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Chart Your True Path

WORKBOOK

Why We Are Here

I want you to have a Wildly True Business!

I want you to wake up and get to work knowing that what you are doing is the deepest, most important work you could be doing in the world.

I want you to know in your heart that you are doing what you came here to do. Doing what no one else can do.

I want it to be easy for you to write and speak about what do, easy to get to the heart of what makes your work magic.

I want you to find in your own Lived Wisdom the blueprint for the structure and strategies of your business. To stop second guessing or designing your business from should and trusting yourself and what you know to be true as your guide.

I want you to experience your work as an act of devotion.

I want you to find innovative ways to make good money sharing your brilliant thoughts, ideas, and understanding with the world.

I want you to find healing, happy ways to be visible in service to the work you do.

I want you to feel in your bones the right risks to take to make your business viable because it's too painful to stay silent or hidden any longer.

Where do we start?

We start today, with some big, deep questions about you, your work, and how that might come out in the world this year.

Session One: Your Deepest Desires, Your Shadow Material, Your Fears

In this hour, you will orient yourself by exploring and naming our deepest desires, and by considering what power might lie in your shadow material, in the parts of you you've pushed to the side. You'll also look at the fears you'll need to work with to find your brave way forward.

The Power of Desire

- What are your deepest desires for yourself this year?

Allow yourself to write about what your desires on any level and in any area of your life. Make the list. See if you can stay connected to that feeling of desire in your body.

Notice if you are drifting from your belly or your gut into your head or if you are moving from true desire into "what I think I should do to get what I really want." Stay as close as you can to naming what you really want.

I like to call these bone-deep desires Your Sacred Yearning.

Unlocking the Shadow

We all have parts of ourselves that we push to the side. Parts that we have decided are unattractive or unacceptable. We spend a lot of energy keeping these parts out of our waking, functional life.

This might be the part of you that is needy, or feels desperate. This might be the part of you that is angry, or petty, or judgmental. This might be the part of you that experienced trauma or touched some form of darkness.

And yet, in those parts we may have deemed unacceptable is tremendous wisdom, insight, and power. The more parts of you you include in your work, the more power you have.

- What parts of you do you keep out of your business?
- What parts of you have you decided are unacceptable or in need of fixing?
- Is there a wisdom in those parts of you?
- Is there a way those parts can play a role in your business?

What Fears Take You Off Your Service Path?

It's human to feel afraid a certain percent of the time. Fear is often what takes us off our True Path. If you know and name the fear, it's easier to work with and easier to challenge.

- What would you love to be true in your business but you are afraid its not possible?
 - I want to work with clients over a longer period/shorter period
 - I want to work with clients more frequently/less frequently
 - I want to work with clients for longer sessions/shorter sessions
 - I want to work more each work day/less each work day
 - I want to work more days/fewer days
- What fears keep you from fully walking your True Path?
- What stories do you have about why you can't follow the path you most desire?
- How might you work with or meet those fears so that they no longer stop you?

Session Two: The Heart of Why You Are Here: What You Want to Feel and Experience

If You Know Your True Spirit

If you know the True Spirit of your Work, pull it out and take a look at it. Stand up and read it out loud. Read it a couple of times.

How does it feel? Is it still true? Does it still reflect what you want others to feel and experience?

If it needs some updates, set a timer, take 15 minutes and make changes. They don't have to be permanent or perfect, you don't have to be certain about them, you don't have to commit to them, let yourself name and play with some new language.

(If you would like my help after our day today, I am offering a **True Spirit Tune Up**, where we can look at your True Spirit together and update it if needed, and explore what is next for you.)

If You Don't Know Your True Spirit

If you haven't created your True Spirit, take about 15 minutes or so to write about the following:

- What is the most meaningful experience I believe a human can have?
- How does my presence and efforts help more people have that feeling and experience?
- When I think of the people I love the most – children, nieces and nephews, partners, dearest friends -- What is it I most want them to feel and experience in this lifetime?
- When I think of larger circles of people -- friends, community, clients, students, readers, listeners – what do I most hope they get to feel and experience as a result of my presence and efforts in the world?

Read over what you wrote. See if you can put together a working True Spirit statement using this formula:

What I most want people to feel and experience as a result of my presence and efforts is...

It doesn't have to be perfect. Try to write something that moves you or excites you but also feels grounded in your real life experience.

Be Specific

The more specific you are about what you want people to feel and experience, the better.

The more you can ground your statement in the beautiful details of your lived experience, the more it will unlock the story of what you make possible for other people.

(If you would like my help creating a True Spirit statement with nuance and depth, grounded in your language and your life experience, you can work with me privately or in my Words on Fire training.)

How Might Work and Life Change?

Now that you have a statement to work with, explore the question of what greater, fuller, bigger, bolder, richer expression this year might look like.

Take a pen and a journal and write your answers to the following questions:

- To what degree am I living and working in a way that allows ME to feel and experience what I name here in my True Spirit? Where do I feel this? And where is the feeling lacking?
- Are there ways that I could give myself more of that feeling and experience? What if anything is keeping me from giving myself more of that feeling and experience?
- What would need to change if I were to make giving myself that feeling a top priority in my life?

What would I need to do differently to INCREASE my capacity to create this feeling and experience for others? Where would I need to be brave? Where would I need to be visible?

If you feel like you are drawing a blank, it's ok. The intention is to take you out of what is automatic or easily accessible and stretch your thinking into something new.

As much as you can, let yourself play. This doesn't have to be deadly serious and you are not committed to any ideas that you might come up with.

In order to create a Wildly True Business, you need to know what you most desire to feel and experience in this lifetime.

What you want to feel and experience is often what you most want others to feel and experience through your work.

Naming this truth – what I call the True Spirit of your Work – has tremendous power. It becomes a touchstone to make good decisions about direction for your business and the center of the story you tell the world about your work.

The more you consciously focus your efforts on creating this feeling and experience for yourself and others, the more you drop into your deeper, truer, wilder expression.

In this hour, you'll put words to what you most want yourself and others to feel and experience.

Session Three: Lay Claim to Your Lived Wisdom (and Design your Business Structures and Strategies from That)

A Wildly True Business is one where the strategies and structures of the business are designed around the True Spirit of Your Work and your Lived Wisdom.

If You Know Your True Wisdom

Take a look at your True Wisdom.

- Does it still ring true? What pieces do? What pieces don't?
- Are there new truths – new principles, beliefs, approaches, or elements that are part of what you now know to bring to the world in service of your True Spirit?
- If you were to update your True Wisdom, what might that look like?

Again, it doesn't need to be perfect. Just clarifying in your own mind what a new articulation might be will help point you in a clearer direction.

If You Don't Know Your True Wisdom

Take a look at your “feeling/experience” statement. Ask yourself this:

- What has my life taught me that makes this feeling and experience possible for someone?
- If I were to guide someone to have more of the feeling and experience I wrote about last hour, what would I advise them to do?
- See if you can organize what life has taught you into some key points, some key lessons, insights, or approaches that you see change people.
- This will be your working True Wisdom

Take Up More Space

When you step out into the world with some strength and certainty about what you know, you experience yourself and your value differently.

You start to inhabit a larger territory. You take up more space. People feel your presence in a way they hadn't before.

Go Deeper

Greater expression is available when you root your business offers in your True Wisdom, in what your life has taught you, and bring forward your distinctive insights above and beyond conventional advice. The more closely you hew to your own knowing, the stronger, the richer, and the more distinctive your offers will be.

Take your journal, and write in response to these questions:

- If I were to honor my accumulated wisdom more deeply, how would my work in the world change?
- How would my current business offerings change?
- If my wisdom is already embedded in my work, but more covertly, how could I be more OVERT about what I know and what I believe?
- What do I know deeply in my bones is true, but I am not really stepping up and saying it?
- What might it look like to really shout it out to the world?
- What are practical changes I might make to my public presence so people get quickly who I am and what my work is about?
- If I trusted in the bones of my True Wisdom/life knowledge, what would I be inspired to offer that I don't currently offer?
- What might I say differently about what I do if I were to trust in this accumulated wisdom?

Session Four: Recognizing Right Risks

Trueing your work requires putting inspiration into action. And getting more True nearly always means taking risks. Moving through the awkwardness and uncertainty of doing something new into new territory.

As you tune more deeply into what is true for you, you learn to trust yourself to feel into the right time to take the right risk to make your work more visible in the world.

At some point, it becomes more painful to do nothing or stay hidden than it does to try something new and potentially scary.

In this hour, you'll explore what your right risks are now.

Given what you've discovered so far, where do you see you need to stretch and grow in service to your work?

What risks will you need to take to be more true to yourself this year?

What risks will you need to take to make your work in the world more True?

What risks will you need to take to make your work in the world more visible?

How might those stretches become practical actions you can take to True your work?

How might you organize those actions into clear Projects you can execute this year?

Regular retreat time supports you in staying True to yourself and True to your work in the world. I am currently exploring creating a Wildly True Business Community where we would meet monthly for this kind of mini-retreat and deep reflection and for supporting each other in taking action on what we've discovered. Stay tuned for more details!