



MASTERING POWER ARC™/ CREATIVE GUIDANCE SYSTEM®

INITIATION

JOURNEY ARC – Mastering POWER ARC: CREATIVE GUIDANCE SYSTEM®:

Throughout the GUIDE, these sections will pose reflective questions, based on the concepts recently presented in the book, and will introduce powerful, pivotal activities to enable you to immediately apply essential elements of the CREATIVE GUIDANCE SYSTEM to your life, work & world. We encourage you to take each step with us, completing each exercise or worksheet along the way, so that you may acquire for yourself the skills of a master creator. After all, your path is made by walking it....

You are now taking a transformational step in the creative adventure that is your life.

At this moment, you are embarking on the voyage to your true potential.

During this Journey, you will learn how to create the future.

You already have everything you need to start this Journey.

The truth is, you have had the power to travel this path from the very beginning.

But that is something you must discover for yourself.

This GUIDE will aid you in that discovery.

Your creative exploration – the Journey to your dreams and your full potential – will bring you full circle, to the pure, complete and joyful expression of who you are, to the miraculous meaning of your life, and to the fulfillment of your unique contribution to the Universe.

To know the place of your Wholeness,

To express your singular Greatness,

To live fully your Creative Potential.

*Do not let the hero in your soul perish,
in lonely frustration for the life you deserved,
but have never been able to reach.
Check your road and the nature of your battle.
The world you desired can be won,
it exists, it is real, it is possible, it's yours.*

Ayn Rand, Atlas Shrugged

You will begin by revisiting the broad “Story ARC” of your life. Here, you will reflect on the dreams and accomplishments of each decade of your story. Allow yourself some creative moments now to complete YOUR CREATIVE ARC WORKSHEET. This is the first step in your Creative Journey, and will form the basis for the steps to follow.

*If you follow your bliss,
you put yourself on a kind of track
that has been there all the while,
waiting for you,
and the life that you ought to be living
is the one you are living.*

Joseph Campbell, The Power of Myth



ACTION SHEET # 1 - YOUR CREATIVE ARC WORKSHEET



YOUR CREATIVE ARC® WORKSHEET

This simple worksheet will guide you through a brief "thought" exploration to prepare you to apply the CREATIVE GUIDANCE SYSTEM® process to your own life. The insights and perspectives revealed through this personal reflection and visioning will help guide our life exploration activities, and will help introduce some of the unique tools you will be acquiring as you learn to create your life, work and world more consciously. So take your time, and enjoy this initial life exploration ...

YOUR CREATIVE ARC®

AGE (Yrs./
DECADE



YOUR CREATIVE ARC® Instructions –

For each age/decade of your CREATIVE ARC® depicted above, record what you consider to have been (past or present), or hope will be (for future decades), your 1) most significant accomplishment(s), and the 2) most significant hope or dream you held (or believe you will hold), during that time.

Simply jot down a few words or a phrase in the space beneath or above each decade/section, so that you can remember the associated accomplishment and hope or dream when we meet for your initial coaching session.

For example, at 5 yrs. one person might jot down "riding tricycle" as her greatest accomplishment, or another might hope that at 90+ she might "publish my memoirs."

Fill in your CREATIVE ARC® with your own personal mix of memory and imagination!

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