

WHY we do *Choose Your Life* work

1 - Deal With IT

- If you are alive on planet earth, you have an IT... or two.
- There is no shame in having an IT.
- Dealing with an IT is a fantastic way to grow, evolve and flourish!

→ *We are here together doing this work to... deal with IT.*

2 - Address Lack

- Lack is a feeling of any one of or a combination of these experiences...

**Rejected - Denied - Insecure - Jealous
Unloved - Unlovable - Lost - Aimless
Abandoned - Stuck - Overwhelmed**

Lack harms us by creating a negative **expectancy loop** - making it so that what we *expect* in the future is going to be just like *the past*.

We expect IT over and over again.

→ *It's possible to interrupt 'negative expectancy' and put an end to an unwanted 'loop of lack.'*

3 - RE-Story Our Stories

RE-Story (v.) - *to look at the memories that inspired the disempowering stories you're telling yourself about yourself, but this time with **intention**... with **new information**... and with your **best interest** at heart.*

- We want to RE-Story the stories that have the experience of lack in them.
- When we RE-Story the stories we tell ourselves about what happened THEN - and what it meant - we effectively RE-Story the stories we tell ourselves NOW about 'who we are' and 'how the world gets to be for us.'

→ *When we RE-Story THEN, we RE-Story NOW*

4 - Get Our Needs Met

- As human beings, we have very real needs that must be met.
- As human beings, we also have very real *powers* that make it possible for us to get those needs met.

→ *We are learning how to use our **Core Human Powers** to get our **Core Human Needs** met.*