

Journalling Challenge 'Letters to the Soul', Day 8

- Self-work

Self, Life, Sharing.

Sharing,

Gifting the world with our Talents.

Welcome to Journaling Challenge 'Letters to the Soul', Day 8!

This is time to move from a deep exploration of our Inner Self through journaling and active imagination into a concrete action - a summit of our Level 1 journaling journey. It calls for summing up all the work we did, analysing what transpired from the Day 1 to Day 7 (Days 1-3 we worked on Self realisation; Days 4-6 we worked on our Path).

On Day 7 we clarified what we *wanted*; today we are going to decide when and how we are going to move forward with it. We will focus on translating our wishes - filtered through extrapolation of most likely lines of development of our life if we make no changes and creating our 'ideal life' (everything we worked on our Day 7) - into making it a reality by planning our daily life and practicing 'concluding questions'.

We are going to shift our journaling work from Yin of reflection to Yang of action zooming in and deciding how we can bring it *all together* and *into the outer*, for our possible *contribution to the world*. This is a culmination of our work, building and solidifying our *success*.

What is a 'success' in life, a culmination, a pinnacle - what is possible, what we would dream of doing/having/being - our personal 'mountain top' vision, and - how to start on this path?

- You can go with a standard definition of success: a recognised professional achievement and/or important social standing - if this is your calling
- you can go with a purely spiritual contribution into lives of people in your community or a wider world
- you can see success as creating a close-knit family which understood and cleansed all the problematic ancestral influences and imprints; worked on resolving inter-family conflicts and is a highly supportive, warm, loving and joyful unit feeding each member of the family
- or you can simply view success as achieving your personal inner peace; contentment; and relaxing into a state of *being* - after all the 'doing' in the outer that you were programmed to deliver.
- Your individual definition of success could be nothing from or all of the above - after all we all have our unique combination of life experiences, lessons and longings.

Here is a plan for today and an index for the future:

- Centering and visualisation - a 'successful' you - aka "that woman/man" = our dreams
- Abundance and activating our resources; list journaling
- Your Talents and Gifts; clarifying our contribution (a big WHAT)
- Sharing gifts - potential worldly contribution options
- Facilitations; saying No; micro-breaks; micro-habits
- Wishes, dreams and intentions, getting there: a daily formula
- A (finishing) Question for Today practice
- Theme of today
- Pause and acknowledge
- Letter to the Soul, Day 8.

Please share your experience, ask any questions and make all the exercises suit you. Use your coloured pencils to bring life and joy into your reflections and plannings :)

Abundance

At a culmination of Level 1 stage of our journaling journey we are looking carefully, gratefully and with wonder at *what is or has been*; what life *repeatedly has been giving us*; how we have evolved and what part of it we may feel ready to share with the world.

We will start with a bigger picture tapping into abundance in our life and discovering our talents; we will review our work and finish with practicing a simple daily journaling formula which will help us to orient ourselves towards our dreams and wishes every morning.

Abundance here is about what we already have (and what we already *are*); what we need to see as such and *activate* if needed to use as a resource to move forward in a better way.

From an abundance of creative ideas which seem to flow easily through you to abundance of flowers in your garden which give you a smile every time you look at them; from abundance of good friends to an abundance of your professional skills - there are areas and areas of abundance in our lives when we focus our attention on looking for them. In some cases, you will need to activate your resources to create or maintain an abundance: to water your flowers, turn up for work, cultivate your friendships and translate your ideas into reality.

- List at least 10 areas/examples of pure *abundance* in your life, material or not

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

- Underscore abundance area where you feel you are can comfortably share without compromising your own wellbeing (offering knowledge and skills as a service; giving things you use rarely to a charity; giving some time to a good cause; valuable professional or life experience you can share to support others; wisdom to pass on; pure healing presence to extend to people in need; giving away some of your propagated flowers...this can be anything; don't be bound by these ideas, this is just to get you started)
- Look at your abundance list once again and find what is really important for your personal life and which you are especially grateful for. Circle it and pause to visualise holding this gift and giving it love in return - and feeling and appreciating all your abundant blessings.

Clarifying our contribution (a big 'what')

On our journaling journey everything we did, directly or not - we have been aiming to figure out and perfect our unique contribution by tapping into various insights, new connections and associations which transpired on the journey.

Your gifts: gifts given to you, through you and into the world

Our Gifts are given *to us* so we can use them; and *through us* so we can share them in a service for others. Every person is a part of a bigger whole and the gifts given to each of us individually - when shared - interconnect us all in a particular way. When you experience this interconnection happening, your joy and your responsibility related to nurturing your gifts shines in a new light and you can clearly see yourself as a part of a bigger picture.

It's easy to see an individual family member supporting the entire unit with their gifts; it's easy enough to see our role under this angle in our communities; but it's not immediately obvious to see an individual person as a part of a much wider humanity. However, if you imagine an individual oasis (with a person gifting the others as a centre, creating this oasis by sharing their gifts) and then you see a network of such oases then the picture becomes more tangible - and the only part we need to figure out is either an intentional interconnection of those oases or/and an expansion of each oasis until they touch each other, forming a bigger whole.

How do we share our gifts to become a beginning or a centre of a new oasis, to support and expand an existing one or to provide the link between several oases for the benefit of a bigger whole?

Your 'stage'

One thing which is important to clarify first is our 'stage'. 'The world' may mean 'the wide world', an entire humanity; this may also mean our immediate community - or it may mean our close family circle: there is no big or small world as we are all best suited to operate within a certain framework.

Our worldly contribution isn't about being famous on a world stage - it's about *you showing up as you on your personal stage*. Some people operate best on a home stage and some on a big podium; this is decided by what we feel called to do. However, sometimes our ideas and aspirations don't match our reality, or at least not in the beginning of the path.

Our part is to figure out *what it is that we are going to gift the world with*; the size, location and relevance of the 'stage' will shape up in a process of us showing up; it may not at all be what we expect or what our personal (or learnt) definition of worldly contribution or worldly success is. We do not have the power to determine the final outcome of our efforts or the size of our audience - our part is to clarify a service or a message and perfect our operations regardless of the scale: you can be a teacher to your only child - or to the millions; the clarity and quality of your message and sharing should be the same.

From a relationship perspective, the world is everything and everybody which is not you personally. This simply mean that we share valuable things we found, developed or mastered, with other people to make the world around us - big or small - a better place.

Imagine, how world would be if everyone would care to share their insights, findings, developed unique talents and gifts with others - imagine the beauty of colours and sounds, shapes and textures!

The quality of your work matters

We may feel that we know exactly and perfectly what our unique contribution is; if you personally feel this way, that's great! You will just cross check the fine details here. My impression from patients who truly are contributing on a big scale is that they are constantly thrive to develop themselves and keep asking themselves questions to the Soul... They do this by various means (perfecting their craft, meditating or experiencing deep Colourpuncture therapies including) and keep fine tuning and clarifying their contribution to the world - and the results are always beyond expectations.

For the rest of us whose stage in the world is a more humble place, I feel that the quality of our search and offerings to people around us should be the same. You may not be the greatest mover and shaker yourself, but you may happen to be a parent, a teacher or a therapist to a developing one!

So, back to an interrelated whole: the *quality of your work matters!*

This equally applies if you are at the very beginning of your 'unique contribution' path and feel you want to really make your mark but you maybe stuck in your familiar routine out of fears around security; or having no idea what your unique contribution can be - or you can unconsciously still go with somebody's expectations of your assumed role. So, we start with...

Your Talents and Gifts

This is an exercise taken from our Cultivating the Self program. It's perfectly suited to be used separately to trigger a flow of creative thoughts.

Your gifts are... gifts - *given to you, through you and into the world.* These are given to us to hold and nurture... and by sharing we contribute to an interrelated whole.

Finding, recognising and accepting your talents and gifts is an important step on a journey to Self, integrating your life experience and living a full and authentic life. Please approach it with an open mind, attitude of gratitude and a great deal of curiosity - as if you were actively looking to discover somebody else's talents and gifts, supporting and encouraging them in a process.

- What were *10 absolutely amazing Gifts/Talents you feel you were given in this lifetime* that other people around you weren't? This can be anything you feel has been a special Gift: artistic abilities, a singing voice, intellectual powers, an eye for details, physical prowess, caring nature, ability to form good friendships, blissful childhood, good teachers, close-knit family, a cosy home, a creative garden around your house, beautiful nature where you live, a stimulating neighbourhood, a good education; anything which you feel was something that was given to you as a Gift.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

- Which of your Gifts you haven't used or developed?
- Which One of them you regret not using/developing the most?
- Which Gifts you feel you have used and developed well?
- Which One of them you feel you have used and developed best of all, or with most joy?

- Which One Gift (developed or not) feels really special and *most descriptive of your authentic Self?* Circle it.
- Imagine that all of your 10 Gifts or Talents are *developed and can be blended with your skills and life experience in a unique and creative way.*

Please do this on the next page.....

- Write or draw in the space below what you envision will be possible OR just gather them together for now and let the picture form by itself; visit this page from time to time to check if you have any fresh inspiration. This is about your personal life and your authentic Self; we will work on a possible contribution to the world after.

Some 'how to' ideas to start working towards your big 'What'

Facilitation

With dreams, wishes, needs, longings and general GOALS we need to 1) identify them correctly (Day 7); 2) commit to make it happen (vital!) and 3) create active *facilitation* systems to make them real: practical steps; habits; useful apps; clear scheduling; support and accountability and so on.

Facilitations work. There are different days in our life... some days we need motivation so we can listen to an inspirational person; or practical help so we can watch a to-do video; or support so we can talk with somebody who uplifts our energy.....a lit candle when you have to work but are tired or just need to relax; fairy lights when you need to soothe your mind - even a simple facilitation will always work.

Facilitation will work because *facilitation is the first step in an action which you planned, decided on, and intended to do - started*. Facilitations help you avoid 'decision fatigue', automate better habits and so on.

- Your running shoes on your way out of the room will not get you outside by their own, but they will make your getting outside easier and quicker and less subjective to doubts (you planned it; and getting the shoes out would be one of the first steps)
- Seeing your scales in your bedroom/bathroom and getting on them first thing in the morning will not make you chose a healthier meal, but it will remind you of your intentions and provide a feedback on how you are doing in this area and so will make you choosing a better meal easier and more motivating
- A choice of veg sitting waiting for you on your countertop - all together and washed the evening before - will not magically make themselves into a casserole; but they will make your decision and a casserole making much easier and quicker.

Human support is vital with any plans; so are accountability and the right tools - but a simple facilitation can make all the difference between task done or not.

Please refer to our [Facilitating your New Year Resolutions](#) article: this will work not just for the NY but for everyday goals too!

"Success is what you say NO to"

The first time you hear this quote, you are likely to be surprised (even though at the very same time it seems so obvious once your heard it formalised in this way...): after all, don't we just work more? add more stuff and waking up earlier to fit a new thing in our already packed schedule which seems to be a motto of many action oriented people?

Upon contemplation though it's not just about outsourcing what we are not great at; it's about both creating this time and decluttering something which was really either an energy drain or something which was good at the time but outlived its usefulness. Both aspects gather and focus masses of energy for our new project/direction (or self-care and earlier/part-time retirement). Saying 'no' to something to focus your energy is saying 'yes' to developing your talents also as this needs both time and focus and energy.

- Sit comfortably, close your eyes, take a deep breath, back straight, body relaxed
- acknowledge the panic you may initially feel when presented with a possibility/recommendation to exclude/reduce an amount of something you are currently having as a routine activity in your life
- exhale long and subdue the panic by focusing on creative, exciting solutions instead
- come up with areas of your life where you feel you can stop doing something or do less of it or outsource or reconsider priorities - try to just breathe, relax and feel into what it is, what immediately comes to your mind - this may be not what you think this would be
- when you feel you have a good idea, open your eyes and do some journaling
- circle the activities which either take a long time or not your area of strength or maybe very simple and short but very taxing and energy draining (such as interactions with hostile people in your environment which you need to take time to recover from afterwards)
- now list your typical day and see your 'time budget' exactly as you would your money budget: do a short daily/weekly time budget!!
- finally, decide where you can start 'frugal out' less important activities. Use more pages as needed.

Practical tip: a full *time log* over a couple of typical weeks (as a homework) is incredibly useful. Don't automatically assume that you know where your time goes. You don't - unless you log it. You know *what* you are doing if your life is simple and you are generally present with yourself most of the time; but likelihood is: you don't know just how much time each activity usually takes. You'll be surprised and this will help you decide on what to say NO to and so focusing your productive time on yours goals will be easier and more realistic.

- So...what is the One Thing you feel you need say 'no to right now to create time for your life's work?

Micro-breaks, a doable and easy start

We all know that we need to get up and move around every 25-30 min for a good heart health; it's similar for best mental work. The break in between usually seems too small.

However, you can do a surprising amount of useful stuff during these 5 min micro-breaks: go for a walk around the block to clear your mind; do some simple exercise; fold your cloths; journal; listen to an inspirational talk; do a 10 points Colourpuncture treatment; peel and chop your veg for a better evening meal; call a friend; have a cup of tea!

Micro-breaks during the day are important check-in stations and an opportunity for an adjustment of your plans and catching up with what you've missed to do. They are also important switching-off stations - we may get so preoccupied with something when we are in a flow that we may forget about *other important things* which we also planed for the day - so a micro-break is also great for looking at your to-do list and seeing where you are with your morning intentions, weekly schedule and your life's work.

Depending on your life situation (you are a busy parent and your mornings are all about getting your children ready for school and yourself for work; you are 'not a morning person' so while you function somewhat in the morning you are not at your best when it comes to sharpness of your mind etc), micro-breaks during your day may be more important, productive and satisfying than a full hour of a "miracle morning".

Try both and see what works for you - and better still, practice doing both: morning for setting up and most important work which absolutely has to be prioritised and done while you are still fresh in your energy and micro-breaks during the day to do the rest.

- Make a list of things you want to do which can fit into 5 min or so: be creative, think out of the box, stretch your imagination and challenge your preconceptions on what is possible:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

- Decide where you can fit these activities as micro-breaks
- Plan them in your calendar
- Check your calendar for the next micro-break from now to see which item from this list you want to do during your next-micro break.

One really cool thing about micro-breaks: they resolve the conflict between your wanting-to-go-and-do-it Self and your doubtful-and-procrastinating Self - you are intentionally giving yourself just 5 min, so it will be easier for you to do what you want or need to do.

Getting there, the start towards a better aligned life

In Level 2 we will learn to read between the lines of our writing - identifying our true needs, longings and deeply held values. Moving in this direction, we will be creating a better aligned life, working on making our wishes and dreams a reality by translating our journaling insights into intentions and practical plans supported by our resources, gifts and all forms of abundance in our life.

Today we are practicing making a little daily step towards our daily tasks and goals - based on our dreams and wishes - by practicing a simple formula, an initial intention-into-action. You can view it as a very short affirmation-type extract from 'My Life as I want it to be' (Day 7). You can reserve your morning 5 min micro-break (p9) for clarifying what you have, want and intent on doing moving forward with your goals to fine-tune your day.

- From your wishes (Day 7) and dreams (Personal Pinnacle, Day 8 p2) highlight anything which can relate to *developing your talents and gifts*: apart from personal happiness this will also help in figuring your contribution to the world
- Take a little pause before your journaling to centre yourself and write: 'My goal/dream/wish/intention....' - choose the word which resonates best for you at this stage, it can be a different word each morning or you can settle on one word describing a good life and accomplishing all amazing things you planned or envisioned - 'is/I want to do/be/have...'

'..... and to this end, today I'm going to do/be/practice/plan' or 'the best thing I can do is':

- If you feel unfocused, finish with a question: '*...because how else am I going to get there?*'
- Create at least 2 templates for this (for weekdays and weekends to reflect a different focus)
- Write them in your journal and practice using them every day for 2 weeks as a homework.

To create an aligned life (more in L2), we need support, advice and ultimately we will need *the Yang of action*: to practice; to give it a good try; to re-adjust; to reconsider; to develop on.

Abundance + talents + resources + dreams + wishes = possible contribution to the world.

Abundance, resources and talents as well as wishes and dreams will be unique to you. Your contribution to the world based on these will be unique to you. It will take time to figure it out.

- Talents=who you already *are*
- Abundance=support, what you already *have*
- Your contribution is what you will *create* with your talents and gifts, dreams and wishes, supported by all the resources in a like-minded community of inspired people who will hold your hand on your journey.

With these you will build your initial Road Map of worldly contribution (more in L2).

Work on this formula until you arrive at a single 'power' sentence. It may take time to choose the best words - after you are clear on the essence. But this is something you can really live by as a mantra, writing it as an opening sentence every day (finishing with '*to this end, I'm going tobecause how else am I going to get there?*'). 'How else?' is both a focus/motivation/support and a question to and invitation to a dialogue with your inner Rebel/Saboteur/Procrastinator; so the Rebel/Saboteur/Procrastinator will either come up with a *better* answer - if there is a better answer - or happily surrender to the logic you provided :)

A Question for Today

This is another practice of writing a finishing question which will provide the link from your reflective daily journaling to working towards your dreams and goals. This can be simple:

- what else is possible towards fulfilling this wish/reaching this goal?
- Pause for a minute or a coffee or a short walk or peeling your veg (micro-break) and then return to your writing - the answer may just reveal itself.

The idea is to ask a question and if any answer comes immediately, writing it down. Then, regardless if you got the full answer or not, finish your writing, close your journal, forget about the question and take a micro-break or go about your day - your subconscious mind will keep working on finding the layers and layers of possible answers. A good question is always equally (if not more) as important as a good answer: many times insights, ideas and solutions come to us in instalments... So, the finishing question can be something very simple and may left open:

- 'The question remains...'
- 'What/how/when/where/who.... can help/should be done/contacted/considered?'
- 'What else is possible here?'

Homework

- Check today's work against 'Reconnection, original plan and gifts' exercise (Day 5).
- The 'Talents' exercise (p5) is good to repeat at least once a year: things change...we develop new interests; acquire new skills; build new resources; some needs get fulfilled and we can move to our longings; we clarify our wishes. It will be a fascinating read to look at this through the years: it will reflect your personal evolution and steps on your path, every time in just one sentence. Around your birthday is a good time to repeat this - or around New Year or other significant date in your personal calendar. Please schedule it now.
- Do a full time log of your days over a couple of typical weeks (p8)
- Do the 'planning, scheduling, tools and accountability' work (below).

Planning, scheduling, tools and accountability

This is a stage when everything you wished for, envisioned and planned goes into your paper calendar, digital calendar and your mobile phone app/alarm. This is 'I'm doing it!' stage.

Decisions

- Paper or digital calendar? _____
- If digital, online or offline? _____
- Who will provide support? _____
- Which support tools do you need? _____

- Who will hold you accountable? _____
- What's are facilitation options? _____

Practice

- Schedule your plans on your mobile and in your calendars
- Schedule a review point (at least 6 months from now; with a weekly, monthly or quarterly check-in points)
- Call/text/email the person you want to hold you accountable/your therapist/life coach/join us in the Cafe Self: you need to contact somebody - now - who will agree to make sure you will do what you said you would: on a 'bad' day, on a 'too much' day, on a 'I-just-want-to-switch-off' day and so on
- Order/find/dust off and organise any tools you may need (pen and paper; weight loss app and scales; bath salts; cookbooks; Colourpuncture Perlux; walking shoes; evening dress)
- Schedule time, space, tools and support to help you on your way of developing your talents and gifts, living a fulfilling life and figuring out your contribution to the world.

Letter to the Soul, Day 8

*'Hey, Soul, here I am..... in the ...month of theyear.....
And these are my plans and wishes..... and this is what I'm going to do.
I'm going to check upon and review my actions by (half year mark) ...
And I'm going to askto hold my hand on this journey'.*

The theme of today

- Please have a look at everything you've written
- If there was an overarching theme, a certain pattern or a main keyword to sum up your journaling, what would it be?
- Please write it down: 'The theme of today is _____':

Pause and acknowledge

Pause for a moment to close your eyes and reflect on all you did today: embrace the flow of insights and ideas triggered by this day's work and leave room for deeper exploring and putting things in texture and colour to shape up and be finally translated into practicalities of your daily life. If you feel like having a supportive and fun company, please join us at Cafe Self. Pausing and acknowledging that we did something good for ourselves may be equally as important as doing the actual work. Stop at it, see it, feel it: *you fed your Soul today :)*

- Please log into your Day 8 resources page for more ideas and details.

Till tomorrow,
Irina xx

Summary of resources, Day 8

- Heart area connection (p2 visualisation exercise) or
- Zone of Memory, Inner Light (Day 5) or
- Solar plexus (Day 1) or
- Turquoise for the Soul Colourpuncture (such as 'Heart line', 'Reset' or the 'Ice-Breaker').

Choose something which will work for you. It maybe nothing of the above; it maybe a walk barefoot on a grass or a beach or sitting and watching the world go by from your balcony. The point is: you are inviting your Body, your Soul, your Spirit - your entire Being - reconnect, interconnect so you can be fully attuned, present and joyful making important life choices.