

# Opening Up to Possibility

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## **Exercise 4: Looking at Your Life Right Now**

Questions such as "What do you want from life?" "What would you do if there were no barriers to getting that?" may be too large to answer in the beginning of your journey down the path to becoming more values-focused and running a good business. It may be easier to try cultivating a simple openness to what is possible at the start.

Sometimes we assume that we can't get what we want or that we can only do what we already know is possible. But building a good business demands that we break free from these assumptions, examine our hopes and fears more closely and open up to possibility.

### **Procedure**

**1. Relax.** (See the exercise entitled "Creating a Container for the Work" above.)

**2.** From a calm, clear, centered place, ask yourself the following questions. Read each question. Pay attention to the thoughts, sensations, and emotions that come up. Make notes here for later review. Use more paper as necessary or use your learning journal.

- In your current life, what do you like to do the most?
- Have you ever made money doing that?  Yes -  No
- Is there something keeping you from making money doing that now?  Yes -  No
- If yes, what is it? and what might you do to overcome it?
- If no, then why aren't you doing it? and how can you get started?
- How much time do you plan to devote to making a living . . .

1. Each week?
2. Each year?
3. During the rest of your life?

- What combination of work, exercise, study, personal relationships, and play will make your life function well?

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