

Chart Your True Path

Anchoring in the Spiritual Truth of Who You Are to Find Your Potent Expression

Why We Are Here

I want you to have a Wildly True Life that includes your Wildly True Business!

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

I want you to have the recognition 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.

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Session One: The True Spirit of Your Work

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.

Because what you want to feel and experience in this lifetime is often what you also most want others to feel and experience through your work. It's what you've spent a lifetime developing expertise and understanding in.

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.

And the more clear you are what the substance is of what you offer others.

In this hour, you'll put words to what you most want yourself and others 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, take 15 minutes and make changes.

- What isn't said here that feels like it needs to be said?
- What new experiences are informing your understanding about who you are here to be?
- What in your True Spirit no longer feels like it needs to be included?

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Your changes 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 offer 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:

1. What is the most meaningful experience I believe a human can have?
2. How does my presence and efforts help more people have that feeling and experience?
3. 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?
4. 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?
5. What do I most want to feel and experience in this lifetime?

Read over what you wrote.

See if you can put together a working True Spirit statement using this formula:

What I most want people (including me) 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.

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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 to name your True Spirit in a single extended session.)

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?
- What would need to change if I were to make giving myself that feeling a top priority?
- Are there changes I could make in my business that would give me more of that feeling and experience? What if anything is holding me back from having more of that feeling and experience?
- 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. These questions may need time to percolate.

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.

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Session Two: Lay Claim to Your True Wisdom

You've lived a lifetime and in that lifetime you've accumulated a lot of insight about what makes the feeling described in your True Spirit possible.

You've tried things that didn't work, and found those that do.

Even if you haven't named them, you've started to shape the principles of what makes having your True Spirit experience possible.

A Wildly True Life is one where you follow your own Lived Wisdom -- your Innate Process -- rather than doing what you've been told to do.

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.

Your True Wisdom should also shape the content and teachings you transmit through your work.

This hour, I want you to connect, or reconnect, to the substance, the depth, the richness of the insight and wisdom that wants to come through you.

The more your expression in the world builds on this, the more power it will have.

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.

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If You Don't Know Your True Wisdom

Take a look at your True Spirit statement. Ask yourself this:

- What has my life taught me that makes this feeling and experience possible for me or for someone else?
- 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?
- What are ALL the different pieces of knowledge or wisdom or practice that I bring together in my work?

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 is great place to play with mind maps, mind mapping software, or Post Its. Ideally, you will find 3-7 elements that make up your True Wisdom and that cover the full scope of what you can offer someone.

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.

Honoring Your Innate Process

Your way of moving through the world may not look like anyone else. Your productivity and effectiveness will increase the more you honor what you know. Your True Wisdom isn't just for other people. It's a road map for how you move best through the world.

- Which elements of your True Wisdom are you living by most fully? Where are you a little shaky?

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- Is there any way in which you are not honoring the process you teach or offer others?
- How might you more fully work with and honor your Innate Process?

Offering Your Wisdom to the World

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 design your offers around your own knowing, the stronger, the richer, and the more distinctive your expression in the world will be.

Take your journal, and write in response to these questions. Let your imagination run wild.

- If I were to honor my accumulated wisdom more deeply, how would my work in the world change?
- How might my offers change?
- 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 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 practices could I add to my business offerings or to how I run my business to be more consistent with my Innate Process?
- What rhythm of business would be a better match for my Innate Process?

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Session Three: Steering By Desire and Finding the Next Right Risk

In this hour, you will orient yourself by exploring and naming your deepest desires, and where you are being led.

You can also consider what power might lie in your shadow material, in the parts of you you've pushed to the side, and where fear might be taking you off your service path.

I'll also ask you to consider the next Right Risk for the expression of your work in the world.

The Power of Desire

As you've gone through this Annual "Planning" process, you may have noticed inklings and impulses rising up. This is desire.

If you were to follow what you most desire, what feels most alive in you, where would it take you?

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 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 call these bone-deep desires Your Sacred Yearning.

- Right now, today, where is desire leading you? What are most yearning to do, feel, be, or experience in the coming year?

Unlocking What's Been Left Behind

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.

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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 can be useful and it can be healthy. But 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 is 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?

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Recognizing Right Risk

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.

You don't have to be in constant breakthrough in every area of your life all the time (sounds exhausting).

But when you feel into that next right risk, you can focus your energy and find the courage to grow in exactly the area that is most needed.

- Given everything that you desire, what do you sense is your next right risk?
- Where do you see you need to stretch and grow in service to your work?
- What risks will allow you 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?

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Session Four: Just Right Structure, Support, and Specificity

This hour is your invitation to consider what structure and support will help you lean and grow into all the beautiful things you've identified that you want to move towards.

My beautiful, creative, often neurodivergent clients don't always love structure.

But finding the right structure, the one that works for you, can be liberating and support your movement out into the world.

This also raises the issue of discipline. Discipline out of obligation can feel heavy and hard. But discipline in service to what you want to master and what you want to cultivate can be liberating. When you take on a commitment or obligation joyfully, it changes everything.

Projects

You may find you want to organize your desires into Projects.

I think of Projects like buckets that you can organize all the things you want to grow and develop into.

Projects tend to help us focus. A Project can have a fixed outcome (redecorating your bedroom) or a Project can have a fixed time frame (post more regularly to social media in the first quarter).

- What feel like the Key Projects you want to devote yourself to in 2023?
- Do they want or need time frames to feel engaging or doable?
- How will you know when the Project is complete?

If you aren't inspired to define Projects, then don't!

Other common ways to organize your efforts are:

- The Themes from the Word Association exercise
- A Word of the Year
- Intentions

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Again, listen to your body. If any of what you are doing to shape your Projects or focus your Energy starts to feel heavy, take a step back.

That heaviness is often a sign we are drifting from our Desires into someone else's Expectations, or shifting from the genuine impulse we have towards growth and into an unrealistic expectation of how we should show up.

Structure

Structure is anything that gives shape and rhythm to what you do in the world.

Structure is the hours you work in your business.

How you design your coaching packages.

Your morning rituals.

The key thing I want you to realize is that there is no one right kind or level of structure.

You may need much less structure than you think. The right structure provides just enough focus that you keep moving without feeling tied down or burdened.

Here are some ways to consider what structure might be just right to support what you want to create this year:

- What work schedule would work best with your natural rhythms?
- How might you begin or end your day for maximum inspiration?
- What small daily or weekly commitment could you joyfully make to bringing more of what you desire into your world?

Note: you've gone too far with your structure when it starts to feel heavy, overwhelming, or panic inducing. The structures you choose should not make you feel like you have to push or perform. They should feel like welcome agreements with yourself.

Support

We are social creatures, social animals.

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We tend to flourish when surrounded by other human beings who see us and encourage us.

Support can include:

- People you want to learn from
- People who can help you build skills you don't have
- People who support and encourage you, for free or fee
- Communities that witness you and encourage you, for free or for fee

If you let go of thinking you have to do it all yourself, who might you invite in to be part of your world?

- What support are you craving?
- Where are you drawn that you might find more support? Who are you drawn to?

Specificity

One tool I love to work with is Specificity. That just means asking yourself to be more and more clear or detailed about what you mean.

If any of the desires you've named feel too vague or airy, you'll benefit from getting more specific.

The heart of specificity is to keep asking yourself "what exactly would that look like? What would I need to say or do to be fully immersed in this?"

You can play with the journalistic questions: What, Who, When, Where, Why

Or you can work with the senses: What does it look like? Sound like? Smell like? Taste like? Feel like?

For example, let's say you are awakening to the desire to *feel more free*.

What does that mean to you?

How would you know you were more free?

Maybe it would look like sleeping later each day. Or taking Wednesdays off.

Let's say your desire is to *have more vitality*.

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What exactly would that look like?

Being able to work more hours? Feeling more flexible? Having more sustained moods?

And what exactly are you prepared to do to create that?

This is where you might cycle back to the structure and discipline.

- Where are you willing to put in effort, spend time or money, take on as a practice, in order to create what you desire?

Kudos to you for taking this time to Chart Your True Path.

Ideally you are feeling grounded and inspired about where you might go this year. What you desire feels doable. You know where to start and you are not feeling pushed or pressured, but energized to try new things or expand in new ways. You are seeing the possibilities for being in the world in ways that are deeply fulfilling and allow you to do your purposeful work.

This process isn't only for the New Year! I encourage you anytime this year when you want to refocus, ground, or find new inspiration to come back to these tools and questions.

If you'd like more support putting your desires into action, email me to schedule a no cost Trueing session where we can talk about what you are up to and explore how my coaching might help you get there.