

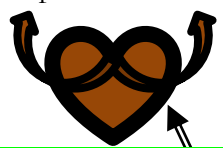
OF YOUR KEY ACHIEVERS **This map is psychoactive!**

**My coaching Journey: GROWING beyond "me"** PathCoaching@17-22\*

Grow your leadership by activating your "Air,Earth,Fire,Water,Space,Heart" within.

Daily practice; What can I do differently today that is useful and kind? Meditate☸, Gym, Mood?☐  
As a curious detective, notice your bias interpretation, your body contraction and your vocabulary.

↑↓  
Mystery of Life & Death: Non-experience  
Pure Consciousness: Formless  
Aware of SELF (The screen, Gravity)  
Dissolve fear, release contractions in the body.  
What is aware that I am aware?  
Accept what is! Direct experience is effortless!  
Purpose\* Gratitude

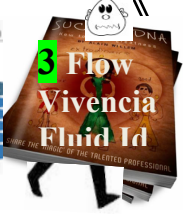


**3. Imagination: 24hr Lucid in & out**

- I am aware of my emotional edge, // process.
- I go beyond word's meaning and "dis-like".
- I notice the energy in the field and odd details.
- I identify with the space including everybody.
- I reflect on what grabs my attention. (6?)
- I focus until... I am the object/goal itself.
- **INSIGHT** what is happening in-out of me!
- I notice and ride the curve of change quickly.
- I collaborate toward a collective inspirational goal\*.

**2. Self-aware of how "I react-respond"**

Center: I align my "Head, Heart, Hand."  
I choose my metaphors, verbs, adjectives, questions, words, guiding principles, and useful assumptions. (I, We, It)  
I rectify my posture and adapt my gestures.  
What do I need to believe for it to be true?  
I meditate expanding my body and exercising (weight lifting)  
I amplify my stress pushing the walls/fists before releasing it.



**1. Self-Knowledge: i.e. I am a perfectionist!** S.W.O.T

I know my narrative, **F.L.O.P**, dominant thinking, unique talents, blind spots and shadow. I design a Pers Dev Plan using the **G.R.O.W** model.

**1. I mainly think within my "Dominant thinking" and act out unaware of my Narrative: i.e. I am... an introvert and therefore I can't be ... a leader. So, I protect my narrative by ... However I'm a deep listener and reflecter.** What are, my leadership style, talents, tacit knowledge, aspirational goals and uplifting exceptions of my fears (i.e. **I can't**) from my past?

**3. Am I Connected?** I follow my bliss and energy. I think out of the "me" box. I hold opposite views. I stay in my question until a solution pops. I welcome feedbacks and self-correct. I embody new roles in meetings. i.e. I am a **considerate** introvert. I "speech act". I feel/sense my words. Design # perspectives T+A=S.

I surprise myself daily and become more awake, aware and kind. I grow my sense of self-esteem, joy and peace with an inner smile. I mixt "doing" (causal) with "doing by not doing" (emergence).

**3.1. CONTROL:** I hold a strong identity with clear boundaries, stand up, connect & speak my truth. **I meditate daily!**

**3.2. PQ-Rep to LET GO:** I convert or accept what is. I can dissolve my identity and become spacious **including all**. I don't take things personally and **listen with discernment** [...].

**3.3 I AM IN FLOW:** I maintain warmth and **collective\*** empathy under pressure by being centered and kind. I am a curious learner.

I reinvent myself: **MANTRA:** How could I become this "new identity i.e a considerate perfectionist" that is amazingly "list of qualities i.e aware and kind" and do "... i.e his best every day?"  
Tools: I-Ching, Tarot, Act out dreams, Tibetan bowl. 2<sup>nd</sup> attention. //process etc.

**2. Deconditioning: I'm more Self-aware** of the cultural **bias** of my "Dominant thinking". I self-reflect to integrate my (My5Questions) / inner wisdom. I chip away what is not "me". I need to find my authentic voice and **free myself** from my limited narrative. I **step out** of my dominant thinking and respond with empathy under pressure rather than reacting emotionally. I **scan my body** and release my biggest fears of...i.e. "I am not good enough".

**2 SOMATIC LET GO (Being)**

Follow your Inspiration.



**1. Control (Doing)**

**New Narrative 15/10**

**My Old Narrative 10/10.**

**1 Conditioning: Be and Do more**

<☺>Start here **1** ↑ I play the victim: I have to, Yes but...

**Authentic "I feel present,expanding and inclusive"** Now "I notice my felt-sense and the outside world" → **I Feel Separated; Me(my body) and Them. think in the Past & future; If only, What if?**

My personality, my dominant Narrative (I am "... and therefore "I can't" emerges from what I associate strongly with, such as my body (3D-5 senses), the roles I play, my thoughts and felt-sense.Ocean:I am pure awareness, what has and will never change. I am the non-experience between 2 thoughts, the white screen