, you are probably close to living in harmony with your core essence.

What changes do you have to make to ensure you live in alignment with your core essence and as your authentic self?

Take a moment to develop a dream plan; visualize yourself living your desires. Find images (from magazines, books, the Internet, etc.) that help illustrate your dream life, job, surroundings, etc. Start formulating a plan to help you achieve this vision. Include a list of supporters (financial, legal, staff, etc.) that you think you will need to help you achieve your goals. Visualize yourself living authentically in all aspects of your life.

Think about your dreams and visualizations daily. Have fun with it. Look forward to the time you allocate each day to foster your dream. Before you know it, you will begin to notice that you are living your dream and becoming more connected to the core person you may have lost sight of or buried along the way. ♥

DATE: _____ SIGNATURE: _____

Which do you find are most unlike YOU?

Why do you feel the need to wear these masks? What do you fear most about removing them?

What can you do to live more authentically?

Naturally, our vocations can reflect elements of our personality, our talents, and ideally, our interests. But our J.O.B. or paycheques do not always correlate with our core essence – that which makes us unique. Our core essence will outshine any mask we have worn when we are engaged in endeavors that enrich and challenge the authentic self, regardless of the title or accompanying salary.

As Stuart Wilde says, “To be free is a great gift. To achieve that, you do not need great amounts of money or influence or power. All you need is the ability to place yourself in a non-confrontive mode...inner calm allows you to pull more and more opportunities to yourself, because energy seeks its own kind. Balance and great fortune can only come to a person who is balanced and feels fortunate.”

Are you creating and attracting positive energy? If energy

seeks its own kind, then isn't it wise to seek out positive energy and discourage negative energy? Wearing masks not only blocks positive energy, but also confuses the core self, which can make you feel off balance.

So who are you? Do you feel a sense of inner calm? Do you feel fortunate? Are you interested in getting to know yourself and the people in your life?

Dig deep and think about WHO YOU ARE. Are you wearing masks and playing multiple roles? Are you afraid to reveal to others who you really are? Try not to edit your thoughts and write the first thing that enters your mind.

In the Hand Model below, begin by making a list of at least five descriptions of yourself.

NOTES / THOUGHTS:



Continue with as many descriptions that enter your mind. On the side...