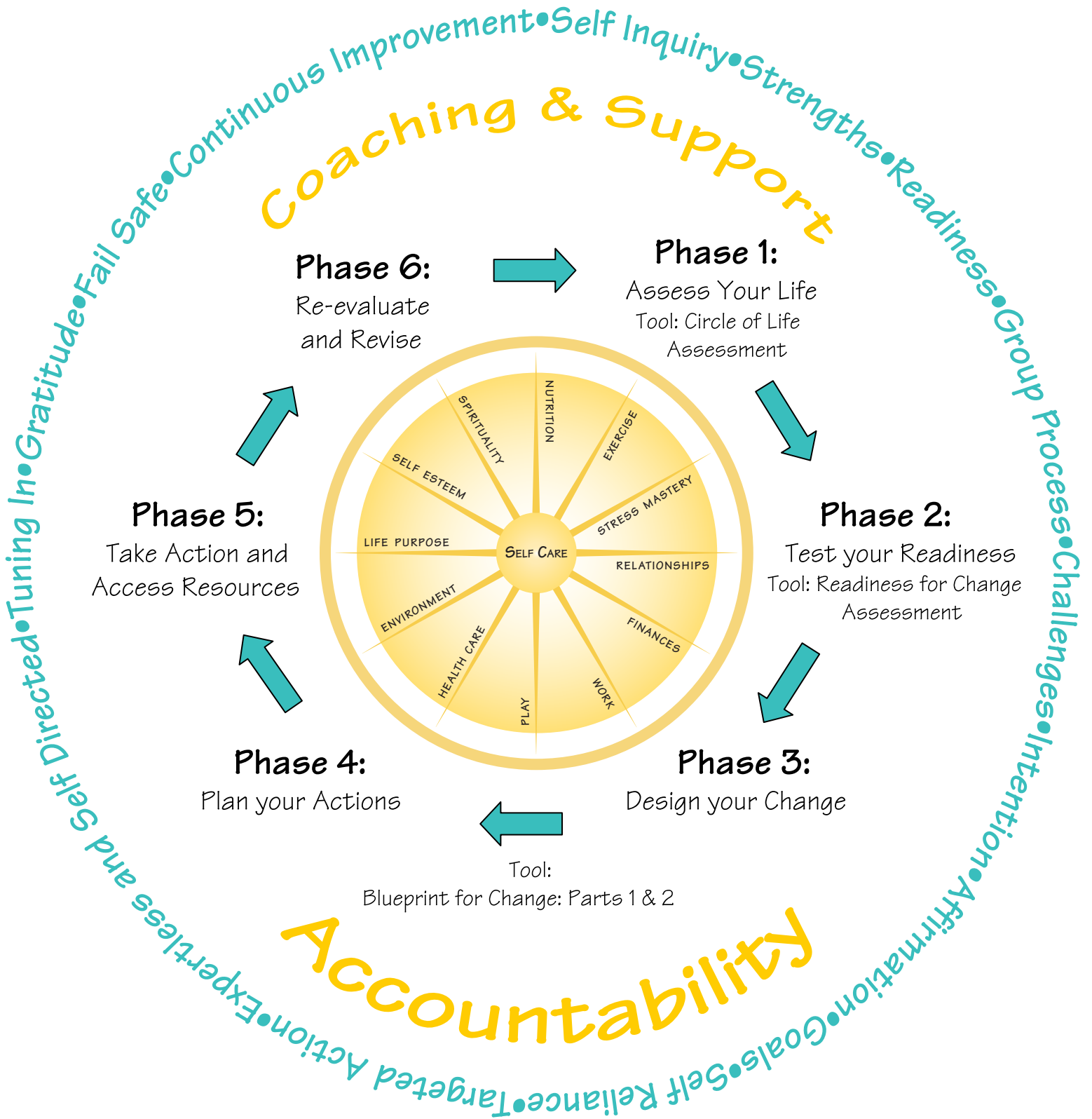


The Circle of Life Process



Welcome...

...to the Circle of Life



Individuals sooner or later discover that they are the master-gardener of their souls, the director of their lives.

- James Allen

Addressing the Challenges of Daily Life...

One of the greatest challenges that we face is living a happy, healthy, peaceful life – one that is more balanced, less stressed and more fulfilled – while juggling the demands of daily life.

We have created a process that not only addresses these greatest challenges but also creates a path for moving forward in your life. This process is called the Circle of Life – a breakthrough process that is the ultimate in personal empowerment and Self Care.

What Do You Want?

The Circle of Life process will assist you in a clear, step-by-step process of clarifying, then actually getting, what you want. Enthusiastically step on the pathway that leads to your new life!

You are entering the Circle...

The Circle of Life process is a personal health action, self-empowerment system with 15 Powers for success that are built into the process, providing the capacity to transform you and your life. It is simple, accessible and profound; it will empower you, your family, your co-workers and your friends – anyone! It can launch a person from stress to balance, from despair to breakthrough, from exhaustion to vitality. The Circle of Life will effectively support you in creating the positive results you want in your health, finances, career, relationships and more.

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The 15 Powers of the Circle of Life

Introduction

As you start to work within the Circle of Life process, you will learn more about the inherent “Powers” that have been carefully woven into the process. By understanding the value and benefits of these elements, you will gain even greater confidence in the Circle’s ability to support breakthrough in your life.

The 15 Powers

1. Self Inquiry
2. Acknowledging Strengths
3. Readiness for Change
4. Group Process and Testimonial
5. Recognizing Challenges
6. Intention, Affirmation and Inner Wisdom
7. Setting Realistic Goals
8. Self Reliance
9. Targeted Action
10. Accountability
11. Expertless System, Self Directed Group and Resident Wisdom
12. Tuning Into Yourself
13. Acceptance, Grace, Gratitude and Prayer
14. “Fail Safe” System
15. Lifelong Learning and Continuous Improvement

What Makes the Circle of Life Effective?

The Core Essence Self Care is the core essence of the Circle of Life process. Research proves people who take care of themselves create health, wealth, love and life satisfaction – even when they have tremendous challenges to overcome.

What is Self Care? Self Care is using your ability to direct and manage your health and well-being in all aspects of your life. To create what you want for your life, you will need to take charge of and responsibility for your thoughts, life choices and actions. You must be *the one and only person directing your life*.

A Radiant Sun Envision Self Care as a radiant sun illuminating all aspects of your life with light and energy. Taking time for Self Care positively affects the quality of your life and empowers you to meet your goals. Operating from a Self Care mindset (i.e., caring for yourself) is what drives the Circle of Life process and makes it so effective.

Self Care in all Aspects of your Life The Circle of Life helps you to assess your level of Self Care in all aspects of your life, including: exercise, nutrition, stress mastery, relationships, finances work, play, health care, environment, life purpose, self esteem and spirituality. For example, asking, “How am I taking care of nutrition in my life?” sets the stage for taking a closer look at your nutritional behaviors. Additional questions such as “What do I want nutrition to look like in my life?” will help you create some action steps and move closer to your true nutritional intentions and goals.

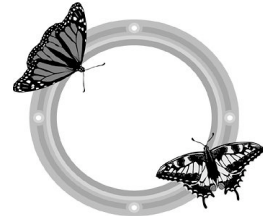
The Circle and Healing The Circle of Life is highly effective because of a single underlying principle: the human system is programmed to self-repair and self-improve. This is the basis for how we thrive in life, recover and heal from disease or discomfort.

Knowing that our actions and attitudes can either...

- aggravate our condition and slow or prevent healing
- OR
- support optimal health and activate healing

...the Circle of Life process shifts participants toward Self Care, positive actions, empowered attitudes, lifelong learning and more.

Phase 1: Assess Your Life



To Thine Own Self Be True.

- William Shakespeare

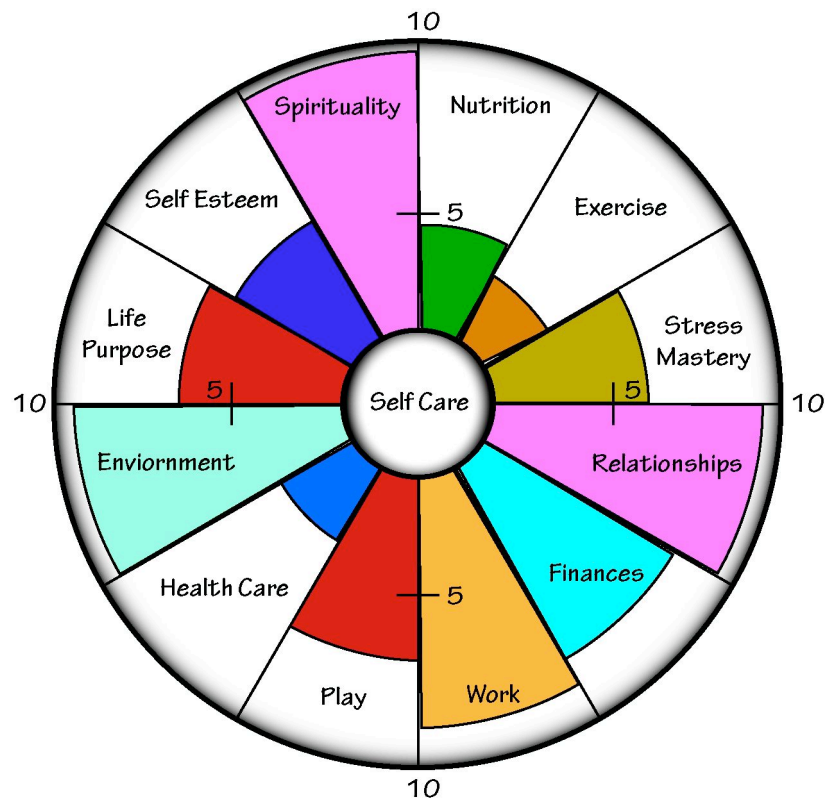
Introduction

You're in your lifeboat and ready to begin your journey toward your desired destiny. One of the most crucial steps to planning a voyage is taking the time to prepare and plan for your trip. For the Circle of Life process, this starts with Self Inquiry and Phase 1: Assess Your Life. Why is this step so important?

There is real power in taking time to reflect on your current life to assess the areas of your life that are satisfying to you – and which areas are not. Additionally, focusing on your strengths will give you the confidence and motivation to move forward in the areas that need support.

Your Circle of Life Coach will review this phase with you and guide you through the Circle of Life Assessment.

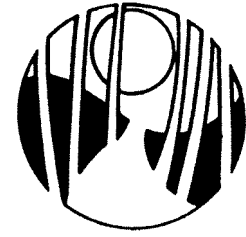
Jean's Circle of Life Assessment



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Phase 2: Test Your Readiness



If you do not change direction, you may end up where you are heading.

- Lao Tzu

Introduction Research reveals that there are phases or stages of making a change. You need to know if you are *ready for change*. Once you are, achieving your change is most likely to succeed.

All of us have had the experience of having great intentions of breaking bad habits or starting / maintaining good habits. No matter how good our intentions are, parts of us are truly *not ready* to change, and those parts can sabotage our best intentions. Sometimes we are consciously aware of the *unready* parts of ourselves, and sometimes the *unready* parts are hidden in what is called the “unconscious.”

If you are not ready, you can use the Circle process to prepare for future change.

1

Concept	Example				
<p>Satisfaction and Values</p> <p>Each person is motivated by his / her own level of personal satisfaction and values. If a person is content and satisfied with his / her life, most likely he / she will not be motivated to change. It is important to know about your current state of satisfaction, values, and priorities. We have different cycles of life. As our life has different seasons, we have different needs, priorities, satisfaction, and values.</p>	<p>Carol had been contemplating and talking about how she wanted to move for literally 15 years. Her basic needs were being met at her tract home in the Midwest near her family, but her personal satisfaction level was not. She felt like a tropical flower trying to survive the many gray, cold days. She was an “outside” person who valued natural beauty (mountains, forests and oceans) and felt energized, creative, and healthy in such places. Carol fantasized about living in a warm, sunny climate like California or Hawaii, where she envisioned not just <i>surviving</i>, but <i>thriving</i>.</p> <p>One day, new “loud” neighbors moved in, with an unfriendly dog. This was just the thing that made Carol <i>ready</i> to move to another location. Carol reached her “not satisfied” threshold, which moved her out of the phase of “thinking” about the change and into the phase of “taking action.”</p>				
<p>How satisfied are you with this area of your life right now?</p>					
1	2	3	4	5	Score
Very Satisfied		Very Dissatisfied			

Apply Mind / Body Self Care Practices

Examples of Mind / Body Self Care Practices

- Drink 6 to 10 glasses of water
- Take 5 deep breaths every hour
- Replace negative thoughts with positive self-talk or affirmations
- Daily meditation (5 minutes or more)
- Stretching, Yoga, Qi Gong, Tai chi
- Say your affirmation out loud 10 times a day
- Listen to deep relaxation / guided imagery / self hypnosis tapes or CDs
- Self-massage to ears, feet, hands, or whole body
- Use Qi (Energy) Tapping, or any other emotional stress-relieving technique
- Step outside everyday – stretch, shake off stress and breathe in fresh energy
- Do the 3 corrections everyday – correct your posture, breath and mind
- Take vitamins or take high nutrition boosters
- Take a deep relaxation break or a power nap
- Write in your journal
- Do an Intention Ritual

Mind / Body Self Care Resources

The Healer Within by Dr. Roger Jahnke, OMD, is the single best source for mastering the Self Care practices found in Part 3 of this Participant Guidebook. The four “pillars” of the book are Movement, Massage, Breathing, and Deep Relaxation and Meditation. Various levels of intensity are provided for each practice, each with clear illustrations. It strongly recommended that you use this book.

During your Circle experience, you will practice both the Healer Within techniques and some other Circle Self Care techniques. Then you can choose the ones you like best (or the ones that are working for best for you) and integrate them into your daily life.