

THE COORDINATES

Where do I stand in the great web of being?

MY VALUES

My core values; when I get down to it, what matters most in the universe; what qualities or energies are the most essential for the good life? “This is what it’s all about...”

MY SOURCES

What are your sacred resources? Who are your sacred sources, guides, teachers or allies. Think about Nature itself, as well as personal dieties, mentors or energies for which you are grateful. “I pledge allegiance to...”

MY SCIONS

What are your sacred responsibilities? Who is sourcing from you, relying on you, benefiting from your efforts? For whom do I want to set an example? “I want to make the world a better place for....”

MY TRUTH

My highest principles; the truest things I know about life; the deepest wisdom I have personally experienced; “I hold these truths to be self-evident...”

MY FEAR

What am I most afraid of? When I’m honest, what is the potential outcome that scares me the most? “The worst case scenario is...”

MY STORY

Where do I come from? What’s my journey been about thus far? What has always been with me from the beginning? What has changed along the way? “Once upon a time...”

MY VISION

What life is like after you've evolved from delusion to truth; if I could wave a magic wand, the world would be like this; "I have a dream..."

MY INDICATORS

What are the signposts that show up when I am walking in alignment with my highest VALUES and TRUTHS? "Like smoke says fire, when I experience x, I know that I am on my path..."

MY MISSION

My highest purpose. The identity I claim as I align with my TRUTH and VALUES, pledge allegiance to my SOURCES and SCIONS, and move toward my VISION; my personal mission statement; "I am here because..."

MY NEXT STEPS

What small, practical moves should I make to start living my principles now? What are the first steps toward achieving my vision? Short term goals; “This chapter is all about...”

COORDINATES PROMPTS

***In your heart of hearts, you know what this whole thing is about and how you fit in.** The tricky part is getting access to that intuitive sensing. Your intellect will absolutely be involved, but **FIRST** there must revelation, which tends to get shut down by rules, judgements and the impulse to edit before there’s even a rough draft.*

My #1 advice is to do this in a space of ease, playfulness and spaciousness. Whatever encourages the meditative state, insight or creativity will help here.

You don’t have to do these in any particular order and they all reference one another in the end so you can even be playful with how you move through the list.

I list one or more exercises for each coordinate purely for inspiration. Don’t feel like you have to do all of them! Just use what works and leave the rest.

MY VALUES

You’ll know you’re done when you can say, “This is what I stand for!”

- Take a big piece of paper and write down every **quality** that you passionately believe makes the world better. Move quickly, not worrying about spelling or penmanship or repetition or whatever. Just get it all out. Take a little break. Then come back and ask the following questions:
 - Have I missed anything? If so, add it!
 - Are there small concepts that I can fit under the umbrella of bigger concepts? If so, strike out the small ones and stay with the big ones.
 - Of everything left, what are my top 5 or so? These are your values my friend!

- What or whom do you **love** the most in all the world? What is most valuable to you? Contemplate why this is so beloved and important. See if you can boil it down into a quality or trait.
 - Why is the world better when this quality is in abundance? Why is the world worse when this quality is in low supply.
 - Consider if there are other related qualities or traits which compliment, balance or support the first quality you considered.
- Examine your **emotional life**. Whether it is offering up a “positive” emotional experience or a “negative” one, your emotional body is consistently giving you direct and powerful information about what matters most in life, about what is worthy of your time and energy and what is not.
 - Write down big triggers for “positive” emotional experiences. What brings up a big YES inside of your body and heart? What brings joy, ease, connection, trust, expansiveness, etc. What do you think that your emotional body is trying to signal to you about what matters most, what you ought to call in and cultivate?
 - Write down big triggers for “negative” emotional experiences. What brings up a big NO inside of your body and heart? Anxiety, anger, sorrow, shutting down, etc. What do you think your emotional body is trying to tell you about what doesn’t promote wellbeing, about what it’s best to let go of, turn away from or have healthy boundaries with?
 - Based on the wisdom of your emotional body, clarify a short list of what you most want to cultivate in your life and what you most want to avoid cultivating. Derive your values from there.

MY SOURCES

You’ll know you’re done when you can say, “If I get lost, He/She/It will guide me home.” Or

“When I pledge allegiance to this being, I get tapped into invaluable resources. When I pledge allegiance to this being, I can trust that my resources are being invested into a worthy place.”

A SOURCE could be anything: a person, a plant, a planet, an animal, a place, an activity, a virtue, a quality.

- Make a list of your great **vital resources**. Who elicits the most gratitude from you? On what or whom are you most dependent on for surviving? When you look back on your journey, who or what has helped you the most? What or whom is most worthy of your attention, your energy?
- Make a list of your **great teachers** and role models. Who elicits the most respect from you? From whom have you learned the most? Whom do you quote most often? Who do you have to thank for developing and encouraging your most true self?

- Look at your **VALUES**. Who embodies these values in the way that they live(d)?

MY SCIONS

SCIONS help us remember why we matter. You'll know you're done when you can say, "I will live my values because it will have a positive impact on him or her."

- Who elicits **compassion** from you most powerfully and organically? If you stay awake at night worrying about someone, who is that? Who is it that evokes compassion most easily?
- Make a list of all the younger members of your **community**--children, godchildren, grandchildren, younger siblings, young neighbors, the children of your best friends, etc. Then add in the list of younger members of your community who have yet to be born (a hope for kids, grandkids, etc.) It might be helpful then to choose a few of those people who move your love the most. But keep that big list somewhere, adding to it as your community grows.
- Do you have **students**, mentees, colleagues or community members who look up to you? When you need to tap into your best self, imagine what you would say to this person, how you would hold yourself up in their presence.
- Do you contribute to **charity** or volunteer in any capacity? In that case, connect to the beings on the other side of your resources and name them.

MY TRUTH

You'll know you're done when you can say, clear and loud and proud: "This is what I believe! I'd be willing to stake my life on this."

- What is the **truest thing** you know? What happens when you're in alignment with that truth? What happens when you're out of alignment?
- Describe the **nature of reality** in 1-3 sentences.
- Look to your **VALUES**. What are the **principles** underlying these values. How does this whole thing work?
- What is your biggest **"aha!" moment**? What were the circumstances around that? What were the ramifications of seeing that truth? What have you done to honor that gift of revelation?

MY FEAR

*You'll know you've got it when you can say, "Oh! THAT's what I've been running from!" Just seeing the **FEAR** shifts it from shadow to light. But you may also need to take an extra step with this **COORDINATE**--which is to change your relationship with it so that it doesn't snatch your energy away from your values, loved ones, dreams and missions.*

- Be sweet with yourself as you enter this shadow territory. It might help if you begin by contemplating and calling in the opposite of fear--**TRUST**. What do you do when you feel totally confident and comfortable? Can you fall into a space of TRUST before you examine the opposite or the lack of TRUST.
 - When you feel ready ask, “What do I do when I don’t have trust? What are my habitual responses?”
 - Take notes on (a) your embodied experience--what does it *feel* like to not trust?, (b) your thought process, (c) the words and tone you use, and (d) the types of actions you take when you are out of trust.
 - Then ask, “What is it that I am so afraid of in these moments?”
 - Then, “Is there a possibility for changing my relationship to that FEAR?”
- Examine an area of your life where you experience a lot of **negative emotion**, attachment or resistance. Explore the circumstances there. Ask “What is the worst case scenario? What is the thing I’m the most afraid of happening?”
 - Be willing to dig deeper, asking “If that came true, what would it mean for my life?” Then, “If THAT came true, what would it mean?” until you get to the bottom of the asking.
- Examine **traumas** from the past. Notice if you are avoiding things associated with those old traumas. Get help healing. If you don’t know where to begin, think of someone whom you can truly trust in terms of mental/emotional/spiritual well-being (one of your SOURCES, perhaps?) and ask them for guidance.
 - Recruit allies. Ask trusted loved ones or mentors or therapists to lovingly guide you into a deeper understanding of your fears.
- Because our deepest fears live in the shadow realm of the **unconscious**, it can be helpful to work with dreams or free-form creative processes to bring them to the surface.
 - DREAMS: Write down your dreams for a while (especially anxious, stressful or frightening ones) and then examine what imagery comes up.
 - FREE WRITE or DRAW or PAINT: Set yourself up with a clear chunk of time and some writing or art supplies. Set a timer for 20 minutes (or more or less, depending on what’s going on). Ask, “What am I most afraid of?” then write (draw or paint) without pausing to think or cross out or edit in any way until the timer goes off. When you’re done go back and take a look. If, at that point, you want to edit or amend, go for it.

MY STORY

You’ll know your done when you can say, “This is where I’m coming from.”

- What have been your big **triumphs** in life? What have you considered to be your greatest **failures**? Were you living your TRUTHS and your VALUES? How were your relationships with your SOURCES and SCIONS? Chart a map for yourself, watch yourself moving in and out of alignment. Map your journey.

- What has always brought you **joy**? What have you always been drawn toward? What have you always been passionate about? What have you always loved? Why? And then, check out the opposite. What has always provoked fear, resistance, attachment, anxiety, etc? Why?
- Go back through every **birthday** (or just the big ones if you don't have time) and note what your circumstances were at each juncture. Look for patterns in your quality of life. Map your journey. What has stayed consistent? What has changed?

MY VISION

You'll know you're done when you can say, "Yes, that is the world I want to live in!"

- **Big Vision.** Describe a world which falls into alignment with your TRUTHS.
- **Personal Vision:** Envision yourself as a 95 year old who has lived the fullest possible life and has no regrets. Describe this person you have become, your worldview, your environment, your habits and daily patterns. Who is around you and how do you relate to them?
 - Assessing resources: Now think, what would have to be true in order for me to be there at 95?
 - Walking backwards: Now go backwards. Where would you have to be at 80? At 70? Keep walking backwards toward your current age, taking smaller steps as you approach. Where will you need to be 10 years from now, 5, 4, 3, 2, 1.
- **Perfect Day:** Imagine a perfect day. Walk through it from waking up to going to sleep. What is that like? How does that map against your typical day now? What would need to be released for you to live that way? What would need to be called in? What would it be like if 5/7 days were like that? Is there a time in the future where you think this might be possible?

MY INDICATORS

You'll know you're done when you can say, "This is a sure sign that I am on the right path!"

- Are there particular **habits or behaviors** that always arise when I am deeply happy and authentically living my path? What kinds of environments am I generating and inhabiting, inside and out? What kinds of relationships do I have? What are the signposts that indicate when I'm honoring my VALUES, traveling toward my VISION and living out my MISSION?
- **Highlights:** Name the top 3-5 chapters of your life. Perhaps you look back on these phases with pride, perhaps with nostalgia, but you feel in your gut that these were the best times of your life. Then investigate these phases for patterns. Contemplate your relationships with the following.

- *Your body:* Are you listening to your body's wisdom at these times? What kinds of things are you experiencing physically? What kinds of routines do you have to honor your body? What are your body habits like?
- *Your mind:* What kind of mental environment do you cultivate at these times? What inner voices predominate? What are you doing to honor your psychological/mental/intellectual needs?
- *Your emotions:* What is the state of your emotional health at this time? Are there particular emotional states that you associate with these highlight times? How are you honoring the wisdom of your emotions?
- *Your personal relationships:* Who are you hanging out with during these times? How much time do you spend honoring your personal relationships? What kinds of dynamics do you have with these people? What kind of communications are happening or not happening?
- *Your activities:* How much time are you spending actively? How much at rest? What kind of activities are you doing? Contemplate what aspects of you are nurtured or turned-on by different activities.
- *Your Coordinates:* Look at any of the other coordinates and contemplate what was happening in regard to that aspect of your life. E.g. Contemplate how you are honoring your VALUES in these highlight times.
- **Lowlights:** Do the above exercise, but for the chapters in your life that feel were the most out of alignment with your path. Perhaps you feel regret or shame about these times, perhaps you've already graduated to being able to hold the person from this chapter in a tender compassion. Wherever you are in that process, trust that there are invaluable and freedom-bringing lessons lurking in the shadows of these dark chapters. Turn toward them with love.

MY MISSION

You'll know you're done because, when you say these words, you feel like you're rooted in your TRUTH, aligned with your SOURCES, showing up for your SCIONS and moving headlong toward your VISION. "This is who I am and this is what I do. I have a powerful purpose in this life and here's how I am showing up for it."

- **Purpose:** Look at the following 4 categories. Make the lists then contemplate where there's overlap. Your "purpose" sits in the middle of these. Inspiration for this prompt came from the [Ikigai model](#). Please take a look at that for inspiration.
 - My Gifts to the World: what are your superpowers, skills, talents, all the the things you're really good at?
 - What the World Needs: what does the world need most?
 - Bringers of Joy: what brings the most joy, contentment, happiness into my life?
 - Bringers of Stability: what brings me what I need for stability? Consider finances, physical environment, physical, emotional and mental health.

- Stand in your truth and feel yourself at your own unique coordinates in this great web of being. Now, who are you? You might want to practice saying the following out loud, inserting in your own coordinates at each turn:
 - I am an embodiment of these values, an ambassador for these sources, a servant of these scions, a missionary for this truth, an overcomer of this fear, and a product of this story.
 - This is who I am and this is what I am here to do!

MY NEXT STEPS

Finally we need to get clear about what small, relevant steps we can take next to help us achieve our big goals. You'll know you're done when you can say, "This is what my work is right now and what I'll need to do to move forward."

- If goal-setting in general is tough for you, check out [SMART goals](#).
- If you could wave a magic wand, what would your life look like in January 2019? What needs to happen to get there?
- Revisit the "Personal Vision" exercise above. What needs to happen in 2018 to get to your ideal place by 95 years old?
- What is the biggest obstacle to your meditation practice right now? What is your biggest ally? How might you address that obstacle and how might you align with that ally?
- Go through all the other coordinates and ask, of all of these what is going to help me through this particular chapter the most? Which TRUTH, VALUE, SOURCE and SCION can I focus on this year? How am I going to acknowledge and overcome my FEAR this year? Which aspect of my VISION and MISSION can I focus on this year?
- Go through the following categories and assess, on a scale from 1-10, how you did on them last year. Then decide what needs attention this year. Set a SMART goal for each one.
 - Physical health, exercise, nutrition, etc
 - Home life, daily habits and routines
 - Close relationships, family and friends
 - Intimate relationships, sexuality and romance
 - Social relationships, community and larger network
 - Work, career, expression of life's purpose
 - Creative life, art, craft and imagination
 - Emotional and mental health
 - Study, intellectual growth and vitality
 - Meditation, spiritual health