

Opening Up to Possibility

Exercise 5: Creating a General Guide for Future Work

By writing down the answers to the following questions, you will record valuable information about your hopes and fears for building a good business. Your answers will serve as a general guide for all of your future work. Don't worry, though, you will be able to revisit these questions and change your answers as you learn more about yourself and about what makes business "good" for you.

Procedure

- 1. Relax.** (See the exercise entitled "Creating a Container for the Work" above.)
- 2. Reflect.** From a calm, clear, centered place ask and answer the following questions. Make notes here for later review. Use more paper as necessary or use your learning.

- Why am I seeking good business?
- What do I want from it?
- How will I know that I have found it?
- How will I know that I have not found it?

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