



▶ Sample Collaboration Document between Me and My Mind: The Blueprint of ME



The Story of Me:

I'm often asked, "Why did you move here?...You didn't know anyone, and it's so different from where you lived before!" That's a hard question for me to answer. When I moved here, I left a strong network of supportive friends and the precious Sonoran desert that I called home for 30 years. Although the move has been challenging in a number of ways, I continue to trust that I'm being led to the right place, at the right time, with the right people...whatever that looks like! And I'm happy to be here.

Gratitude, enthusiasm, a positive attitude, and openness to new situations have served me well. I've proven to be a fun, adventurous and dependable friend, as well as a loyal, passionate and considerate partner. Although I can enjoy the "finer things in life", the need to acquire money has not been a dominant force in my life. Maintaining flexibility with where and when I work has allowed me choices in life...travel, a simpler lifestyle, and sharing the resources that I do have. I consistently use biofeedback as a meditative practice and read from an assortment of inspirational books. Maintaining a healthy body, mind and spirit is very important to me.

I continue to challenge my belief system (about everything!), attempt to "keep my side of the street clean," and know (in my heart) that whether or not I understand what's happening, it's all good. My life is definitely good.



Interaction Styles and Warning Signs:

I usually show up quietly...assessing a situation before saying or doing much. If I'm stressed, I smile less and get more intent on what I'm doing. My highs and lows are affected by what and when I eat, if I get enough sleep and exercise, and if there's a lot of stimulation around me. If I'm too stimulated by my environment, I "clam up". I'm a good listener and not a very good "storyteller". I'll usually wait for someone to ask me about specific fun times, work, etc. (If you'd like to know more, I encourage you to ask for details, and I'll be happy to talk!) If I'm "engaged" in an activity, particularly nature, music, or dancing, my spirit soars! Negative people and situations greatly affect me and I choose to surround myself with positive, upbeat people. I believe in enjoying the abundant life that I have.

Appreciation for who I am and what I can offer inspires me. I'm a very dedicated friend and love to share...meals, fun times, and other friends. Nature, meditation, dancing and outdoor activities are some of the ways I keep centered and connected to my greater spirit.

I'm very functional and content early in the day. My low energy time is usually early evening. Sometimes I get a "second wind", but on most nights, I'm tucked in bed by 11 pm.

Expectations of myself and others can get in the way of feeling at peace. I make a practice of "matching my words and actions" (i.e.: I'll go to the gym 3 times a week, or I choose to have a friendship rather than a romance with a particular man). If people have unspoken expectations (or not communicating), I get resentful. I deplore gossip, try to be respectful of others, and appreciate the diversity of my "chosen family" of friends. I've made a commitment to communicate my needs and desires with those close to me, and I request the same in return. These are external clues that may show me that I'm stressed.

If I'm angry, anxious or scared, I can be stubborn, scattered and accusatory. Sometimes I withdraw (or avoid people) if I don't know how to defend myself. At times like this it's helpful if my friend (partner, family, colleague) says something like, "I can see you're really upset and I don't want to make things worse for us. Would you like to go for a walk (together or alone), have time away, or let me give you a hug?" Usually the last thing I want is for the other person to leave...even if that's what I say! If time away is requested, it's important to specify when we'll get back together to talk; unspecified time equals punishment to me. These actions will help me to feel safe and continue to be vulnerable sharing my feelings. I appreciate being accepted for who I am, without the expectation of performing in a certain

way. And it's my job to appreciate me, not wait for others to do so. I'm also very open to hearing what others need...it's just easier for me when it's discussed, rather than unspoken and expected.



Expectations that I have for myself:

- To speak my truth
- Not take anything or anyone too seriously. Laugh a lot!
- Ask for what I need (or want), and not do anything out of obligation
- Tell what's going on inside my head, rather than making others guess
- To be my authentic self, rather than withholding feelings or concerns
- To be interdependent in my relationships, contributing and learning in our greater world



Questions to return to a State of Peace:

The purpose of this is to have a third party mediator, of sorts, that will help me return to a state of peace when the need arises. If at any given time I feel there's something out of place, I will ask myself the following questions within 12 hours:

1. If I had to say I was apprehensive about something right now, what might it be?
2. Is there something challenging me that has nothing to do with me, but is somehow affecting me?
3. Am I speaking my truth? Am I getting what I need? Want?
4. What am I afraid of?
5. Is there someone I can call on to help me, or is there something I can do to help turn my thoughts around? Go for a walk, dance, play in the garden?
6. What is the story that I am believing?
7. Why are you believing this thought? How is it serving you?
8. What are ways you can be gentle and kind to yourself right now?
9. What about this is funny?
10. Where is the gem?
11. What do I need?
12. Where can I find peace?
13. On a scale of 1-10 how would you rate where you are? What would it take to get to the next level up?
14. What am I grateful for?
15. How can I serve others?



Short and Long-Term Agreements

I agree to use this Blueprint of ME as a means to keep me open, allow me to transition things if need be, and to help me remain in a state of peace in all my endeavors. My Short-Term Agreement with myself is 24 hours. My Long-Term Agreement is 3 years.