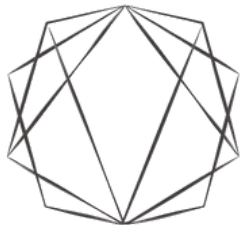
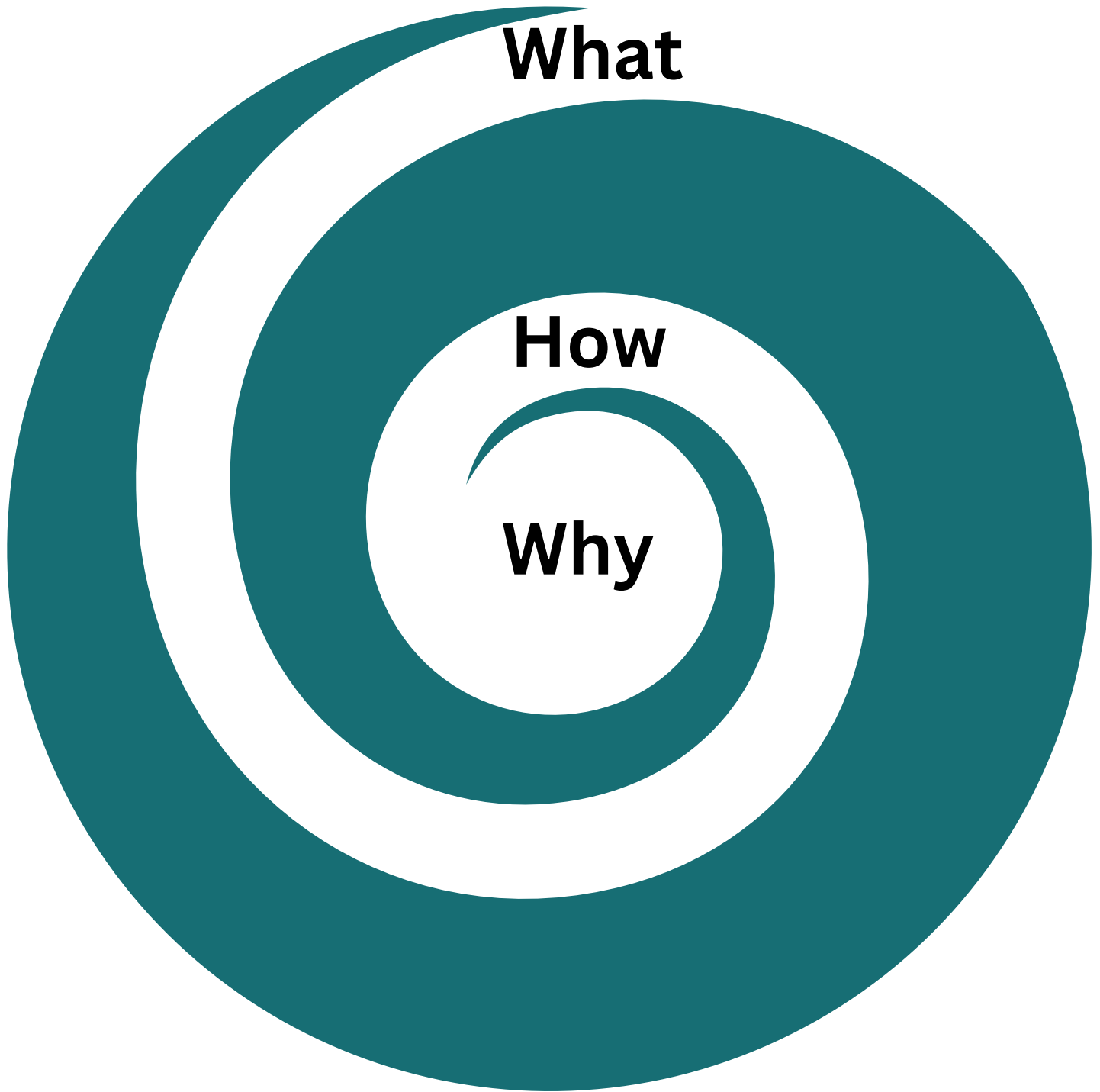


Exploring Life Domains & Refining Your Values



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**An inside-out
approach
to
Life Design**

What do I want?

How will I get there?

Why do I want this?



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Life Domain Example:

Health and Wellness

What do I want?

I want to be supple, flexible, strong, adapted, coordinated. I want to be able to dance and squat. I want fortified organ systems, immune system, endocrine system and nervous system. I want longevity.

How will I get there?

Resilience and discipline (on all levels: physically, energetically, and spiritually). Resilience and discipline. Outdoor and family play. Nourishment and seasonal cleanses.

Why do I want this?

To enjoy a thriving, vital and graceful life. And to meet the demands of the moment adaptively over the long-term



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Life Book of Domains

