

BEING THE RESOLUTION

An exercise to address what is “missing” in the world

- Step 1** Place your attention on your world at work or at home. Allow something that is “missing” to come to your attention. What could be more efficient, more aligned, more productive, more beautiful, or more connected? Remember that “missing” does not mean “lacking” or a “problem”.
- Step 2** Is there an invitation in what is “missing”? An invitation is not an obligation, a should, a responsibility or a duty. You are free to accept or reject this invitation. The invitation is to “be” and “become” something or someone that responds to what is “missing”. It’s an invitation to expand and grow.
- Step 3** Do you have a “whole body YES” to accept the invitation? If not, move on from this invitation. If yes...
- Step 4** Take some deep breaths and drop into your center. With curiosity ask, “What is the universe inviting me to be or become in this moment related to what I perceive as missing?” Listen.
- Step 5** Embody the invitation.
- What does it physically and energetically feel like?
 - How does your breath change?
 - How do you think differently?
 - What behaviors do you change?
 - If an action is required, what action do you take?

If there is a “doing” that is to come forth then go and do.