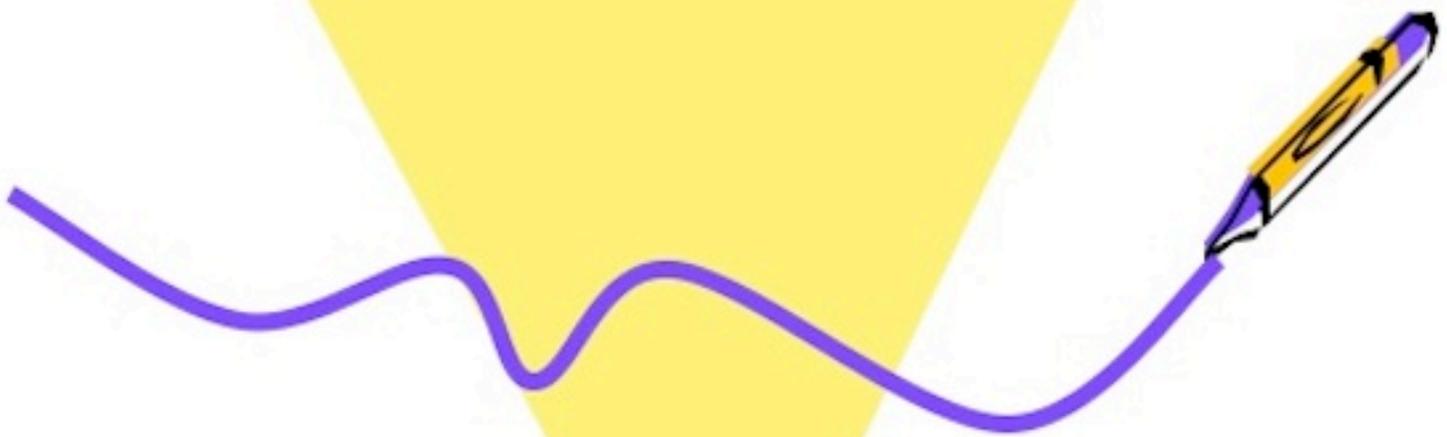




Life Threads

10 exercises that will
change your life



LIFE THREADS: 10 LIFE CHANGING EXERCISES ©

① Okay on your own ♥♥ Best with a guide 👥 Great to do in a group

Do you know what you want? Do you have it yet? I hope so. If not, jump right in to these **10 powerful exercises** for self discovery and you'll capture the essence of your desires, wants and needs. You'll know which way you want to go, no more frowning, no more question marks looming over your head!



You've heard that the power of intention can create the space for attracting the life you want, right? One of the sticking points in this power of intention stuff is that many of us really aren't clear about **what we want or who we want to be**. Most of my clients come to me tired of hitting the same roadblocks. They want more passion, meaning and success. Oftentimes they are unsure about what that looks like. Or they pursued something, got it, and were disappointed.

Over the years, I've developed and adapted some powerful tools to help you get clear about what you want and what you are meant to be in this life. Part of this is about uncovering just what might be getting in the way of going for it. Some of the following exercises can be done on your own. Some are best done with a group or a guide. As you browse through the exercises, note that I have indicated whether this is ok to do on your own ① or best done with a group 👥 or with someone to guide you ♥♥. They aren't in any particular order. Although I do recommend starting with the first two to get your *Life Thread* juices flowing.

Create a **Life Threads folder with paper and pen handy** or a **special notebook** to keep your insights and action possibilities all in one place.

Here are the exercises in a nutshell:

1. Write a phrase for a longing, a deep desire
2. When I was 7 years old
3. Who was I? Who am I now? Who do I want to be?
4. If I was associated with a movie studio
5. 100 I wants
6. Drill Down to the core of what you really want
7. Test the Legitimacy of My I Wants: the 8 Columns Exercise
8. How to Write Intentions that Stick
9. Talk to someone you admire
10. Guidelines for Creating a Vision Board

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1. Write a phrase for a longing, a deep desire ①

This is a good place to start – sort of a test to see if you can spontaneously capture a longing or deep desire. Sit quietly with no distractions. Take a few deep breaths and check in with your body first. Relax into a chair, release any tension you might have. Just sit for a moment. Without editing yourself – believe anything is possible – write down a longing, a deep desire.

Another variation on this is to ask yourself **What Makes Me Come Alive?**

It's ok if nothing comes to mind at this stage. After all, this is why I am encouraging you to use these tools to give you clarity so that you can claim your passions and joy.

2. When I was 7 years old ①

Some clients tell me that they have lost track of their desires and can't even remember what it felt like to have passion, special interests, excitement about their life. Somehow they got off course.

What did you love to do when you were *around* 7 years old? Who did you admire then – an adult, older child? No editing, just write what comes to mind in a stream of consciousness. Draw pictures if that will capture it.

Someone said to me, she loved to go to the library. Another said that he loved his grandfather and the way he worked with horses on the ranch. All of these early positive memories can lead you back to yourself and what is important to you – what activity you loved or what trait you admired.

Why seven? This is the age in child development most associated with individuation. A time when children begin to identify their own interests and desires separate from family and siblings. Yes, some of us have painful memories during this time. I have had clients say, they can't capture what they loved when they were 7 because you name it. Believe me, even if you had to escape with your imaginary friends or into your imagination, this is a clue to what you need and what you want. Opening yourself to healthy escape may be the ticket to your legitimate *I Wants*.

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3. Who was I? Who am I now? Who do I want to be? ① ♥♥

In the world of Hand Analysis, we call this a tracking exercise. Once your Life Blueprint or Soul Map has been revealed in your fingerprints which includes your Life Purpose, Lesson and School, I then ask you to track how your Life Lesson has shown up previously and recently. This shadow side of you is your least evolved skill, the one thing you are meant to work in this life. Next step? We explore what you can do to transform your relationship to it. As you make progress with your Life Lesson, I invite you to do the same tracking for your Life Purpose and School. Final step (which, by the way, is a life long process) is to thread the themes together. It's powerful work.

This *Life Threads* exercise is the latest version of a tracking exercise I came up with to look back and look now and look forward as you create the threads of your life experience so that you can weave the Life you are meant to live.

It was not easy for me to do. My “script” has been that I was clueless for most of my early years – no Mozart or Susan B. Anthony here. I suspect they had figured things out much earlier in life. I decided I needed to bust that “I was clueless” myth and really look at the recurring positive themes in my life. And, I'll say it again, it was not easy. I was tempted to go negative often.

But I was determined to hold onto what gave me passion; what did I love to do; what was positive in my life; what was I attracted to. And were there any themes there? Powerful indeed. So here's how you do this.

STEP I: Using the sheet on page 5, in Column 1, divide your life experience into 10-15 yr spans. Early life through young teens [4-14]; late teens and young adulthood [15-25]; adulthood [26-40]; 2nd level of adulthood [41-55]; late adulthood [55-65] and onward depending on your age. You can divide it up anyway you want, possibly using significant life changes. So your spans may be a little different than mine.

STEP II: On a separate sheet of paper, jot down significant memories for each span of time asking yourself:

What was positive in my life?

What was I attracted to?

What was I always excited to do/passionate about?

Note: Add it even if you were “barred” from doing it at home or life got in the way and you couldn't do it as much as you liked. Try to avoid going negative.

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STEP III: Now look for key words from each time span and put them in column 2. Are you beginning to see any recurring themes here or patterns that are heading you in a specific positive direction? A direction where you can say – that is me or I was becoming more of me.

STEP IV: In column 3, jot down a theme for each time span. This was fun for me. Chronologically I had things like: Nature and Escape (this was not always positive, but I recognize this as a recurrent theme that IS positive now for me); Education/Exploration/Experimentation/Food; New Cultures/Cities/Food and Political Advocate; Mentor/Teacher/Leader and Food/Nature; Reclaiming Self while Seeking a Focus for my Passion and Mentor/Teacher/Leader and Food/Nature and Escape and Political Advocate. See any of my recurring themes?

STEP V: What do you do with all of this? I hope that the exercise alone has opened your eyes and you can see that your life has a grand pattern woven from the threads of your experience. Next steps:

1. Continue to refine and define yourself. I revisited this several times before I felt that I had something to work with and on.
2. Work with me or a life coach to move forward using what you have discovered.
3. If you choose me as a guide, we will apply the results to your Soul Map – How have the themes matched your Life Purpose? How have they matched what we call the exalted form of your Life Lesson? [In my case, my exalted Life Lesson is the mentor/teacher/advocate part.]

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Exercise Sheet: Who was I? Who am I now? Who do I want to be?

① ♥♥

Column 1 Time Span (10-15 yrs each)	Column 2 Passions, preferences, +activities Key words	Column 3 Theme/Title for this time

How do these experiences relate to my Life Purpose and the Exalted (positive version) of my Life Lesson? (may need help with this part)

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4. If I was associated with a movie studio 👥

Sit quietly for a few minutes away from any distractions and write down the 1st thing that comes to mind. No editing. Think about it for 2 to 3 seconds – that's it.

If I was associated with a movie studio what role would I play?

This is a fun and quick exercise to do with a group, especially people you know and trust. The range of answers people have given me are amazing. Now discuss or write about why you chose what you chose. Any insights? What is it about this role that gets at your passions and desires? Ask for insights from the group. What do you think they would say about you if you said you wanted to be the demolition expert or site locator?

5. 100 I Wants ① ♥♥

This is a revealing exercise and, for some, hard to do in one sitting. Believe me, just stick with it, and it will unlock some doors that have been closed up.

Step 1: In one sitting, write down **100 I wants**. No getting up to pee, no answering the phone. Have to do this in one sitting. Just start listing them – I want to cut my toenails, I want to donate my time to Cancer prevention, I want to travel to S. America, I want to pay off my credit card. Be as grandiose as you like or as mundane as you want. Just let your I Wants flow out of you. No need to put *by when* or prioritize or edit. Just write them as they come. Keep on until you get to 100. Hint, you might be surprised by the last 25? This the point of the 100 in one sitting. Did any doors open with an Aha! on the other side? Hope so.

Step 2: Set them aside for a day or 2. Return and circle the ones that pop out as real keepers. Try to limit yourself to 10 – so that you can begin to put some flesh on those *I Want* bones. By then you've probably cut your toenails, taken your dog to the vet – those mundane things that you wanted to do. Just writing stuff down does get us motivated ➡

Step 3: Work with friends, me or other guides to help you manifest the ones that you really, really want in your life. [**Resource Alert**] Audio to help you put some flesh on your *I Want* bones. When you join the HandTales Community - Go here: <http://wp.me/P33c9e-sG>, you receive 3 Audios for FREE. The 2nd one is about What's Getting in the Way and has amazing tools to help you move forward.

Step 4: Do exercise 6, the **Drill Down**, using one or two from your **100 I Wants** list.

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6. Drill down to the core of why you want what you want ① ♥♥

Let's go more deeply into the core of your desire system and view your life from a higher perspective. You will shift your thinking about your "I Wants". And, guess what? Get better results! The following exercise is designed to help clarify some of the real reasons for your *I Wants*. It will give you a foundation for naming and claiming your desires next time you question what you want and why it seems so hard to get there at times.

I'll go through an example for you: *I want more money in my life*. Most of us would agree, it's nice to be able to pay the bills, contribute to causes of your choosing, travel, invest. What's on your list if you had more \$\$ in your life? By asking yourself the following questions you might be surprised about why you think you want what you want. In this case more money.

Column 1: I want more money – that is **your symbol**

Column 2: Why do you want more money? To buy a house.

Column 3: What is the experience or feeling you will have when you accomplish this? Secure, a measure of my success

Column 4: Can you have this feeling/experience w/o more money and a house? Take a deeper look at what security means to you and what success means.

Column 5: Do you know anyone who has this feeling/experience w/ the \$\$ and the house – are they happy and secure?

Column 6: Do you know anyone who has the feeling/experience who does not have the \$\$ and the house? Someone with little material security who is happy and secure?

The point is to pinpoint your real needs and wants and imagine ways you can have them right now – even if you can't afford to buy a house at this point. Use the 6 columns on pg 5 to put one of your I wants in there from your **100 I Wants** list. Again, this gets to the essential nature of your happiness, your values. What's important to you? It may not be the symbol that you put in the 1st column at all.

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Drill Down to the Core of Why You Want What You Want

<i>I want</i> Your Symbol	Why do you want it?	What experience or feeling will I have?	Can I have the feeling w/o this I want?	Do I know anyone who has feeling w/the I want?	Do I know anyone who has the feeling w/o the it?

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7. Test the Legitimacy of My I Wants: 8 Columns Exercise ① ♥♥ 👥

Start with a guide or a group facilitator. Then you can complete this on your own. This was difficult, frustrating and powerful for me when I was asked to complete this during one of our Life Purpose Support Groups at the *International Institute of Hand Analysis* where I studied Talk about resistance.

The LifePurposeAcademy.com also uses this technique with students who are being certified as Hand Analysts.

Start with a relatively small **I Want** that is time limited and measurable. I want to travel to Italy in the Fall or I want to increase new clients from 4 to 6 per week. Not I want to make 50K this year – this is too vague and requires too many planning steps. The power of this exercise is not what you want but what happens when you say you want something. Familiar patterns will be revealed. For me, I usually forget to reward myself for reaching my goal. Your sticking point may be different. Here’s an example:

I Want	To travel with my family to Italy this Fall
Action Now	Set dates, budget and identify the steps to take
Action to sustain The momentum	Put time line on each action step to assure steady action
Timing Set a date or times to evaluate progress if it is less time sensitive	Check in weekly on progress; adjust
Expected Obstacles How are you likely to sabotage your “I want”?	Forget to inform family of the details that might affect them and forget to ask them to be enrolled in process
Counter Strategies How can you overcome the obstacle and get back on track?	During check in – have all share ideas, concerns, schedules
Verification How will you evaluate, your “I want” process? (w/a check-in partner?)	Who are you accountable to? Who will you get support from when you are lagging behind?
Reward Can you reward yourself for meeting your goal? Or forgive yourself and try again?	The reward is not the trip to Italy. It needs to be something else like a night at a favorite restaurant or special outing with the family.

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You can try this on your own, but the power is in the guidance, feedback and support.

I Want	
Action Now	
Action to sustain The momentum	
Timing – Set a date or times to evaluate progress if it is less time sensitive	
Expected Obstacles – How are you likely to sabotage your “I want”?	
Counter Strategies – How can you overcome the obstacle and get back on track?	
Verification – How will you evaluate, your “I want” process? (w/a check-in partner?)	
Reward – Can you reward yourself for meeting your goal? Or forgive yourself and try again?	

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8. How to Write Intentions that Stick ① 👥

To paraphrase Michael Losier, author of “The Law of Attraction”, the Universe is a neutral entity and the Law of Attraction is always at work, whether we “play” with it consciously or not. The Universe will fulfill your expectations, no matter what they are, positive or negative. Remember, tho’ you have to be clear about what you want first.

If you say: “I don’t want anymore debt!”, the Universe feels your despair and hears the word: “debt”, and you are likely to get more of both. If you say: “I never win anything”, you can bet you will be a non-winner.

Giving **Attention**, **Energy** and **Focus** to your (true) desires launches the Law of Attraction by setting the energy in motion. In this exercise, your intentions do not have to be exactly time sensitive and measurable. The Universe will be helping you manifest what you want and need. This is more about the power of positive self talk and imagining the best life for yourself – believing in yourself.

FORMULATING YOUR INTENTIONS:

- Write your intentions in the present tense.
- Avoid the words: wish, hope, will be, to be, no, not, should, would or could.
- Make statements that are true
- Watch your enthusiasm “gauge” as you write / declare your intentions.
- The mind cannot hold two contradictory thoughts at the same time. Is there a thought argument going on - I want it, and I don’t deserve it?
- When doubt creeps in, repeat your truthful, positive intentions.

AM I DOING THIS RIGHT?

- After writing your intentions, read them aloud to yourself and/or to your fellow intenders. The Universe needs to know you mean it!
- Ask yourself how you feel.
 - If you feel good, you are succeeding in raising your frequency.
 - If you don’t feel good, revise your statements.
- Read them aloud at least once a day. When you do, remember to ask for the Highest Good for yourself, your loved ones and everyone, everywhere. And express gratitude for what you have already.

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..... How to Write Intentions that Stick (Continued) ① 👥

YOU CAN USE INTENTIONS IN ALL AREAS OF YOUR LIFE

Body, Mind, Spirit:

- I intend that I am safe and protected at all times.
- I am in the process of deepening my Spiritual Practice.

Relationships:

- I am in the process of attracting my ideal mate.

Business, Career, Money:

- I am in the process of becoming more abundant.
- I intend that I thrive doing work that I LOVE.

[These guidelines were developed in 2008 by Janet Savage and Isabel Choiniere-Correa as part of a workshop guidebook for **The Business of Metaphysics and the Healing Arts** workshop series.]

9. Talk to someone you admire ①

Talk to someone you admire; shadow someone; volunteer at a conference; schedule informational interviews; sit in on a class. If you have glimmers of what you might want to do or be in the process of claiming more of the authentic you, try some of these activities. If you are shy or convinced that everybody is too busy for you, just try it. You'll be surprised how open people are to someone who is interested in what they do.

Talk to someone you admire

When you are at a meeting or in a social setting, seek out someone who you admire and engage them in a conversation about what makes them tick, what motivates them.

Shadow someone

Ask to spend a day or a ½ day with someone at work or with them in the field who is doing something that excites you - law, pottery, pet grooming, pediatrics

Do some informational interviews

Yes, there are many professionals out there who are generous with their time even if they are busy. This is a tried and true way of getting to know an arena of work and getting to know a professional in it who you admire and who loves her work. I have seen clients shift gears after they have been on a few info. interviews.

Volunteer at a conference

Google some expo/conferences in your area of interest. Ask to be a volunteer. Meet people, attend some workshops, visit exhibitors.

Sit in on a class

Look for adult education, community college, university extension courses that interest you, and ask to sit in for a day or two or even audit the course.

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10. How to Make a Vision Board ① 👥

WHAT IS A VISION BOARD?

A vision board or collage is a manila a poster board or folder that you use to paste images or words torn from various magazines or photos.

The exercise is designed to immerse yourself in images of your desire – what you love, what you want to be, what you want to have, where you want to live. The finished product adds clarity to your desires, and feeling to your visions.

There are two (of many, I am sure) ways to create a vision board. I have described them below.

SUPPLIES YOU'LL NEED:

- Poster board or colorful manila folders. Any art, craft or office supply store will have these.
- Stacks of magazines, lots of different kinds with a wide range of images. You can get them from friends, doctor's offices, salons, the recycling depot, the library. Favorite photos – even from other people. You can try free photo companies on the internet; get inspired; print some.
- Glue: glue dots, acid free tape or Rubber cement. Glue sticks are ok but the adhesive doesn't last as long.

BEFORE YOU BEGIN YOUR VISION BOARD:

Create some sacred space before you begin your vision board. Sit quietly and set the intention. Gently ask yourself what it is you want – imagine it in a word or a phrase or an image. This process makes it a deeper experience. It gives a chance for your ego to step aside just a little, so that you can more clearly create your vision. Put on soft music if you like.

If you are doing this in a group, guide or ask someone in the group to guide the participants to create this quiet space.

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THE FIVE STEPS FOR CREATING A VISION BOARD:

Step 1: Go through your magazines and tear the images from them. No gluing yet! Just let yourself have lots of fun looking through magazines and pulling out pictures or words or headlines that strike your fancy. Have fun with it. Make a big pile of images and phrases and words.

Step 2: Go through the images and begin to lay your favorites on the board or manila folder. (You can use both sides of the folder – think outside the box or the side!). Eliminate any images that don't feel right. This step is where your gut comes in. As you lay the pictures on the board, you'll get a sense of how the board should be laid out. You might assign a theme cluster, for instance: Health, Career, Spirituality, Relationships, Travel. Or it may just be that the images want to be randomly placed. Or you might want to fold the board into a book that tells a story. Be creative.

Step 3: Glue everything onto the board. Add writing if you want. You can paint on it, or write words with markers.

Step 4: *The forces of nature.* Now that your board is perfect, have someone place remaining images in a bowl. Pick one without looking. Often what you get is just what you need to add to the collage – even if you get Superman as I did. He really spoke to me when I listened! The Universe is smiling.

Step 5: Place your vision board where you can visit it everyday.

TWO TYPES OF VISION BOARDS:

1 – “I am clear about what I want” Vision Board

Do this vision board if:

- You're very clear about your desires.
- You want to change your environment or surroundings.
- There is a specific thing you want to manifest in your life. (i.e. a new home, or starting a business.)

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How to create this vision board:

With your clear picture in mind, look for the exact pictures which portray your vision. If you want a house by the water, then look find magazines that feature houses and tear out those that fit your image. If you want to start your own business, find images that capture that idea for you. If you want to find a love partner, find pictures that capture your heart.

If you are working in a group, ask the group to help you find specific pictures – man on a horse, mountain lake house..... This can be really fun.

2 – The “Opening and Allowing” Vision Board

Do this vision board if:

- You're not sure what exactly you want
- You've been in a period of depression or grief
- You have a vision of what you want, but are a little foggy about it.
- You know you want change but maybe don't believe it's possible.

How to create this vision board:

Tear out images from many types of magazines that delight and excite you. Just have fun and be open to whatever calls to you. Then, as you go through Step 2 above, hold that same openness, but ask yourself what this picture might mean. What is it telling you about you? Does it mean you need to travel more, eat better? Does it mean you want to move out of your neighborhood, or stop hanging out with a particular group you have grown apart from? Most likely you'll know the answer. If you don't, but you still love the image, then put it on your vision board anyway. It will have an answer for you soon enough. Sometimes it takes weeks or months to get the message.

The Opening and Allowing Vision Board can be a powerful guide for you. I like it better than the first model. It goes beyond our egos and lots of times those desires aren't in alignment with who we really are. This goes deeper than just getting what you want. It can speak to you and teach you a little bit about yourself and your passion.

Both Christine Kane and Martha Beck have wonderful guidelines for the Opening and Allowing YOU to emerge. See resources at the end.

You can mark specific times with a vision board:

Do one with specific intentions for the New Year. Or for every Birthday, do a less structured board that brings deep insights and delight. Be open to the process as your intention for the board might switch in the middle of the process.

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Some more resources to put a smile on your face as you journey down the path of your choosing:

- **What's getting in the way of what you want?** Join the HandTales Community and get 3 *FREE recordings* to discover your I Wants, to uncover what's getting in the way and to really, finally find your true path. Go here to join us: <http://wp.me/P33c9e-sG>
- **How to Make Vision Board**, Christine Kane <http://christinekane.com/how-to-make-a-vision-board/> - she has lots more to share.....
- **Subtle Tricks to Building an Effective Vision Board**, Martha Beck, <http://marthabeck.com/2008/07/the-subtle-tricks-to-building-an-effective-vision-board/>
- **The Law of Attraction**, by Michael Losier, 2003
- I mentioned the International Institute of Hand Analysis, <http://HandAnalysis.net> and the Life Purpose Academy, <http://LifePurposeAcademy.com>. I encourage you to visit these 2 sites along with <http://HandTales.com>, to learn more about the process of finding your true "I Wants" through your hands.



And if you have any other fabulous exercises to contribute, please contact Janet@HandTales.com. I am happy to share them for FREE with my community (unless you are charging something and I will post that as well).

May you get what you want so that you can give what you are here to give.

In gratitude,

~ Janet