

IF YOU COULD FREEZE TIME: A Way to Play Maybe

Use the information revealed to find where your true energy lies. When we align our actions with where our energy lies, we begin to build a bridge back to Yes!

You're going to tap into your imagination for this.

You have a superpower. You can freeze your current situation exactly where it is right now. Perhaps you are working or maybe you are in transition. Freeze right there. You get to step out of it for one full year with **no adverse effects**. Step into a parallel universe where you get to spend one full year investigating new things to help inspire next best moves.

There are three rules to this exercise:

1. You must spend a total of four months in some type of paid employment. It can be chunks of one month each doing different paid jobs, or you can spend the entire four months doing one thing. I don't care how you chunk it up, but you can't spend less than one month at a position.
2. You must spend four months learning something new. Taking a class, reading, job shadowing, getting a certificate in something. It doesn't have to pertain to a career or job (it can, but it's not required) but it must be something you want to learn more about, or you have interest in.
3. You must spend another 4 months helping others. Paid or unpaid. Volunteer with strangers or it can be family focused. Anything is game. You must help in some capacity.

INSIGHTS TO ANALYZE (Always best with a coach or counselor to help notice themes):

Specific to the paid employment:

What did you try just to see if you might like it?

What were the environments like?

How did your lifestyle change? Positive and negative impact?

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For all three areas (paid, learning, and helping):

What themes did you notice?

What strengths did you rely on?

What was the pain you were solving for the people you helped?

How did what you learn tie in (if at all) with the working and helping?

How did you feel when your time was up and you were about to step back into your real job/life, exactly where you left it?

What tugged naturally at your interest/energy during this time?

What are three small experiments or actions you could try in one of those areas of interest right now? It doesn't have to be "blow-up-your-life" action. A small thing in the direction of your curiosity is often all you need to get the energy flowing!

- 1.
- 2.
- 3.