

signature masterclass

# Aligned

A Masterclass in Becoming



with kathleen seeley

[KathleenSeeley.com](http://KathleenSeeley.com)



**Things don't really get solved. They come together, and they fall apart. Then they come together and fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, relief, misery, and for joy**

*Pema Chodron*

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*A message from Kathleen*

## **Welcome,**

Everything you do causes something to move.

You are in constant evolution, changing, growing and adapting...you are Becoming. As you become, priorities shift, perspective changes, and your world can expand. Aligned: a Masterclass in Becoming is an engaging approach designed to create space for you to Identify what you want, Explore your motivations, breakthrough self-imposed limitations and Align your actions to create a life you really want.

Do you feel like you are just going through the motions? Are your obligations running the show? You've lost the plot on what is really important to you?

Or, do you feel you have a big next step, a new emergence or iteration of you that you want to create space, gain clarity and allow it to emerge?

Aligned: A Masterclass in Becoming, is designed to help you take a beat, to pause and invite the question: is what you are doing now serving your soul? Are you giving the world your very best? Are you giving yourself your very best?

Right now, what might be best for you is to slow down, for others to speed up, for some to create more boundaries, for others to let more in. You are where you are, the perfect spot.

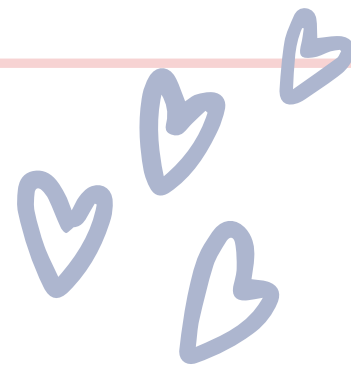
You have stories about what is possible, what you deserve, what you 'should' do. It's time to pause, reflect, challenge your stories and design a life aligned with what is deeply important

I'm excited you have decided to join me on this journey of Becoming.

I'm going to tell you this right off the bat, this is not a course of answers or simple formula for you to follow and poof your life is complete, and you will be a success.

You will not find any answers or a generic one size fits all system. I don't have any answers or clear next steps for you. My hope is that you complete each module with more questions than answers. My wish for you is as you complete each module, you leave you gently frustrated. Frustration is the fuel for self-discovery and breakthrough insight. Push through your impulse to need an answer immediately or avoid frustration, sit in the questions, see what emerges.

That's the point of it. Tension seeks resolution. Ask new questions, the kinds that don't have immediate answers. The only way to grow is to venture into unknown territory. Your questions are yours, your answers are inside of you.



## *A message from Kathleen*

What this course is, is jam-packed with the tools, insights, stories and teaching; everything you need to continue to grow, adapt, cope, rest, and realign no matter what life throws at you. There is no end, just a bunch of endings, new beginnings, rest stops and retrogrades on your journey of becoming.

Today, as you read this, you are perfect. You are in the right place at the right time. Always. And, you are in the process of awakening to your own possibility. It doesn't matter how old you are, how much money you make, the color of your skin, how much you weigh, what books you read, or any of that stuff... you are on a journey, you start where you are, and grow from there as you seek to reveal and embody your unique offering.

YOU are at the center of everything in your life; you go shopping with yourself, you watch movies, you cook, you go to the bathroom and shower with YOU! No matter where you go, there YOU are!

You spend all of your time with YOU... except when you don't...let me explain...

As humans, we have developed this cunning ability to hide from ourselves. We all have blind spots; they can hold us back without even knowing it. I believe your blind spot contains the seeds to your highest possibility.

The cave you fear to enter holds the treasure you seek.... Joseph Campbell

My intention for this Masterclass is to help you enter your cave and reveal your treasure. To courageously face your fears, question your stories, and break through your self imposed limitations to release all that inevitable goodness in YOU.

YOU are Inevitable... let's get YOU out of YOUR way!

Enjoy the ride,

Much Love

*Kathleen Seeley*



## Important Concepts

There are a few key concepts I invite you to keep in mind as you navigate this course. Self-esteem, self-concept, blindspots, untested beliefs and your subconscious mind.

### Self-Esteem

What is this anyway? What does it mean? Why does it matter?

According to the Random House Unabridged Dictionary of American English © 2020,

self-es•teem (self'i stēm', self'-), n. a realistic respect for or favorable impression of oneself; self-respect. an inordinately or exaggeratedly favorable impression of oneself.

That wasn't helpful at all, no wonder we are confused! It all depends on how you look at it, so let me explain how it applies to this course.

Your Self-concept is how you see yourself; your self-esteem is how you feel about your self concept...ummm what?!

How you feel about yourSELF determines how you interact with the World. The question is, where do ideas about 'self' originate?

Self-esteem is developed by internalizing or rejecting both internal and external messages about yourself. These messages come from your parents, others around you, and from your own experiences of what you believe you can and cannot do; and of what you think you are and what you think you are not.

Our behavior is sourced from self-esteem, driven by our beliefs underpinned by our values.

If what you want for yourself matches what you perceive yourself to be, you could say you have high self-esteem because you are successfully choosing who you want to be. If you feel good about yourself, you can be flexible and playful, creative, empathetic and productive.

If you do not feel the way you want about yourself, you can become rigid, critical, defensive, fearful, and unproductive. You may perceive yourself as having low self-esteem.



## **Self-Esteem (cont.)**

Everyone has experienced periods of both high and low self-esteem. The key is to notice what is happening around you and inside of you when you feel either.

A positive self-concept contributes to feeling a sense of aliveness and self-determination. It doesn't mean you feel good all the time, that's not the goal. A positive self-concept allows you to recognize the highs and lows of growing, learning and living your life. If you have a positive self-concept, you may be more willing to take risks and accept failure as a part of learning. You are more likely to actively engage with the world with a willingness to be transformed.

## **Blind Spots and Breakthroughs**

Have you ever been going about your day, minding your business and then blowing your top? Out of the blue, you get triggered, and Sh#t comes out of your mouth, and you have no idea what happened?! What's going on?

Let's talk blind spots. There are parts of ourselves yet to be discovered. They may be positive attributes we are not aware we have and others bring them to our attention; that feels good! They may also be hidden fears, unresolved issues, and deeply ingrained thought patterns all designed to protect you from perceived harm. Often they are protected by our defences, they may seem too painful to look at or can be deeply ingrained patterns that go unquestioned. Two things are at play: Untested Beliefs and your Subconscious Mind.

## **Untested Beliefs**

Our beliefs are stories we were told about how the world works that we did not question and take for granted as accurate. Like a computer program, you forgot you installed a long time ago that is no longer needed, and you wonder why your computer isn't working efficiently. The program is outdated and no longer compatible with your new objective or worse, it is a full-on virus that is stopping it from working at all.

This is how it works, our beliefs, if untested, can become outdated and no longer serve us. They may have worked in the past, but are no longer relevant, yet we are still running the program. Our defences are designed to protect us from danger. However, they are often misguided and hold us back from our full potential.





“

**We cannot live the afternoon of life  
according to the program of life's  
morning, for what was great in the  
morning will be little at evening and  
what in the morning was true, at  
evening will have become a lie.**

*- Carl Yung*



## **Subconscious Mind**

This is the part of the mind of which you are not fully aware but influences your actions and your feelings. It can affect your behaviour, even though you are not aware of it. Your feelings, motives, and decisions are powerfully influenced by your past experiences in the subconscious mind. Your subconscious is powerful because it controls what you think of yourself, the World, your system of beliefs and how your life works: your self-image, the lifestyle you "deserve," and all things you think you can or can't do.

Our Untested Beliefs and Subconscious Mind are tricky characters. They mean well, but don't always serve your best interest; they keep you in the familiar zone. Their purpose is to keep you safe, but they are not protecting you at all. They are actually holding you back from living your life as your natural self-expression.

“

**Whatever you have forgotten, you can remember.**

**Whatever you have buried you can unearth. If you are willing to look deep into your own nature, if you are willing to peel away the layers of not-self you have adopted in making your way through the tribulations of life, you will find that your true self is not as far removed as you think.**

*- Merideth Jordon*





# Your Back Story

“

**Becoming is Better  
than Being**

*- Carol Dweck*



# The Power of Three

Reflect on your life up to now, and write down...

## Three Events:

→

→

→

## Three People:

→

→

→

## Three Choices:

→

→

→

That had the greatest influence on where you are today. They may be positive or negative experiences, they matter equally.



## **Your NOW Story: 5 Big Questions**

**What is working for me now, and how is continuing to do that actually limiting my own evolution?**

**What am I not doing that is scary for me, but my heart or soul is nudging me to do?**

**If money was not a consideration, what is my heart or soul wanting to express?**

**If I started over, would what I'm doing now, be what would I do going forward?**

**What's getting in the way?**



# Reflect & Integrate: Power of 3 & 5 Big Questions

**What did I learn?**

**Why does this matter?**

**The difference this learning will make is...**

**What might I do differently as a result of my learning? Be specific.**

**Additional insight and reflection**



# Step 1: Identify

“

**You are a unique, and never to be repeated event. Your parents could make love a million times and never again reproduce the same genetic pattern. You are the only chance this planet has for your unique contribution. Will others' expectations, rules and roles be your focus?**

*Will you be only what you think you should be? Or will you occur?*

*- George Sheehan*

## Your **Next** Story



# Domino Goal™

One year from today I will be...

**“Our big dreams may at first seem impossible, when we summon the courage to ignore that little voice that says ‘tone it down’, feel our fear, they soon become inevitable, YOU are inevitable.”**

**- Kathleen Seeley**



## Core Motivation

This next exercise is designed to help you discover what is important to you about your work (volunteer, paid, parenting, whatever you choose) and what motivates you from your deepest level. Understanding your Core Motivation frees you to bring your whole self to work, parenting, volunteer work, etc.

### Complete this statement:

I come to (work, volunteer, homemaker whatever description suits you) each day at

\_\_\_\_\_ Because I want to \_\_\_\_\_

→ Round 1

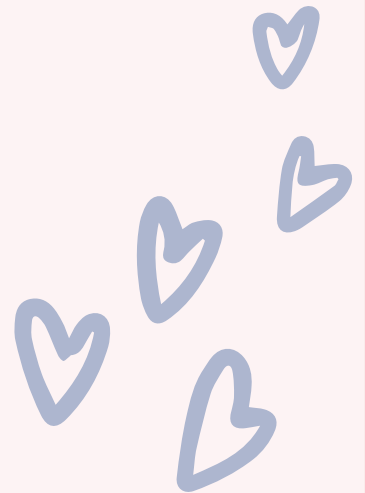
→ Round 2

→ Round 3

→ Round 4

→ Round 5

My Core Motivation is:



# Values

Your values underpin everything you do. What you value most shows up in your behavior. Values are the ideals that give significance to our lives, are reflected through the priorities we choose and are the actions that we consistently and repeatedly take. They are identifiable, measurable, and experienced through our feelings and imagination.

Values are deeply held views of what we find worthwhile. They come from many sources: parents, religion, schools, peers, people we admire, and our culture. While many of our values go back to our childhood, there are also others to which we aspire.

There is a distinction between our espoused values, which we profess we believe in, and our values in action, which actually guide our behaviors. The latter are coded into our brains at such a fundamental level we can't easily see them. We rarely bring them to the surface or question them, which is why they can create dissonance for us. They live in the subconscious mind.

When it comes to personal commitment and core motivation, understanding your core values, and sharing with others, serves as a foundation for living more in alignment to that which is most important to you.

If you are clear on your core values, you will be able to stay grounded during times of change, crisis or turmoil. You will know who you are, and the decisions you make will align with your deeply held values.

Your values can be used as guideposts for decision making. When faced with a choice point, you can review your core values and ask yourself: does this support my best next step? Will it bring me closer to my goal, or further away. The clarity of values ensures you intentionally decide your next step.

# Beliefs

Values are beliefs with a punch! We believe a lot of things, but we know we have bumped up against a value when we are triggered by something or feel inspired, alive and connected. When we experience a powerful emotion, a value is being bumped up against or being expressed in its fullest potential.





# Choosing Core Values Exercise

Review this list of values, Choose 5 that resonate with you today. If a value of yours is not on this list, simply write it in your top 5 in the space provided below.

Acceptance	Fairness	Playfulness
Accomplishment	Family	Power
Accountability	Fearless	Professionalism
Achievement	Friendship	Prosperity
Adaptability	Fun	Purpose
Ambition	Generosity	Quality
Authenticity	Gratitude	Recognition
Balance	Personal Growth	Reflective
Calm	Happiness	Respect
Candour	Hard work	Results-oriented
Clarity	Health	Security
Commitment	Honesty	Self-reliance
Communication	Hope	Selfless
Community	Humility	Service
Compassion	Imagination	Silence
Competence	Independence	Simplicity
Confidence	Innovation	Solitude
Connection	Insightful	Spirituality
Consistency	Inspiring	Spontaneous
Contribution / Legacy	Integrity	Stability
Control	Intelligence	Status
Cooperation	Kindness	Strength
Courage	Knowledge	Structure
Creativity	Leadership	Success
Credibility	Learning	Sustainability
Curiosity	Logic	Traditional
Decisiveness	Love	Transparency
Dedication	Loyalty	Trust
Dependability	Mastery	Truth
Determination	Meaning	Understanding
Discipline	Openness	Unity
Enthusiasm	Optimism	Vision
Equality	Order	Wealth
Ethics	Passion	Wisdom
Excellence	Patience	Wonder
Experience	Peace	
Efficiency	Persistence	



# Let's Get Clear

For each value complete the following:

**Value:**

**Where does it come from?**

**What is your belief about this value and why is it important?**

**On a scale of 1 - 10, how much are you living this value in your day to day life? (1 not at all present, 10 fully present)**

**Can you find an example of a time when you were living this value in its fullest expression?**

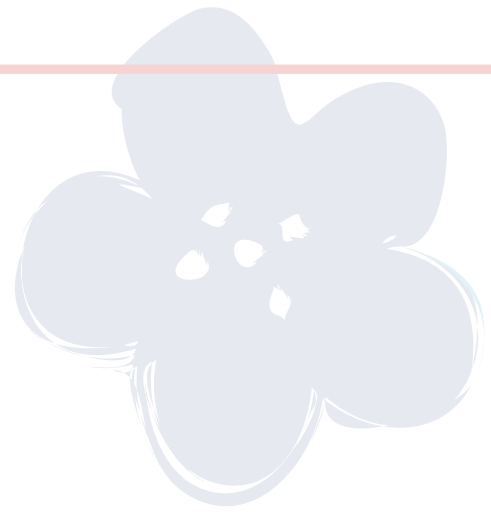
**Remember the best you can, how you felt, describe that feeling.**

**Can you find an example of a time when it has been compromised, bumped up against, or you held back its expression?**

**Remember the best you can, how you felt, describe that feeling.**

**What gets in the way of you fully living this value in your day to day living?**

**What difference will it make when fully expressed?**



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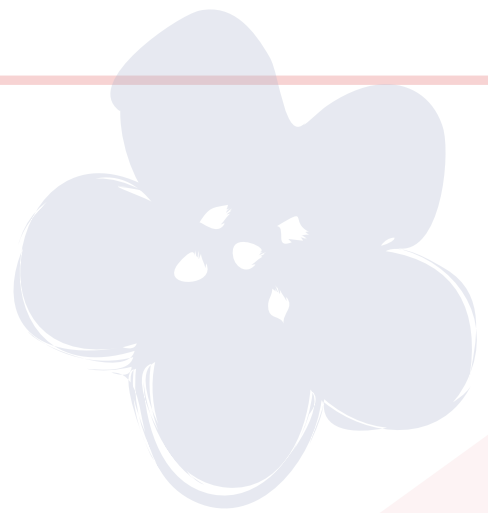
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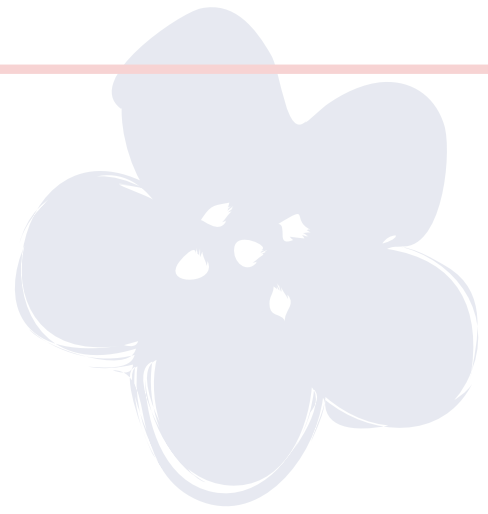
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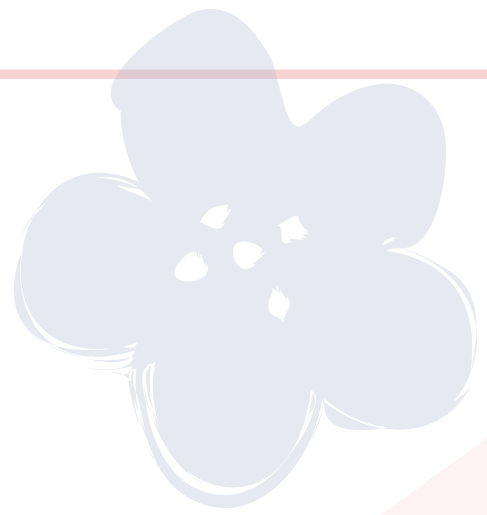
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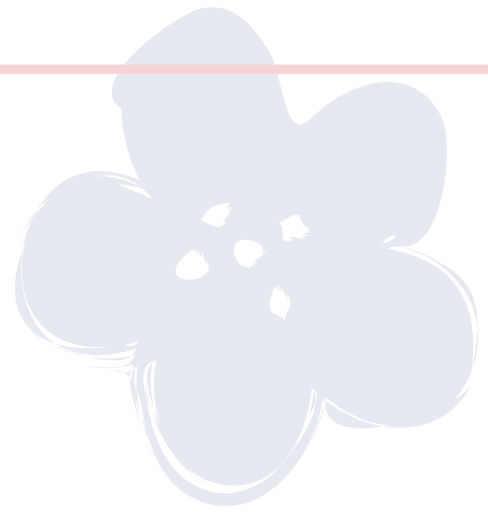
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## Beliefs by Design

For each value craft a strategic narrative that brings to life this value in its full expression.

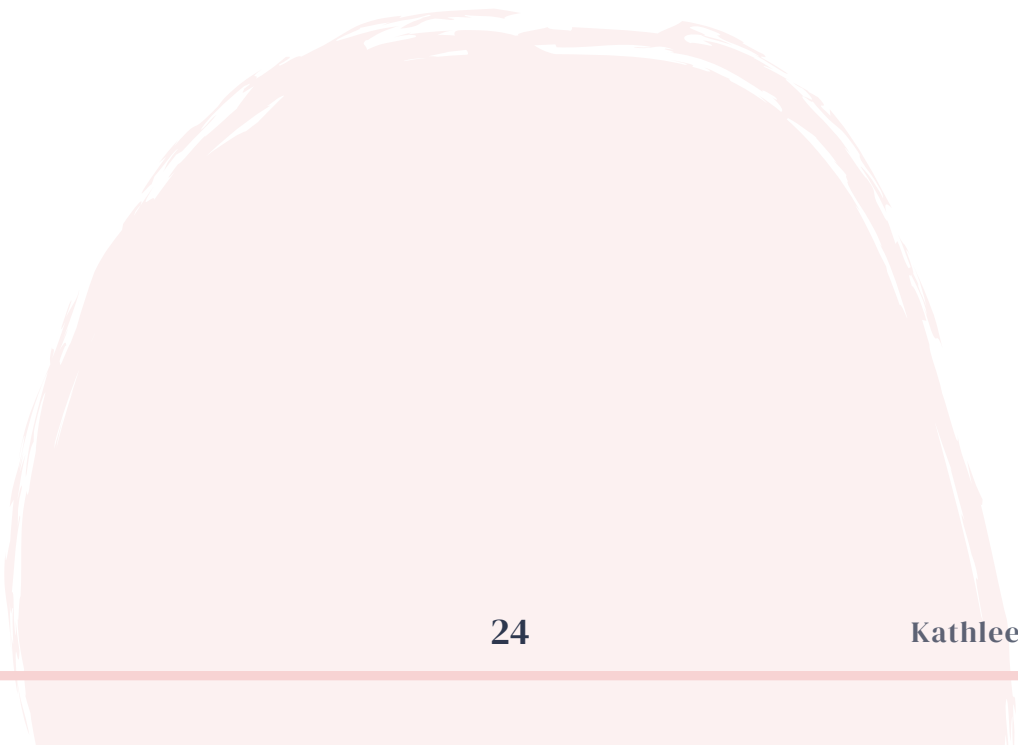
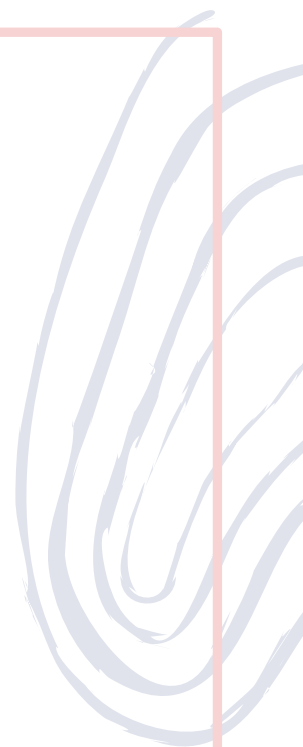
Describe with as much detail as you can, this value in its fullest expression. What exactly would others see you doing if you were expressing it fully? What would you be seeing, feeling, hearing and tasting? Who would be around you? Where would you be? Take your time, grab a cup of tea or a glass of wine...enjoy the process! When you feel like you have it complete, post them where you can see them, keep them in front of you as a reminder of your becoming.

**We will be more successful in our endeavours if we can let go of the habit of running all the time, and take little pauses to relax and recenter ourselves, and we'll also have a lot more joy in living.**

*- Thich Nhat Hanh*



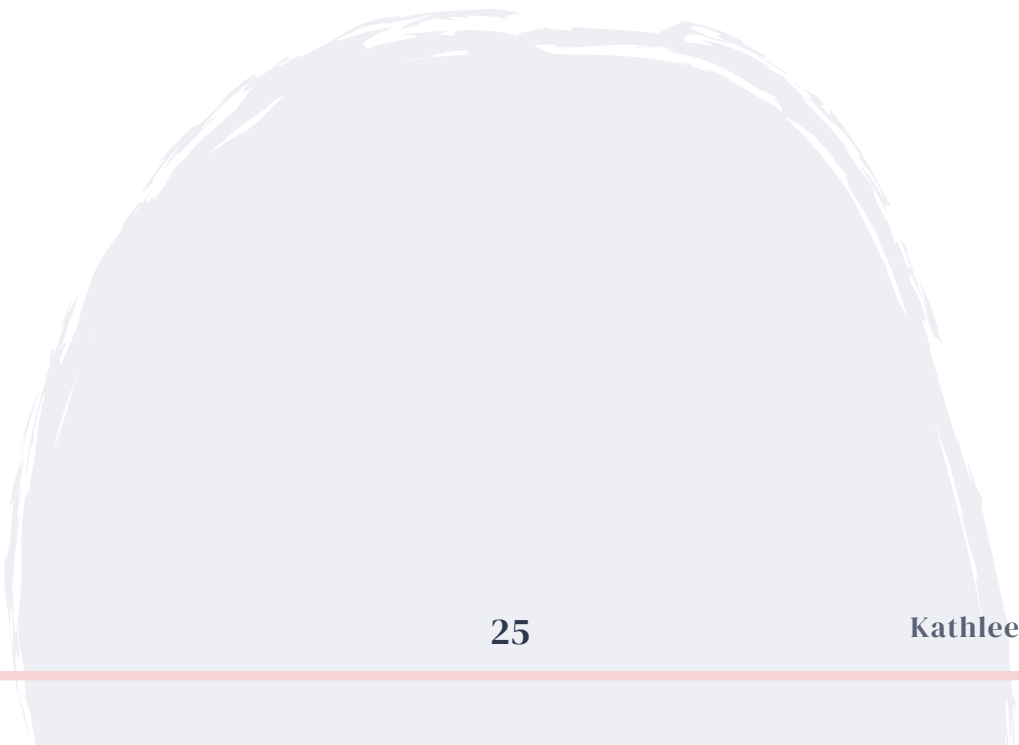
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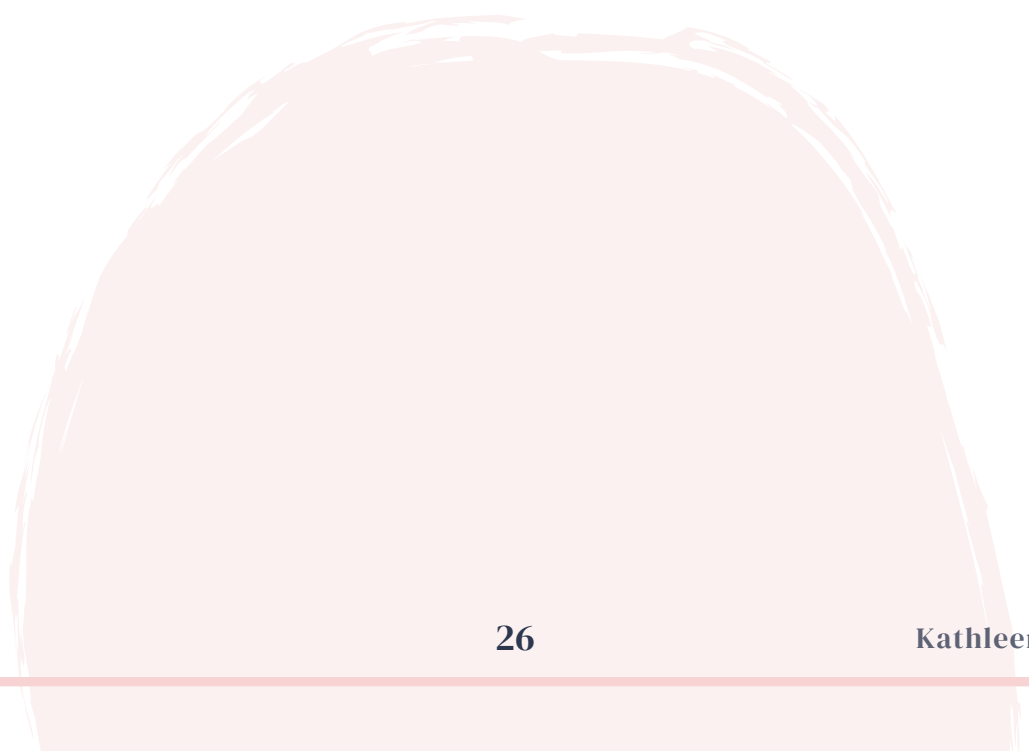


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# Reflect & Integrate

**What did I learn?**

**Why does this matter?**

**The difference understanding my core motivation and top 5 values will make is...**

**What might I do differently as a result of my learning? Be specific.**

**Additional insight and reflection**



# Explore

“

**Chapter 1: I walk down the street, there is a deep hole in the sidewalk, I fall in. It is not my fault and it takes me forever to get out.**

**Chapter 2: I walk down the same street, there is a hole in the sidewalk, I pretend I do not see it; I fall in. I am lost and it is not my fault. It takes a long time to get out. I cannot believe I am in the same place!**

**Chapter 3: I walk down the same street; there is a deep hole in the sidewalk. I see it and I fall in. It is a habit! My eyes are open and I know where I am; it is my fault. I get out immediately.**

**Chapter 4: I walk down the street, there is a deep hole in the sidewalk, I walk around it.**

**Chapter 5: I walk down another street.**

**- Portia Nelson**



# Your Domino Goal™

What might get in the way?

**External Barriers** – Something in your environment that could get in the way of you achieving your goal.

**Internal Barriers** – Something within you that could get in the way of you achieving your goal.



# The Power of Mindset<sup>1</sup>

How you see the world profoundly impacts the way you do your life.

Throughout our whole lives we shape and develop our mindset, the way in which we look upon the world around us. This mindset encompasses fundamental beliefs and principles that govern the ways in which thought turns into action. It impacts what we expect from others and what we may impose on them to behave in “the right way.” Mindset defines the ability to understand and take on new thinking, and shapes the language used to communicate.

**Fixed Mindset:** Abilities cannot change... “I am who I am; you are who you are.”

**Growth Mindset:** Abilities can change... “Your past is not your potential.”

→ What would you think?

→ What would you feel?

→ What would you do?

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<sup>1</sup> From Mindset: The New Psychology of Success (2nd ed.), by C. S. Dweck, 2008, New York, NY: Ballantine Books. Copyright C. S. Dweck 2008. Reprinted with permission.





## Explore Your Mindset

Do you recognize or identify with (now, or at any point in your life) having either a fixed or a growth mindset? Describe it briefly.

Describe a situation in which you noticed having a fixed mindset. How can the fixed mindset serve you?

Describe a situation in which you noticed you had a growth mindset. How can the growth mindset serve you?

Has your perspective changed over time? Do you currently identify more with a fixed or growth mindset? How does this serve you?

How might understanding your mindset help you breakthrough your internal barriers to achieve your Domino Goal™?



## Talk Back: Shifting Mindset

**The Fixed Mindset says:** “Are you sure you can do it? Maybe you don’t have the talent.”

**Talk Back:** “I’m not sure I can do it now, but I think I can learn to with time and effort.”

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**The Fixed Mindset says:** “What if you fail — you’ll be a failure.”

**Talk Back:** “All successful people have had failures along the way.”

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**The Fixed Mindset says:** “If you don’t try, you can protect yourself and keep your dignity.”

**Talk Back:** “If I don’t try, I automatically fail. Where’s the dignity in that?”



## Truth & Openness

Relationships improve with an increased level of truth. Although this may seem obvious, utilizing truth and openness as tools when striving to improve relationships is often overlooked. Our lives become more straightforward and less complex the more we tell the truth, both to others and to ourselves. This results in greater trust, as interactions become more meaningful.

### Levels of Truth & Openness

Level	Statement	Example	Skill Required
-1	Unaware	(I am not aware)	-----
0	Silence	(I will not let you know)	Aware of sensation
1	You are	... a jerk	Express Self
2	About You I feel	... dislike.	Know own feelings
3	Because you	...do not appreciate my work.	Make connections
4	Which means you	... am insignificant.	Know own defences
5	About me I fear	... insignificant.	Increases self-awareness

*\*The Human Element: Will Schutz PhD.*



## Levels of Truth & Openness (cont.)

**Level Minus One (SELF-DECEPTION).** This is the state of withholding my experience—feelings and thoughts from both you (non self-disclosing) and myself (non self-aware). This level is often referred to as the unconscious, namely, all the things I choose not to let myself know.

**Level Zero (DISSEMBLING).** I feel something but keep it from you by withholding, lying, or misleading. This level accounts for the overwhelming proportion of all my feelings. I have many rationalizations for dissembling: “it’s not tactful,” “It’s not diplomatic,” “It wouldn’t do any good,” “It will hurt her feelings,” “I might get fired,” “He can’t do anything about it anyway.” These two levels are not, strictly speaking, truths of any kind.

**Level One (“YOU ARE...”).** Expressing an opinion about you (self-disclosure), even name-calling, is a step toward openness. Level one is focused on you. The remaining levels are all self-disclosing. They reflect an increasing amount of self-awareness.

**Level Two (“TOWARD YOU I FEEL...”).** I express my reaction to you, such as, “I don’t like you.” This requires self-awareness. At this level, I switch my focus from you to my feelings toward you.

**Level Three (“BECAUSE YOU...”).** I perceive which events lead to my feeling. This is the rational level. I become aware of the basis of my feeling. It consists of both rational reasons and rationalizations. The more aware I am, the more this level is truly rational.

**Level Four (“I IMAGINE YOU FEEL I...”).** I am aware of what I sense from you. I am becoming more self-aware. I make up a story about what goes on in your head about me.

**Level Five (“I FEAR I AM...”).** I recognize my fears about myself. (These fears are: feeling insignificant, incompetent, and/or unlikable.) I realize my fears are about me, not about you. In my communication with you, I try to express myself about my fears separate from you. If I am this self-aware, I will not get in any difficulty with you because I probably will not even mention my negative feeling toward you since it has to do primarily with me.



## Truth & Openness: Your Turn

Think of a situation that feels unresolved, incomplete, you feel strongly about or would like to be different. Briefly describe the situation below:

Do your best to dissect this situation into the 5 levels of truth:

Level	Statement	Example
1	"You are...."	
2	"Toward you I feel...."	
3	"Because you...."	
4	"I imagine you feel I..."	
5	"I fear I AM...."	



# Understanding Choice

I.....

I.....

Was there a difference between the two? What was the difference and which do you prefer?



## Take 100% Responsibility for Your Life and Your Results<sup>2</sup>

You are creating your experiences, success, quality of relationships, and health by your thoughts and beliefs (beliefs are no more than thoughts that you have conditioned yourself to think over and over), the visual images you focus on (internally and externally), the resulting emotions they create, and your actions — and you have total control over all three of these.

There is a simple formula that can help you understand and embrace 100% responsibility:

$$\text{Event} + \text{Response} = \text{Outcome}$$



Every outcome you experience in life is a result of how you have responded to an earlier event (or events) in your life.

Self-determination and choice are essential for personal empowerment. It is to your advantage to assume full responsibility for the circumstances of your life as well as your reactions to these circumstances. Therefore, without self-judgment or self-blame, strive to focus your attention on understanding yourself and your range of options. With this awareness you can make educated, intentional choices.

When your choices provide results that differ from your desires and expectations, you can examine what happened and determine what action you can take next, rather than looking for a person or circumstance to blame.

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<sup>2</sup> From *The Success Principles: How to Get From Where You Are to Where You Want to Be*, by J. Canfield, 2005, New York, NY, USA: Harper-Collins. Copyright 2005 by J. Canfield. Used with permission.



# Choice & Personal Responsibility

**Reflect on your situation you chose in the “Levels of Truth” exercise and answer the following:**

Does the level 5 feel true for me?

What do I do, or not do, to contribute to this situation?

What are my payoffs for creating this situation?

What is the cost for creating this situation?

Reflecting on the top 5 values you chose, is one of my personal values being triggered by this situation?

Given this insight, what have I learned?

What could I do to improve the situation?

What will I do to improve the situation & by when (set a date)?





## Responsibility Sentence Stems<sup>3</sup>

If I were to take 5% more responsibility for my finances I would....

If I were to take 5% more responsibility for the success of my relationships I would....

If I were to take 5% more responsibility for the attainment of my goals....

If I were to take 5% more responsibility for the level of my self-esteem I would...

---

<sup>3</sup> These sentence completions are based on the work of Nathaniel Branden, Ph.D.



## Responsibility Sentence Stems (cont)

Choose 1 think you can do in the next 15 minutes and go do it!

How did that feel?

What else will you take action on that could give you momentum?



---

<sup>3</sup> These sentence completions are based on the work of Nathaniel Branden, Ph.D.



## Momentum is the key

Below is space for you to keep your momentum with taking more responsibility for your life by identifying an action and a due date to complete it by.

Action	By When	Done



# Reflect & Integrate

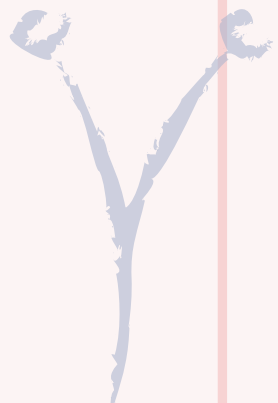
What did I learn?

Why does it matter?

What difference will it make?

What will I do differently as a result of my learning? Be specific.

Additional insight and reflection



# Align

“

**I have learned that as long as I hold fast to  
my beliefs and values, and follow my own  
moral compass, then the only expectations  
I need to live up to are my own.**

*- Michelle Obama*



# Domino Effect Life Design Framework™

1. Reflect & Refine
2. Connect & Align
3. Mapping
4. Activation

## Reflect & Refine | 5 x formula

What will \_\_\_\_\_ (Domino Goal™) bring me?

What will \_\_\_\_\_ bring me?

What will \_\_\_\_\_ bring me?

What will \_\_\_\_\_ bring me?

What will \_\_\_\_\_ bring me?

## Your Domino Goal™

Is your Domino Goal™ sourced from, and in alignment with, your Core Motivation or, does it distract from it? If it's not aligned, take whatever time you need to revisit your Domino Goal™ and ensure it's sourced from your Core Motivation. Make any changes you feel are important and write it down one more time in the space provided below.

By \_\_\_\_\_ (12 months from today) I will:



# Values Alignment

Your values can serve as reminders for decision making. Reflect on your 5 core values and your Domino Goal™. Write a brief statement beside each of your values making a clear connection to your Domino Goal™.

## Example:

*My core value of **Contribution/Legacy** is fulfilled by my ability to donate 5% of the gross revenue from this product to a charity of my choice in perpetuity.*

1.

2.

3.

4.

5.



# Connection: Life Function Areas<sup>4</sup>

## **Spiritual/Mindfulness Practice**

A sense of connection to something bigger than oneself. The practice of paying attention to the present moment.

## **Legacy/Contribution**

The creation of something that lasts beyond oneself.

## **Personal Development**

The practice of personal reflection in order to identify and explore areas of growth and improvement.

## **Career Development/Business**

The professional area of your life that includes traditional employment and/or entrepreneurship.

## **Fun/Recreation/Hobbies**

The time and activities used to elude daily life. Where you forget your responsibilities and lose track of time.

## **Relationships**

Your connection to the people around you.

## **Health**

The condition of your physical body.

## **Financial**

The status of your monetary assets and debts.

---

<sup>4</sup> Adapted From The Success Principles: How to Get From Where You Are to Where You Want to Be, by J. Canfield, 2005, New York, NY, USA: Harper-Collins. Copyright 2005 by J. Canfield. Used with permission.





## Baseline Measurement

For each of the 8 Life Areas, reflect on what you are currently experiencing in each area. The best you can, for each life area, identify what is working or present and what could be better, or is a gap. Reflect on how fulfilled you are in each area and give it a score between 0 - 10, 0 being nothing is happening in this life area that is fulfilling for you and 10 means completely fulfilled.

### Spiritual/Mindfulness Practice

What is working	What could be better	Score

### Legacy/Contribution

What is working	What could be better	Score



### Personal Development

What is working	What could be better	Score

### Career Development/Business

What is working	What could be better	Score

### Fun/Recreation/Hobbies

What is working	What could be better	Score



### Relationships

What is working	What could be better	Score

### Health

What is working	What could be better	Score

### Financial

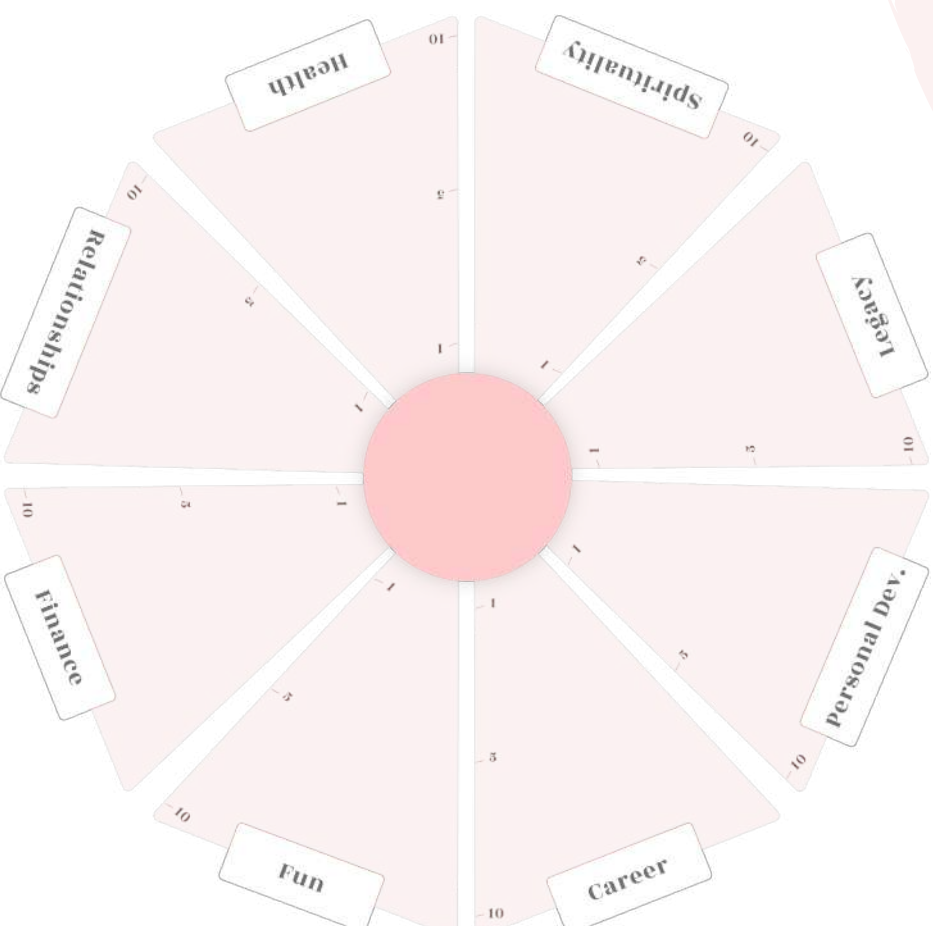
What is working	What could be better	Score



# Life Balance Wheel

Print this page for Monthly Check-ins

Life Area	Score
Spiritual/Mindfulness	
Legacy/Contribution	
Personal Development	
Career/Business	
Fun/Recreation/Hobbies	
Relationships	
Health	
Financial	



Pay attention to any area you score less than 5, notice opportunities to manifest more fulfillment into that particular life area.



# LifeAreas Visualization

**Spiritual/Mindfulness Practice**

**Legacy/Contribution**

**Personal Development**

**Career Development/Business**



# LifeAreas Visualization

Fun/Recreation/Hobbies

Relationships

Health

Financial



# Whole Life Balance and Dynamic Focus

**“When we try to pick out anything  
by itself, we find it hitched to everything  
else in the universe.”**

*John Muir*

As you work to achieve your Domino Goal™, it's crucial to keep in mind all areas of your life. Your Domino Goal™ will impact 1-3 areas of your life more than others. Balance is a moving target; it's important to note the Primary Areas of focus for your goal. Keeping in mind the Secondary and Tertiary Areas will also require attention to ensure parts of you don't get lost as you pursue your Domino Goal™.

## My Example

Primary	Secondary	Tertiary
Legacy/Contribution Business Development Financial	Relationships Health	Spiritual/Mindfulness Fun time/recreation/hobbies Personal Development

Reflect on your Domino Goal™ and consider all 8 areas of your life. Decide which are primary, secondary and tertiary as you pursue your Domino Goal™.

## Domino Goal™ Life Areas Focus

Primary	Secondary	Tertiary



# Activation

## Seven Step Strategy to Achieve Your Domino Goal™

1. Mapping
2. Category Bubbles
3. Logical Chunks
4. Activation Timeline
5. 90-Day Activation Strategy
6. Top 5 Things
7. Monthly Life Balance Wheel

### Mapping

Mapping your Domino Goal™ enables you to organize your thoughts in a visual way. It's a freestyle brainstorm to identify all the actions and resources that may be required to accomplish your goal. To Mind Map your goal, identify major categories of tasks you will need to accomplish to achieve your Domino Goal™. It is by no means final, it's a work in process; consider it your start point.

### Category 'Bubbles'

For each Category 'Bubble' brainstorm major categories of tasks you will need to accomplish to achieve your Domino Goal™. Include everything you can think of that pertains to that category. This is an organic list, you may think of additional items and actions to add. New things may emerge as you work through it. As you identify specific tasks and resources, brainstorm each category on a separate page. I find it most useful to write each task or resource on a separate post-it® note. Using post-it® notes at this stage makes it easier to create your 90 day activation strategy.





## Activation (cont.)

### Logical Chunks

Put on your Project Management hat and reflect on your Mind Map and your Category Bubbles. As you see it all in front of you, do your best to identify larger chunks of work that need to be accomplished from the start to the finish to logically accomplish your Domino Goal™.

### The first thing, last thing and everything in between...

#### Example:

**First thing:** *Give the program a name*

**Last thing:** *10,000 units sold*

**and...Everything in Between**

#### Example:

Develop | Produce | Market | Sell | Pre-launch | V2.0 | Mass Market | Evaluate | Revise 3.0 | Celebrate

### Activation Timeline

Now that you have identified the major chunks of work required to achieve your Domino Goal™ it's time to map it over the next 12 months. This is a fundamental step that will lay the foundation for you to create your first 90-Day Activation Strategy.

*first thing* → Develop | Produce | Market | Sell | Pre-launch | V2.0 | Mass Market | Evaluate | Revise 3.0 | Celebrate → *last thing*

1	2	3	4	5	6	7	8	9	10	11	12
Develop	Develop	Produce	Produce	Market & Sell	Launch / Test	V.2 / Journal / FB Page	Mass Market	Student Next Steps	Mass Market	Mass Market / Evaluate	10k unites / Celebrate



# Activation (cont.)

## 90-Day Activation Strategy

It will be invaluable for you to design 4, 90- Day Activation Strategies as you make progress through your Activation Timeline. Keep in mind things change, life happens and it will be most effective if you use your 90-day Activation Strategies as a framework and guideline to keep you on track for your 12 month plan. Be prepared to adapt, fall off track, and get yourself back on track. That's life!

## The Rule of 5<sup>3</sup>

At the end of every day, make your list of the **Top 5 Things** you will do to move you closer to achieving your goal key is sustained actions; big things small things each day. If you prepare your Top 5 things list at the end of each day, you can get right into action when you wake up. Do the first thing on your list, don't start the second until the first is done. If you don't get all 5 completed, move the uncompleted task, or tasks, to the top of your Top 5 Things list for the next day. Finishing what you start will give you a sense of accomplishment each day.

## Monthly Life Balance Wheel

It's important to check in on all 8 areas of your life to enable you to reflect, revise and adapt. Life changes, we get surprised, priorities can shift. A monthly check in with your Life Balance Wheel is your safety net to make sure you don't leave part of yourself behind in the pursuit of your Domino Goal™.

**If you follow this 7 Step Strategy to building a plan you can achieve your Domino Goal™ in 12 months or less!**

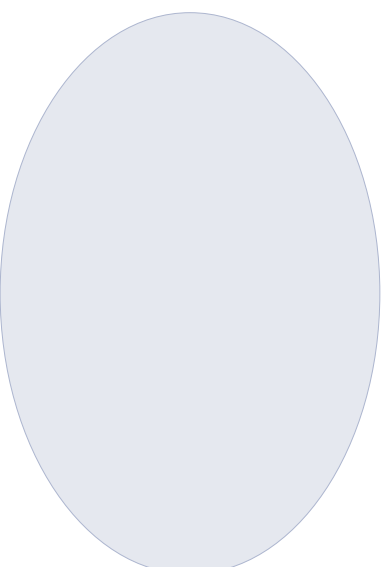
**"Just do stuff...lots of stuff."**

*Kathleen Seeley*

<sup>3</sup> From The Success Principles: How to Get From Where You Are to Where You Want to Be, by J. Canfield, 2005, New York, NY, USA: Harper-Collins. Copyright 2005 by J. Canfield. Used with permission.



# Mind Mapping



# Category Bubble

Print one for each of your category bubbles from your mind map.



# Logical Chunks

Get more granular within your identified categories.

The first thing to complete: \_\_\_\_\_

Everything In Between

The last thing to complete: \_\_\_\_\_



# Activation Timeline

Get more granular within your identified categories.

Timeline Start Date: \_\_\_\_\_ Timeline End Date: \_\_\_\_\_

1	2	3	4	5	6

7	8	9	10	11	12



# 90-Day Activation Strategy

## Granular weekly tasks

(Focus Categories)

Week 1	Week 5	Week 9
Week 2	Week 6	Week 10
Week 3	Week 7	Week 11
Week 4*	Week 8*	Week 12*

\*Complete a Life Balance Wheel



# Top 5 Massive Moves

Print and Cut out as needed

Top 5 Massive Moves	Top 5 Massive Moves	Top 5 Massive Moves
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____

Top 5 Massive Moves	Top 5 Massive Moves	Top 5 Massive Moves
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____





**You Are** *inevitable*

— *signature masterclass* —

# Aligned

A Masterclass in Becoming

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