

Align Time

Weekly Alignment Check-in



One of my personal challenges is to remember to check-in, be mindful, and align with what I want my life to look like so I can take steps in that direction.

With "Align Time," I invite you to check in and consider where you are along a specific spectrum that week, such as "Rest and Activity."

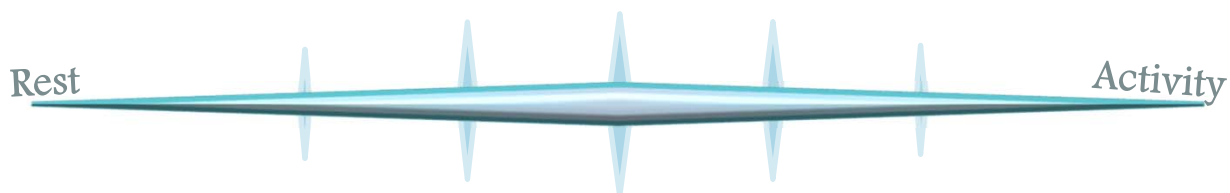
How to Use These Prompts

The object is just to **notice where you are on that spectrum and if you are where you'd like to be**; to be mindful of your position and the choice you have to adjust it.

The point is to take a pause, to step out of routine and habit for just a moment, to look up, look around, and notice whether you're moving in the direction you want.

These prompts were posted on my blog once per week (52 total), but you can do them on whatever schedule suits you; weekly, daily, even hourly, or as needed.

Each prompt has a definition statement, a few questions to consider, and a horizontal scale where you can mark where you are and where you'd like to be.



You can use the prompts however you like – as journal questions, as a collage subject, as something to ponder in meditation, or to discuss with a good friend.

Page 29 has an alphabetical index in case you ever want to look up a particular prompt.

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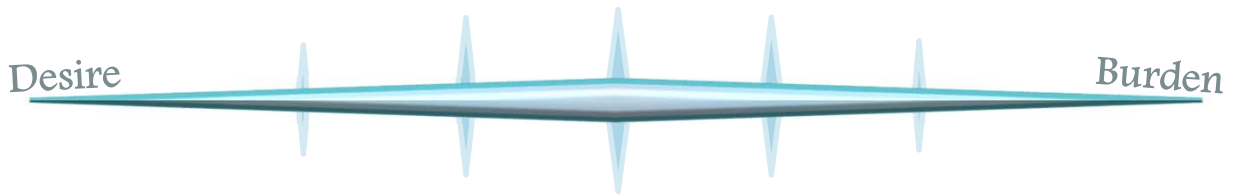
01: Desire–Burden

Desire–Burden is about noticing when you are doing what you enjoy versus what you feel obligated to do.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be:

- * Where are you on the Desire–Burden scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

Be mindful of your position on this spectrum and the choice you have to adjust it.



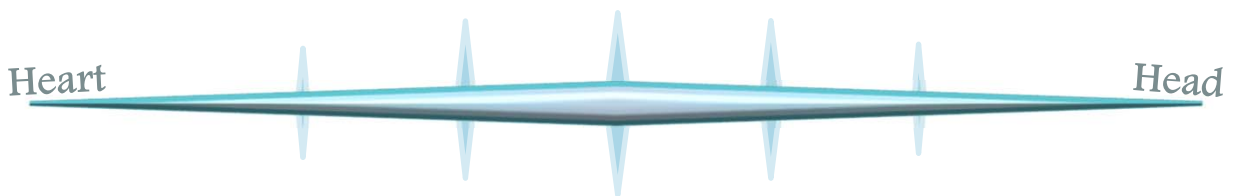
02: Heart–Head

Heart–Head is about noticing when you are acting with your heart or with your head.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be:

- * Where are you on the Heart–Head scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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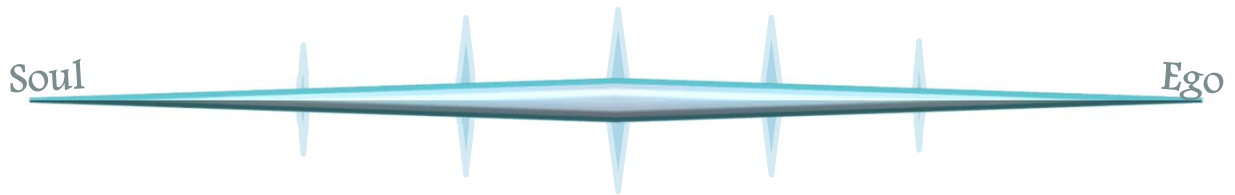
03. Soul-Ego

Soul-Ego is about noticing your self-talk and whether you're listening to your soul or your ego. Your soul thinks about the highest good for you and everyone, while the ego thinks about immediate, material things that have little long-term or big-picture consequence.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Soul-Ego scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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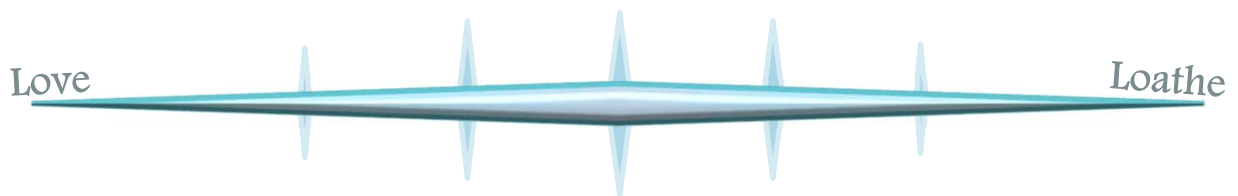
04. Love-Loathe

Love-Loathe is about noticing your perceptions and whether you are focusing on things you love/give you positive emotions or things you loathe/give you negative emotions.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Love-Loathe scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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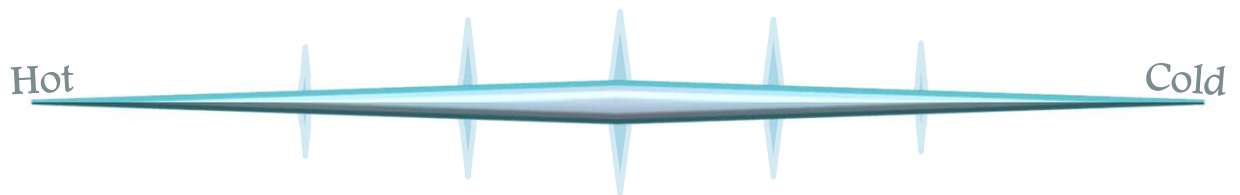
05. Hot-Cold

Hot-Cold is about noticing when your passion is turned up or down.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Hot-Cold scale?
- * Do you want more or less of either?
- * Which is more natural for you?
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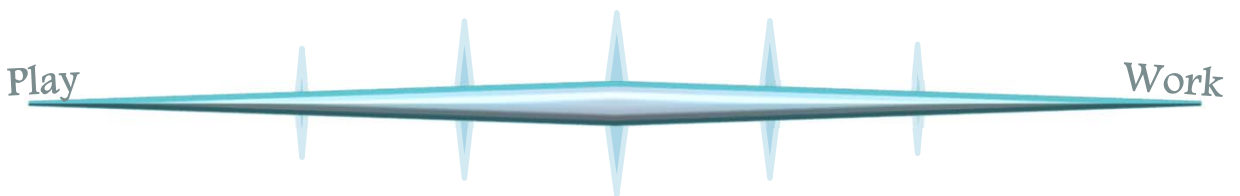
06. Play-Work

Play-Work is about noticing when your action feels like play or work.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Play-Work scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
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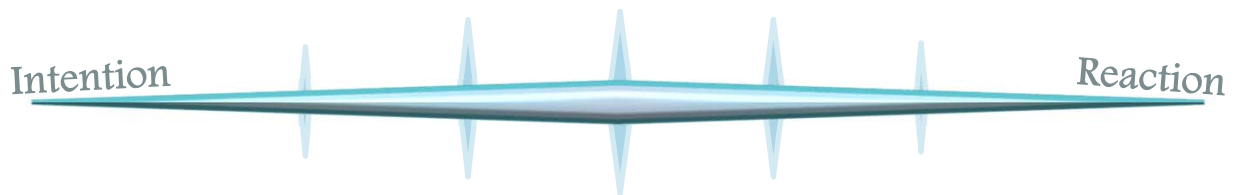
07. Intention–Reaction

Intention–Reaction is about noticing when you are acting in line with your intention or if you are reacting unconsciously.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Intention–Reaction scale?
- * Do you want more or less of either?
- * Which is more natural for you?
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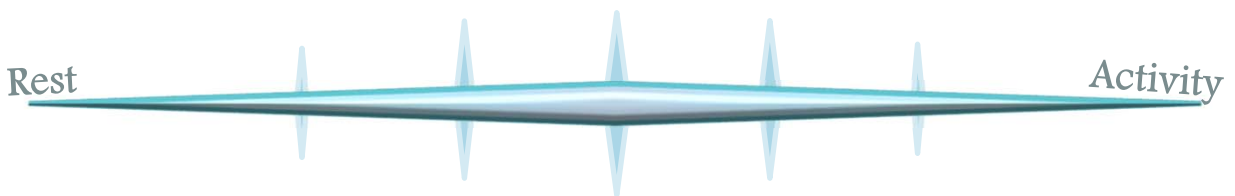
08. Rest–Activity

Rest–Activity is about noticing how much energy you conserve in rest or spend in activity.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Rest–Activity scale?
- * Do you want more or less of either?
- * Which is more natural for you?
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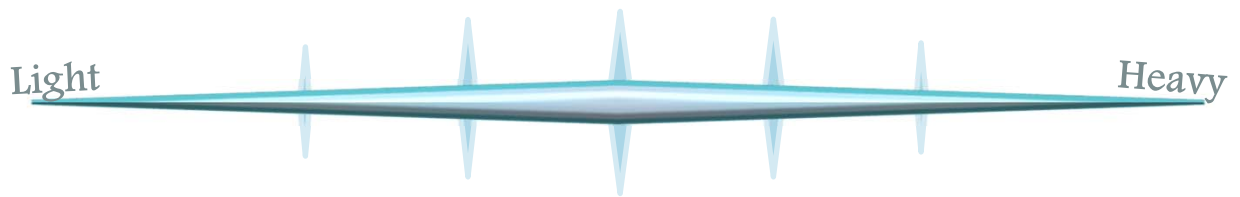
09: Light-Heavy

Light-Heavy is about noticing what you're carrying with you metaphorically or emotionally.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Light-Heavy scale?
- * Do you want more or less of either?
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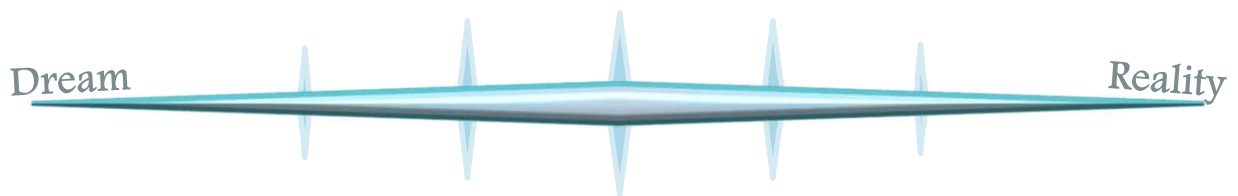
10: Dream-Reality

Dream-Reality is about noticing what realm your thoughts or focus are in.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Dream-Reality scale?
- * Do you want more or less of either?
- * Which is more natural for you?
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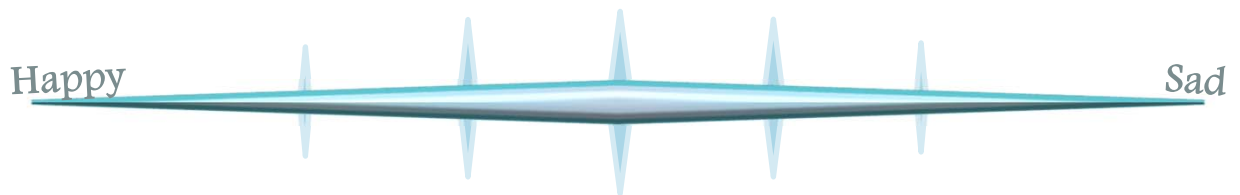
11. Happy-Sad

Happy-Sad is about noticing what your mood is regarding things happening within and around you.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Happy-Sad scale?
- * Do you want more or less of either?
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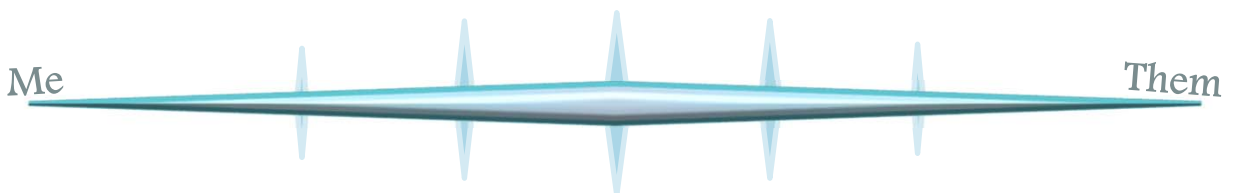
12. Me-Them

Me-Them is about noticing who is determining what is going on in your life.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Me-Them scale?
- * Do you want more or less of either?
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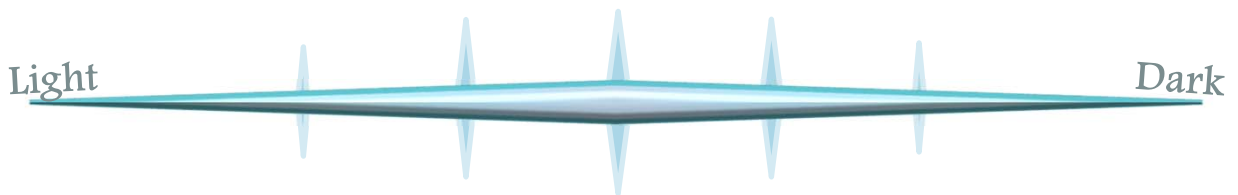
13. Light-Dark

Light-Dark is about noticing how light and shadow play in your life.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Light-Dark scale?
- * Do you want more or less of either?
- * Which is more natural for you?
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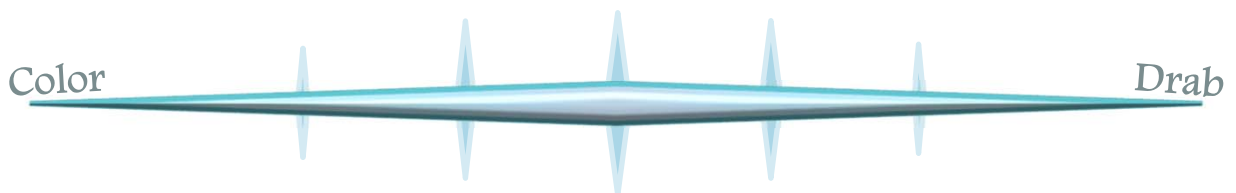
14. Color-Drab

Color-Drab is about noticing how vibrant you and your environment are.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Color-Drab scale?
- * Do you want more or less of either?
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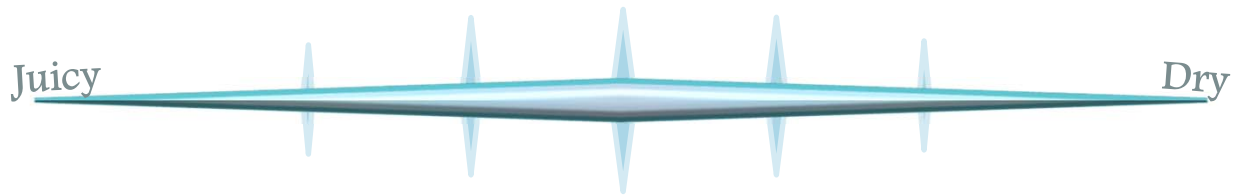
15. Juicy-Dry

Juicy-Dry is about noticing how succulent your life is.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Juicy-Dry scale?
- * Do you want more or less of either?
- * Which is more natural for you?
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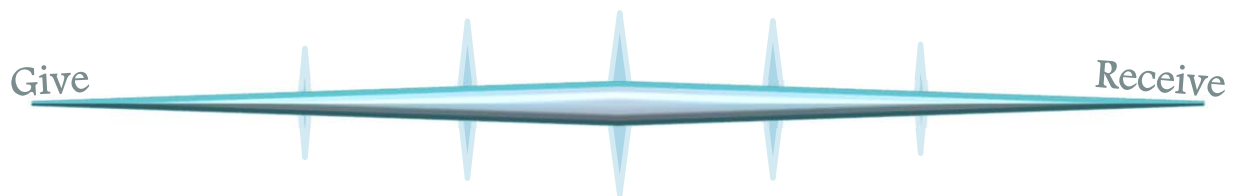
16. Give-Receive

Give-Receive is about noticing balance in how you give and receive.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Give-Receive scale?
- * Do you want more or less of either?
- * Which is more natural for you?
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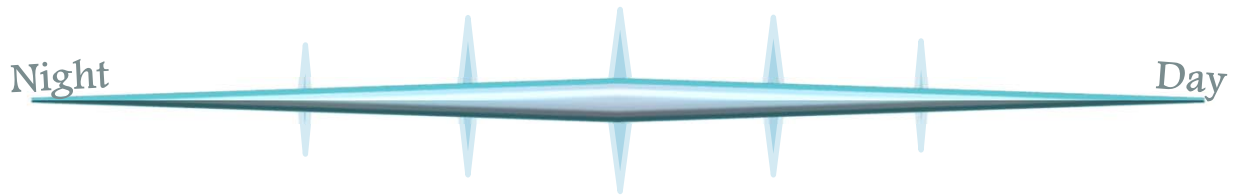
17. Night-Day

Night-Day is about noticing your energy levels night vs day and how you might maximize your time.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be:

- * Where are you on the Night-Day scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
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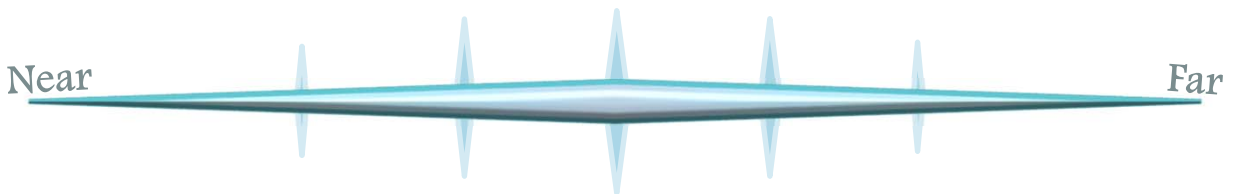
18. Near-Far

Near-Far is the measure of perspective you have on a situation or project.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be:

- * Where are you on the Near-Far scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
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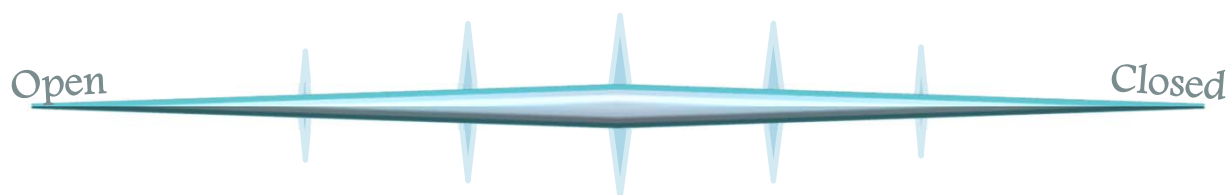
19. Open-Closed

Open-Closed is about your boundaries and your personal space.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Open-Closed scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
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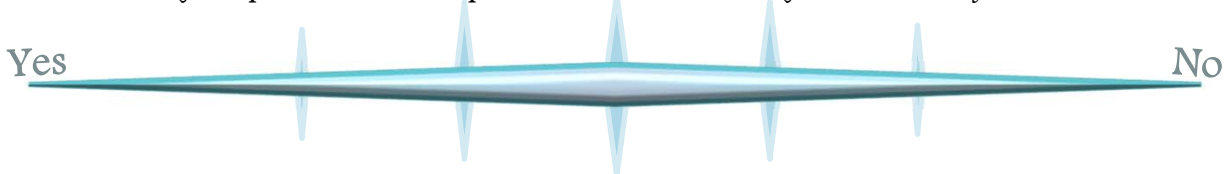
20. Yes-No

Yes-No is a measure of how a situation is aligned with your priorities. Most things aren't black or white, but grey, however living in alignment with your priorities should have a clear yes or no if your priorities are clearly defined.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Yes-No scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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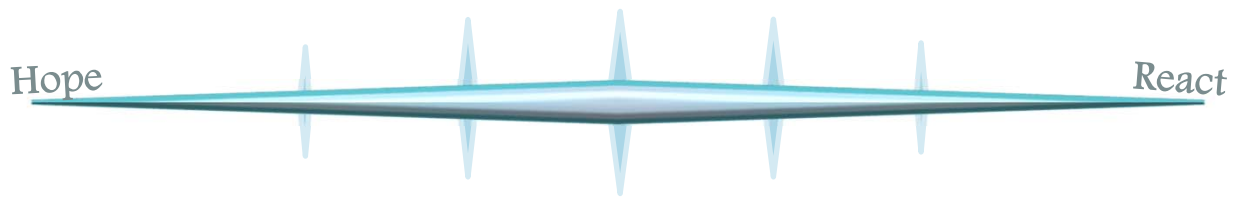
21: Hope-React

Hope-React is about noticing if you are willing to get your hands dirty to change a situation or if you're just hoping it goes away or changes on its own.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Hope-React scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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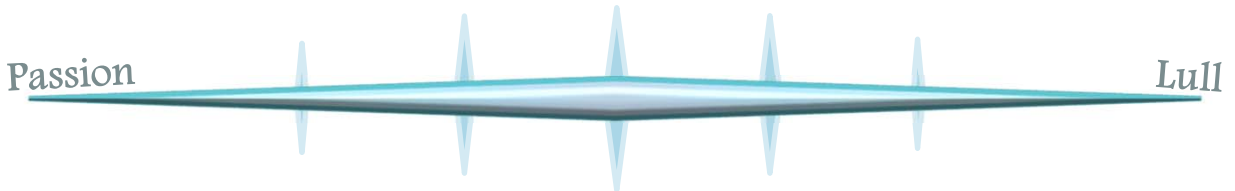
22: Passion-Lull

Passion-Lull is how amped up your energy and excitement are in relation to different projects or situations.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Passion-Lull scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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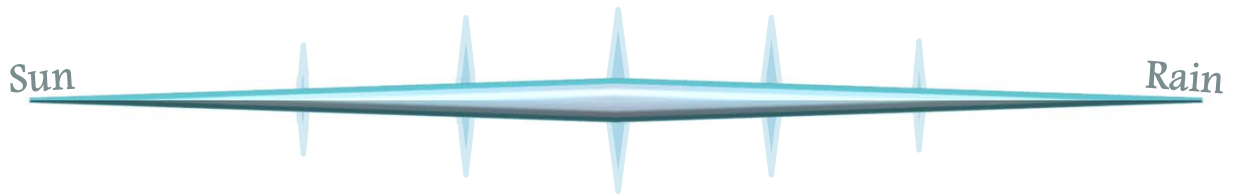
23. Sun-Rain

Sun-Rain is a metaphor for perspective and illumination. When the sun shines, we can see far and our focus is expansive; when it rains, our perspective is smaller and we have a more immediate focus.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Sun-Rain scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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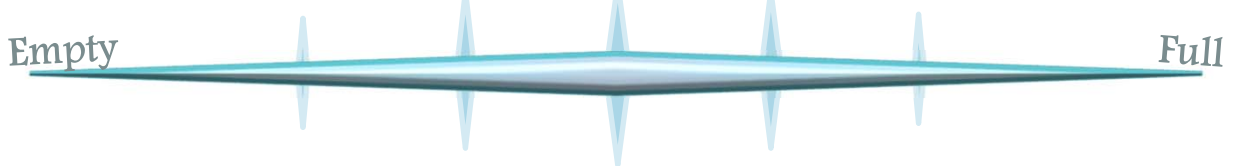
24. Empty-Full

Empty-Full is about meeting your needs; physically, emotionally, mentally, spiritually, etc. When we are full, we have more to share; and we need to release things to make space to fill up again.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Empty-Full scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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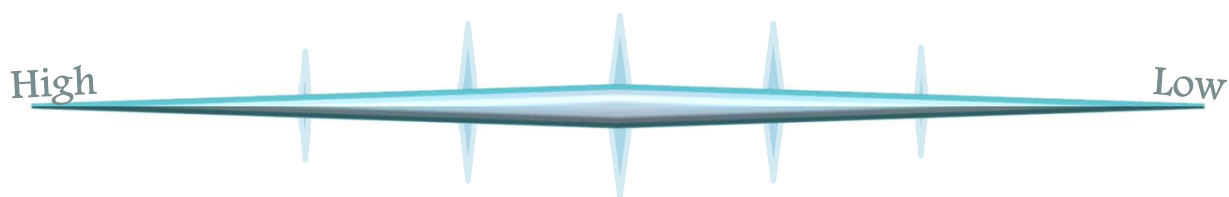
25. High-Low

High-Low is a measure of your mood, your energy, your focus, almost any personal resource.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be:

- * Where are you on the High-Low scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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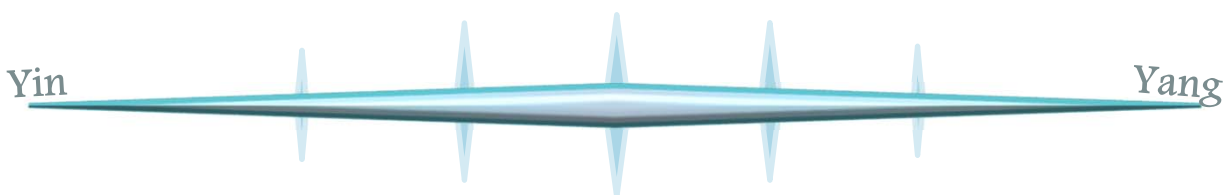
26. Yin-Yang

Yin-Yang is about active/assertive attitudes versus passive/receptive attitudes.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be:

- * Where are you on the Yin-Yang scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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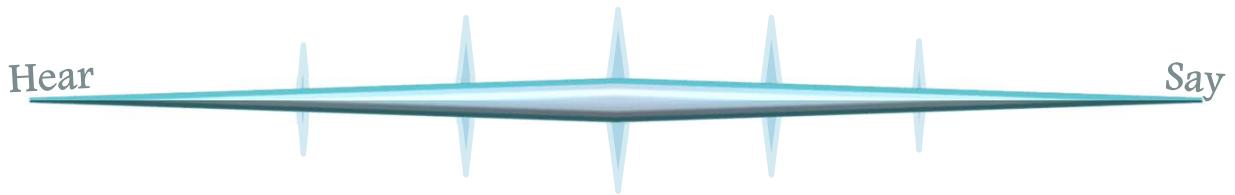
27. Hear-Say

Hear-Say is noticing how often you listen versus talk, and what it is you're listening to or saying, or not hearing or not saying!

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Hear-Say scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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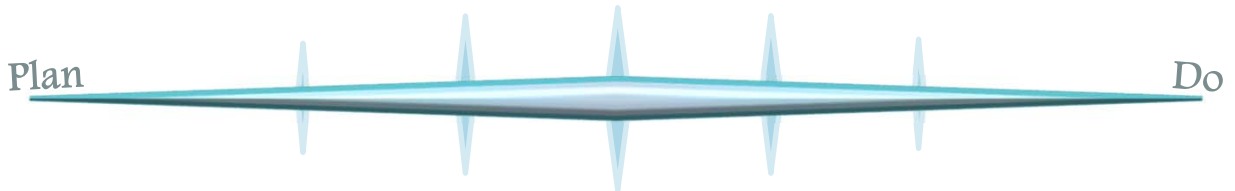
28. Plan-Do

Plan-Do is about how you get things done. Do you spend more time planning and hesitate when it's time to implement? Or maybe you jump in and have to backtrack in the middle?

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Plan-Do scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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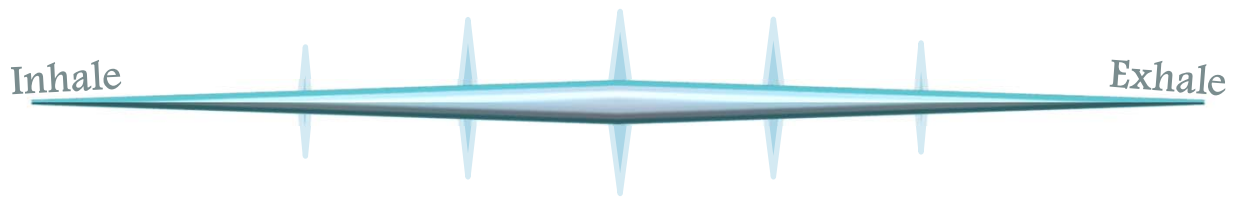
29. Inhale-Exhale

Inhale-Exhale is about taking a look at your breath right now. Are your breaths short or long, tense or relaxed? Is your inhale shorter, longer, or about the same as your exhale?

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Inhale-Exhale scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
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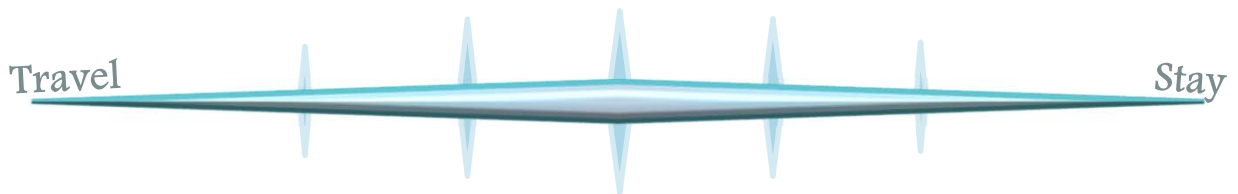
30. Travel-Stay

Travel-Stay is about the range of your footprint. How far do you travel in a day, month, or year?

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Travel-Stay scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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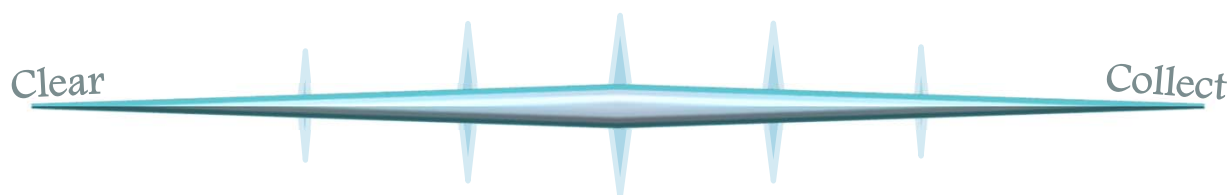
31. Clear-Collect

Clear-Collect is noticing your cycle of clearing space and collecting things to fill space, whether physical, emotional, mental, etc.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be:

- * Where are you on the Clear-Collect scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

Be mindful of your position on this spectrum and the choice you have to adjust it.



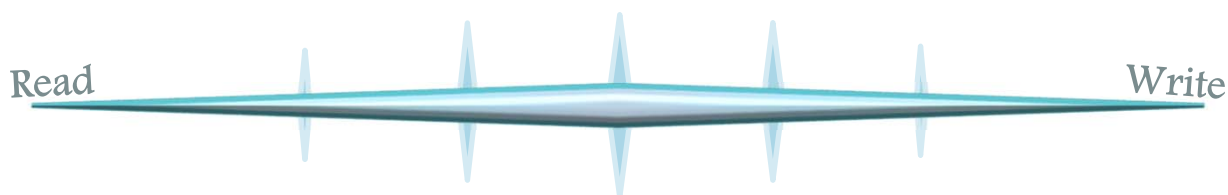
32. Read-Write

Read-Write is for noticing how much do you read and how much do you write or journal.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be:

- * Where are you on the Read-Write scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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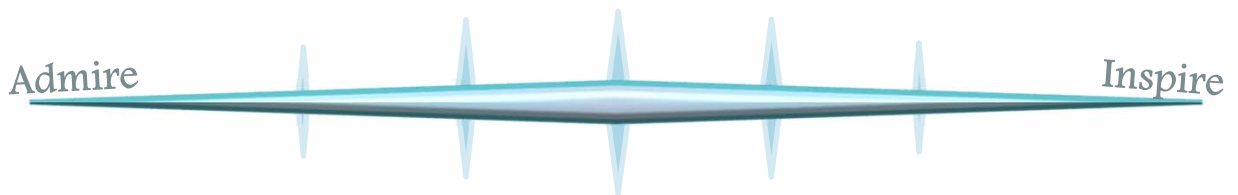
33. Admire-Inspire

Admire-Inspire is noticing how much energy you spend admiring others versus doing something to inspire others.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Admire-Inspire scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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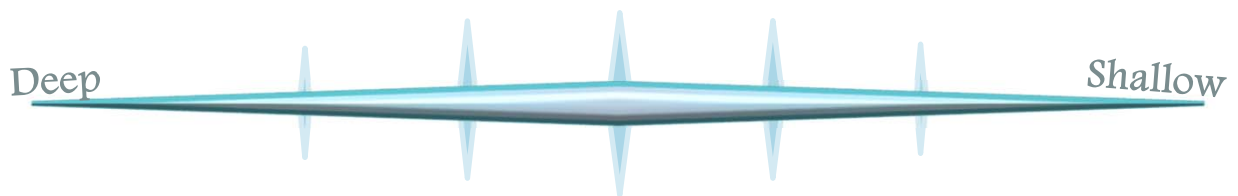
34. Deep-Shallow

Deep-Shallow is about the vertical scale of life; going deep or staying shallow near the surface.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Deep-Shallow scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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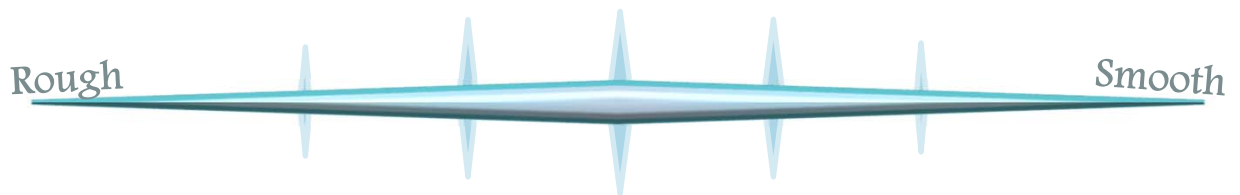
35. Rough-Smooth

Rough-Smooth is about the texture of life; riding rough or smooth sailing.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Rough-Smooth scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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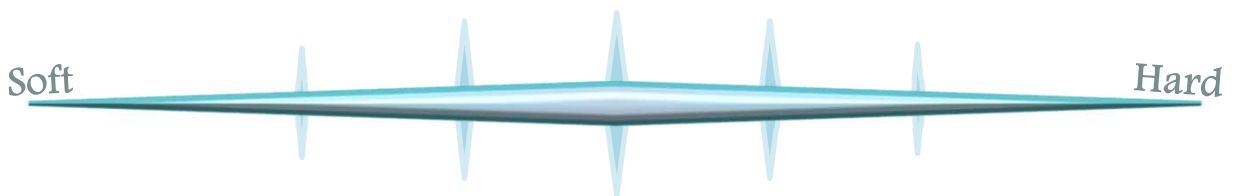
36. Soft-Hard

Soft-Hard is noticing how you are pushing forward.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Soft-Hard scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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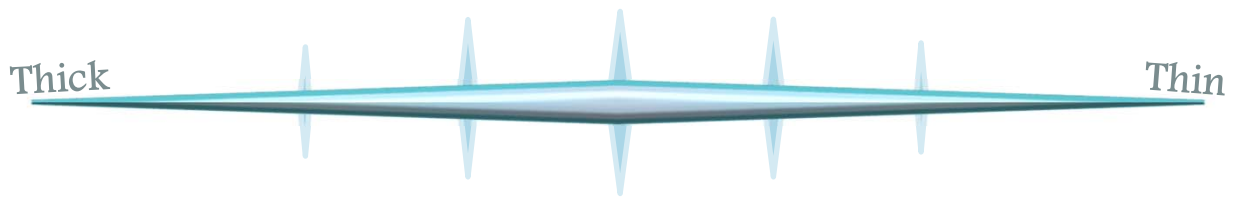
37. Thick-Thin

Thick-Thin is about either being in the thick of things or feeling things thinning out.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Thick-Thin scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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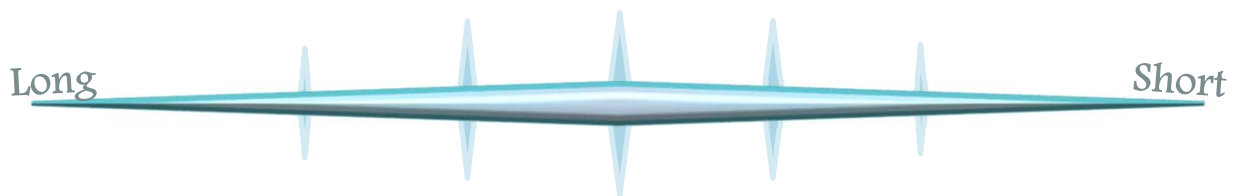
38. Long-Short

Long-Short is a measure of your commitment; being in for the long-haul or the short-term.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Long-Short scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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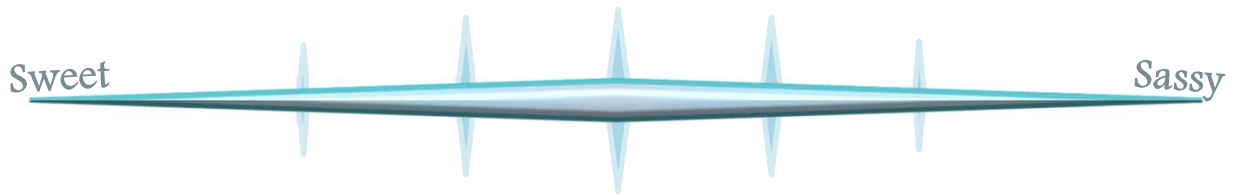
39. Sweet-Sassy

Sweet-Sassy is about the attitude you bring to your life and projects.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Sweet-Sassy scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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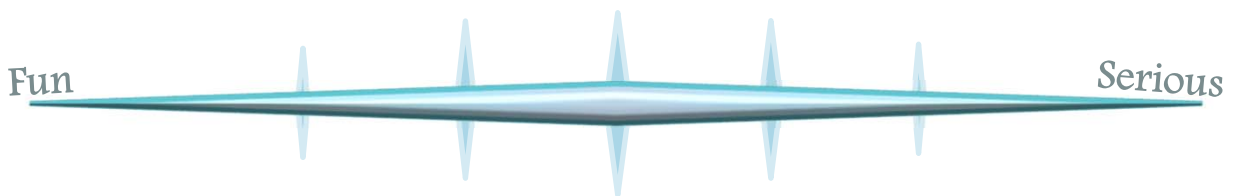
40. Fun-Serious

Fun-Serious is an attitude you bring to your life.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Fun-Serious scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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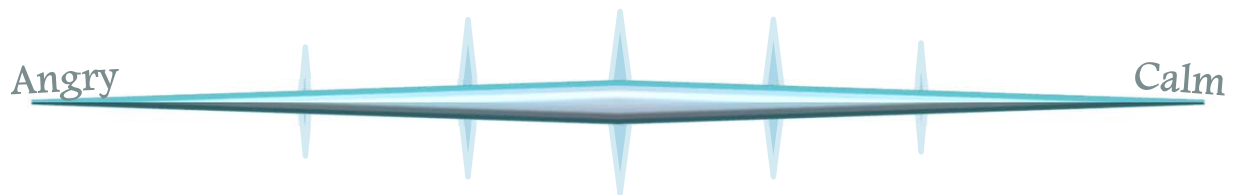
41. Angry-Calm

Angry-Calm is about getting stirred up or being quiet in the eye of the storm.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Angry-Calm scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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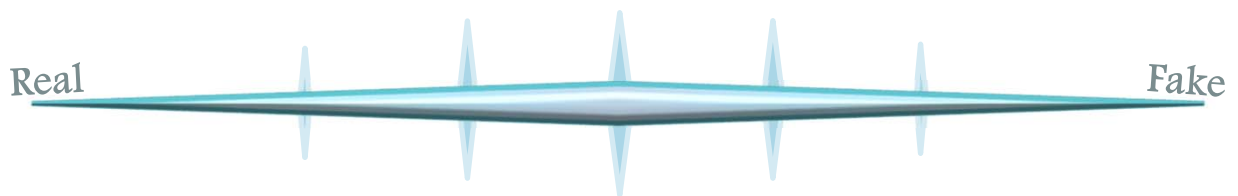
42. Real-Fake

Real-Fake is a measure of integrity.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Real-Fake scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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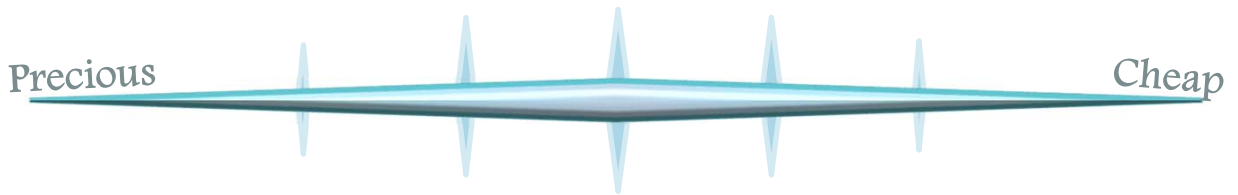
43. Precious–Cheap

Precious–Cheap is a measure of how you treat things and people in your life, and how others treat you.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Precious–Cheap scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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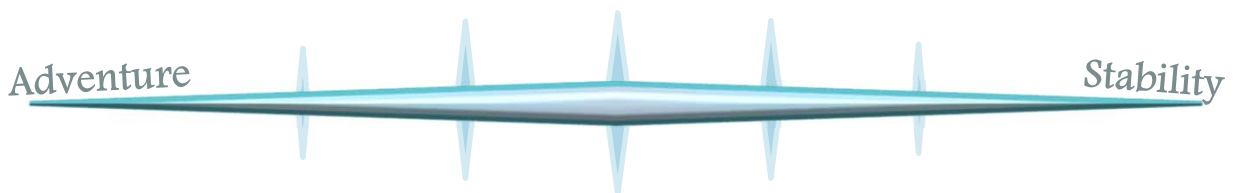
44. Adventure–Stability

Adventure–Stability is a measure of your comfort zone and how often you're in or out of it.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Adventure–Stability scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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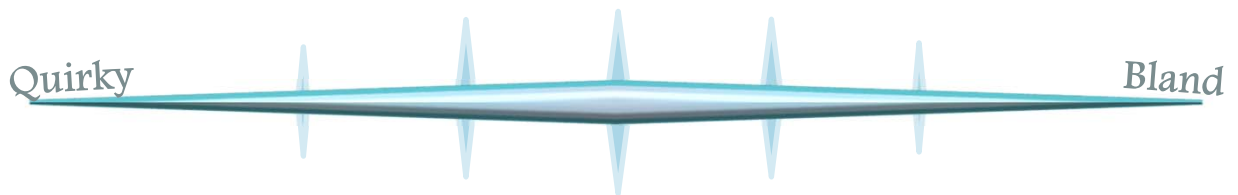
45. Quirky-Bland

Quirky-Bland is about social expectations and how often you meet or stretch them.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Quirky-Bland scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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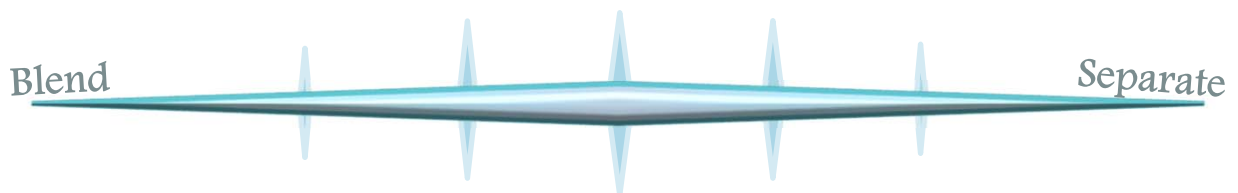
46. Blend-Separate

Blend-Separate is a measure of integration in different areas of your life.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Blend-Separate scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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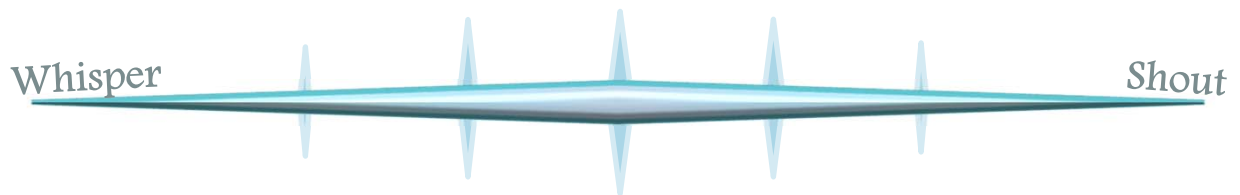
47. Whisper-Shout

Whisper-Shout is a measure of your volume, physically and metaphorically.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Whisper-Shout scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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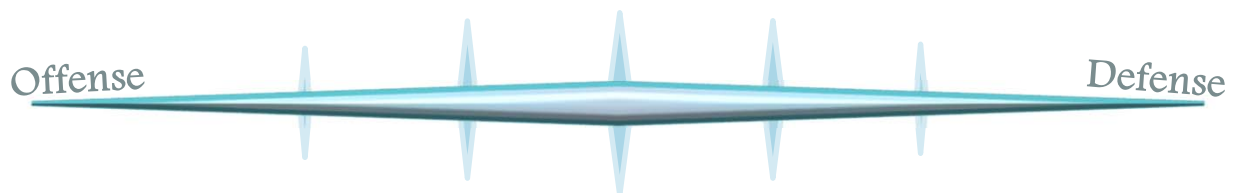
48. Offense-Defense

Offense-Defense is a how you operate in the world, actively or passively.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Offense-Defense scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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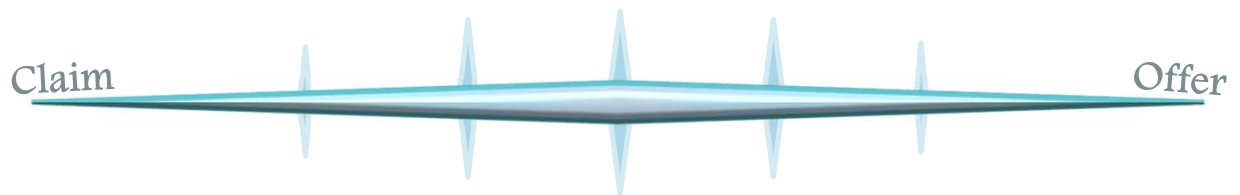
49. Claim-Offer

Claim-Offer is a scale of how much you take and how much you give.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Claim-Offer scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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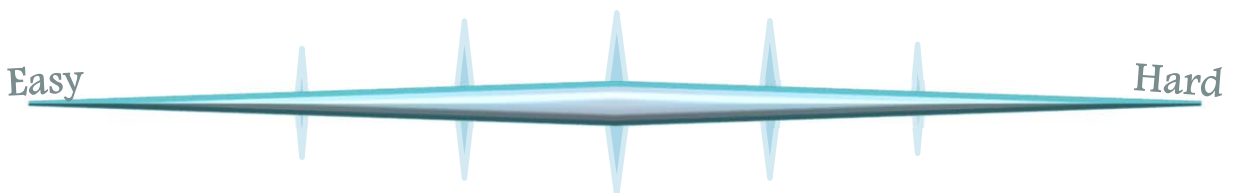
50. Easy-Hard

Easy-Hard is about what you allow to be easy versus what is hard.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Easy-Hard scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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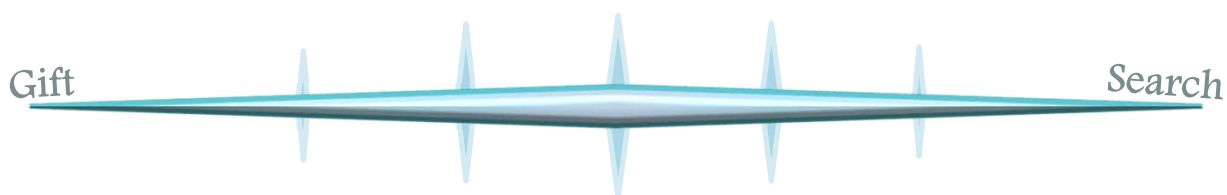
51. Gift-Search

Gift-Search is about how things come to you; do things you need appear easily as if they were gifted from the universe, or do you need to search and fight for what you need?

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Gift-Search scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

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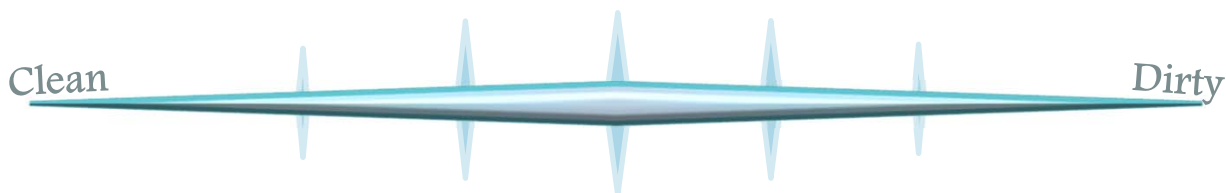
52. Clean-Dirty

Clean-Dirty is a comparison of your need to keep things clean versus your willingness to get dirty.

Neither is better or worse, just notice where you are on this spectrum and where you'd like to be.

- * Where are you on the Clean-Dirty scale?
- * Do you want more or less of either?
- * Which is more natural for you?
- * If one is a challenge, what could you do to improve your relationship with it?
- * What could you do to create more balance between them?

Be mindful of your position on this spectrum and the choice you have to adjust it.



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Creativity and Life Coaching

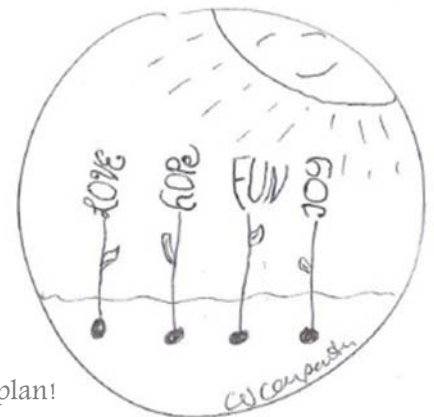
First, take my [Creativity Health Assessment quiz](#) to identify your primary creativity dis-ease which holds back your creative potential. Then consider signing up for free creativity coaching:

Free

Free "Creativity Health Plan" Session, 30-45 min.

Creativity health doesn't happen over night; make a plan!

Look at and address your primary creativity dis-ease and set a plan to work through it



I also have paid sessions ranging from \$60-495 to focus on work-art balance, creative abundance and vitality, and accountability to make your creative dreams real! See the [Coaching page](#) on Cathy's website for more information.

- "Creativity Health and Wellness Program" Session, 45 minutes; To create a solid routine and foundation for your creative wellness (\$60)
- "Creative Block Buster" Session, 45 minutes; Bust your block and reclaim your creative power (\$60)
- "Yes, and ..." package, 90 minutes; You can have a day-job and eat your creative cake, too (\$125)
- "Anchor Away with Accountability" package, 180 minutes; 3 months of accountability can liberate you from limitations! (\$245)

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