



# HOW TO FIGURE OUT WHAT YOU WANT IN LIFE

A GUIDE FOR  
FINDING  
FOCUS AND  
TAKING ACTION

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## WELCOME

Hello and welcome. I am Larissa Davis, The Soul Path Artist.

When I began my search for “what’s next?” in August 2016 I had no idea where that quest would lead me. Even more than that, I had no idea what I wanted from life.

All I knew was I wanted to know what I was meant to do...not what I should do, not what I thought others expected me to do. And to find that TRUE answer I sensed I had to look inside.

But inside was an uncharted landscape. I had not dared look there. I had heard the voice of my intuition before but I had always ignored it. I was so unfamiliar to listening to it that I was always well down the road of a course of action before I heard it screaming at me...but by then my ego was invested and I would ignore the warnings and alarm bells of my intuition.

Time and again I found that the choices made in this way were problematic, or at the least not satisfying. I was left feeling empty...like something was missing.

So I began what I now see was my soul quest, the search to unify myself, to listen to my intuition and discover what I *truly* wanted in life.

The exercise that follows is one that made a major impact, positive on my quest. I hope it helps you on the path to discovering what you want from life.

Aho,

Larissa

# THE CIRCLE OF LIFE

The circle of life is a personal growth exercise I did early in my journey. I was struck by the simplicity and power of this exercise to offer profound insight and clarity. This exercise is really helpful in focusing our attention on the area or areas of our lives that need our attention, identifying what we can do to be happier, and what obstacles are stopping us.

## WHAT TO HAVE

- Page 4 of this PDF printed out, or a piece of paper to recreate it on
- A pen or pencil and, if you like, markers or crayons
- 15 uninterrupted minutes
- A comfortable place to sit

## OPTIONAL BREATH MEDITATION

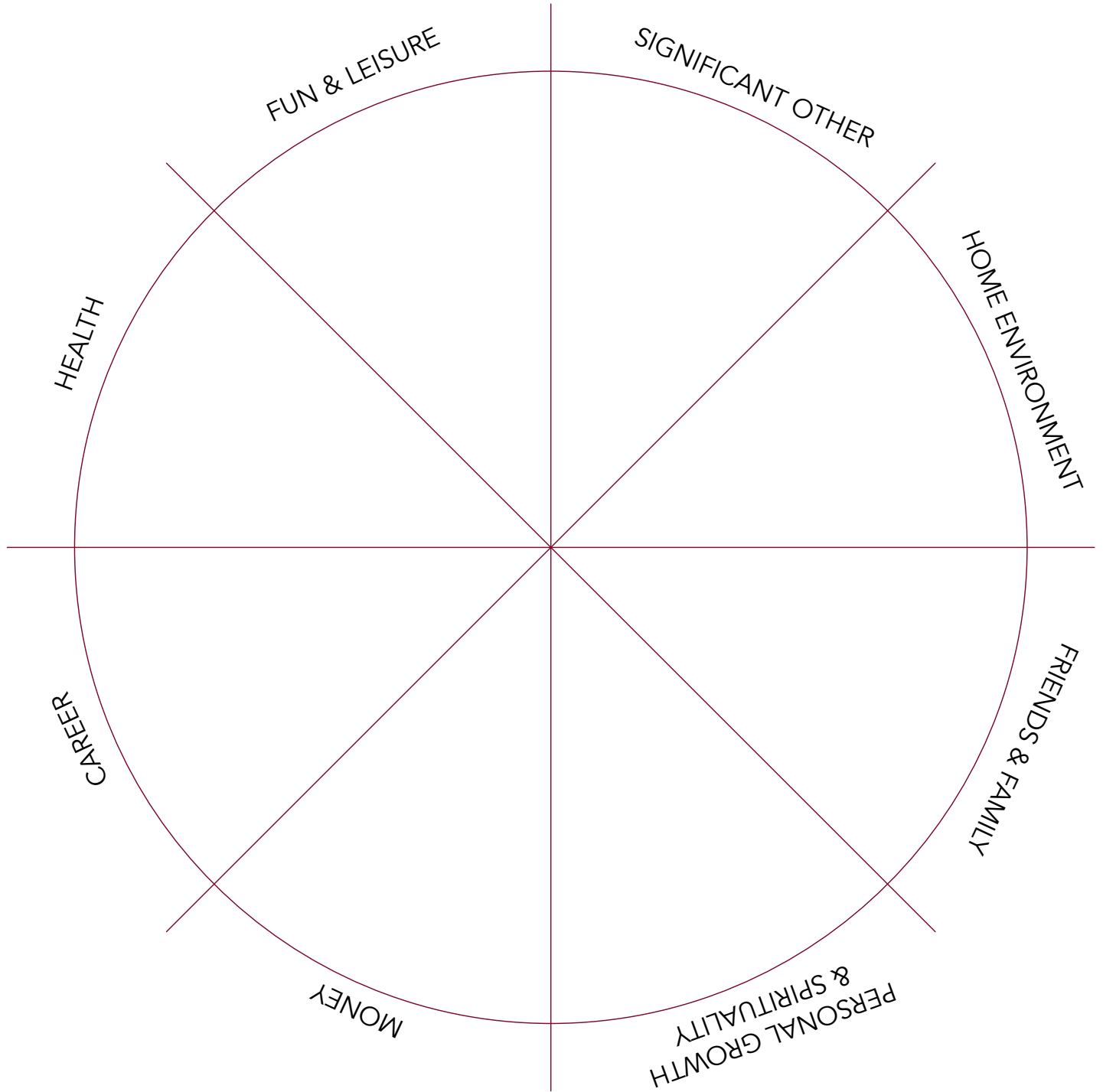
I like to begin my Soul Path work with a simple 3 breath meditation. I highly recommend it. I start by paying attention to my breath, allowing it to slow down to whatever speed is comfortable. Then I devote the first breath or set of breaths to LETTING GO of any stresses or worries that are asking for my attention. I assure them I will be available to respond to them shortly. I devote the next breath or set of breaths to RELEASING EXPECTATION from myself about what I am about to do. And the third breath or set of breaths is devoted to coming into this moment, and feeling my body. I notice any tense areas and deliberately direct my breath into those areas, letting go of the tension as I breathe out.

## CREATE YOUR CIRCLE OF LIFE

1. Review the 8 areas in the graphic on the next page and think what a satisfying life might look like for you in each area. Go through each area and dream into it. Engage your imagination.
2. Fill in each segment with your pen, pencil, markers or crayons to the level of satisfaction you feel in that area of your life as it is now. Give each area a number from 1 to 10. Imagine the center of the circle is 1 (least satisfied) and the outer edge is 10 (completely happy). Fill each segment in to roughly that amount. It is not an exact science, here, it is just to give you a visual of what these areas of your life look like. There is no right or wrong. This is not a test.

**TIP:** stick with the first number that jumps into your head. When you think about an area and ask for a number, your intuition will send you the information right away. Your logical, reasoning mind will want to second-guess it, or want to change it (“Oh, we should be happier about our career!”). Don’t let it!

3. Write the number (“score”) above the name of the section and add the date somewhere on the page.



**IMPORTANT NOTE:** Feel free to rename any area that does not feel important or is not relevant to something that is.

## TAKE ACTION

Now that you have completed your Circle of Life it's time to analyze the results.

Pick the areas with the lowest scores and go through focus them one at the time, thinking about the following three questions.

- 1. What would need to happen for you to move up one point on the scale by this time next week?**
- 2. What might stop you?**
- 3. What can you do the overcome this obstacle/how can you prepare?**

Repeat the quiz for as many areas as you'd like to be focusing on.

## LET ME KNOW WHAT YOU THINK

I would love to know how this exercise affected you. What insights did you get? What do you plan to do based on what you learned? What steps do you plan to take to GET WHAT YOU WANT in your life?

You can share your results with me and the others in the Soul Path Tribe on **The Soul Path Network Facebook Group** where you will find a community of people devoted to personal and spiritual growth through creativity.

Namaste!

Larissa

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