



WEEK OF FEBRUARY 21ST

Unique Self Exploration Worksheet¹

We begin by exploring what your “Unique Self” is all about – what’s the goal? When you step around the things that keep you small and false, what does the real “you” look like? What are your strengths? This is a writing practice to help you explore aspects of your Unique Self that are emergent and awaiting to be revealed more fully in your life right now. Through this inquiry we are seeking to unveil your Unique Obligation, the work which you deeply desire to contribute as you step more boldly towards awakening to your Unique Self. We recommend that you plan to do this practice over the course of a full week, leaving a couple of days between each step.

Step 1: Please take about 30 minutes to reflect and write on the following questions

1. What are three or four important facts about you? Think about what you have achieved, what competencies you’ve developed and characteristics that describe you.
2. What brings you deep fulfillment and joy? What energizes you?
3. What are your deepest longings in this lifetime?
4. What meaningful challenges and tasks are you facing in your life right now? How might these challenges be related to your deepest longings?

¹Adapted from a Journaling Process from Presencing Institute materials (www.presencing.com)

5. What important aspirations, areas of interest or undeveloped talents would you like to place more focus on in the next nine months? What might these aspirations have to do with your deepest longings?
6. What is holding you back? Describe two or three recent situations (in your work or personal life) where you noticed some judgment, fear, doubt, a physical contraction, or any other kind of resistance that held you back from stepping into the situation more fully?
7. In such moments, what is it you'd wished you'd said? Done? How did you want to be instead?

After a couple of days, proceed to Step 2:

Step 2: First, review what you wrote in Step 1 of your Unique Self Exploration. Then consider . . . what questions or themes have come up for you since you wrote last? Then take 20 minutes to reflect and write on the following questions.

1. Choose three people in your community with different perspectives on your life and explore their highest hopes for your future. What might their hopes be for you, if they were looking at your future through their eyes? (You can ask them, or just imagine what they'd say.)
2. Watch yourself from above (as if in a helicopter). What is it that you are trying to do in this stage of your professional and/or personal journey?
3. Watch your family/community/organization/collective movement from above: what are you trying to do collectively in the present stage of your collective journey?
4. In what ways do you experience yourself as part of the larger whole? In what ways do you keep yourself separate from the larger whole?
5. If you were unstoppable and there was nothing to hold you, what would your role be as part of this larger whole, at this point in your life? What would your Unique Risk be in playing a larger game?

After another couple of days, proceed to Step 3:

Step 3: Before you start this last step, close your eyes and take a few deep, relaxing breaths, bringing to mind your answers to step 1 and 2 of the practice. If you need to read your notes,

that's fine but after you've read them, close your eyes and take a few deep breaths while holding in your mind's eyes, what you have written.

Once you've reconnected to your answers, aspirations, situation, challenges, bring these into your heart, feel how it feels to be holding these hopes for yourself, feel how it feels in your heart to carry this vision, these longings.

Next, drop even deeper into your belly and feel the fire of your will, the fire of your life force holding these possibilities as pure potential, in this part of your being. And finally, let it all go, let all your emotions and desires attached to these hopes and challenges, drop into an even deeper space of mystery, surrender, not knowing.

Then open your eyes, and pick up your pen.

1. Imagine that you could look back on your whole journey at the time of your passing, what would you want to see at that moment? How would you like to be remembered? What footprint do you want to leave behind?
2. From that future place, look back at your current situation as if you were looking at a different person. Now try to empathize with and help that other person from the viewpoint of your highest future Unique Self. What loving advice would you offer yourself in order to move ahead?
3. Now returning to the present, what is your vision and intention for the next few years? What are some of the essential core elements of the future that you want to create in your life? Describe as concretely as possible the images and elements that occur to you.
4. What would you have to let go of, in order to bring your vision into reality? What is the old skin (behaviors, thought processes, etc.) that you need to shed?
5. What in your current life provides the seeds for the future that you want to create? Who are the people/partners that can support you along the way?
6. If you were to create the conditions for creating that future by doing something, and/or transforming something in your way of being, what would that look like in the next year or so? How does this translate into your Unique Risk?