

Adapted from:

Chapter 33: “Getting Personal” of Alexander Laszlo’s book manuscript “Evolving with Heart, Dancing the path of syntony.”

Your Personal Design

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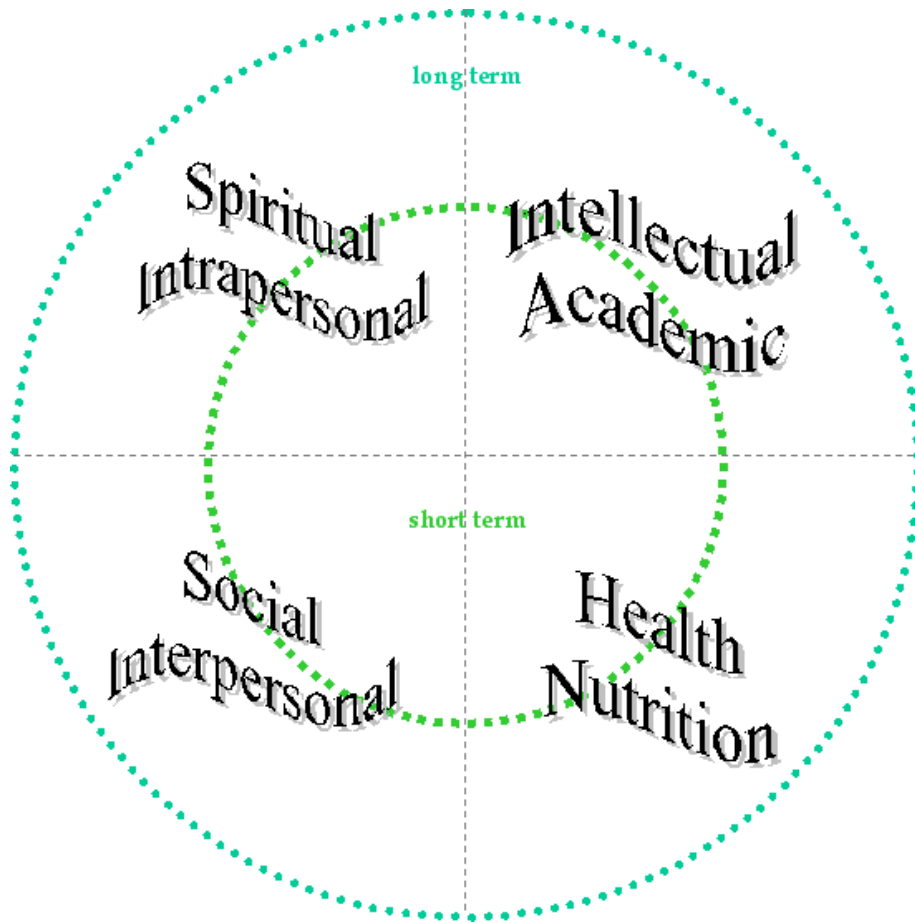
Does change happens to you or through you? Are you living your life in the most fulfilling, most meaningful, most healthy, and most sustainable way?

Whatever your current situation is, you can always do something about bringing more syntony into your life. Here, we offer some guidelines for you to create your life design, your personal syntony quest, so that you can start moving in the direction of your ideals:

Step 1. Fantasize your future

If you could be anything you wanted to be ten years from now, what would you be? Now, imagine ten years have suddenly flown by and the future is now. What are you doing today? Think in terms of these dimensions:

- intellectual/professional dimension
- health/nutrition dimension
- the social/interpersonal dimension
- spiritual/intrapersonal dimension (which could include a religious/transcendental dimension)



This process helps you paint a portrait of the life you wish to lead. The synergy is internal, and yet, if it is well balanced and dynamically in tune such that the balance among the 4 is responsive to (and creatively influences) the socio-physical environment in which you live, then it will also be in synergy with your world and with your planet. After you have described the dynamic balance of your life through these dimensions both in the short and long terms, then you can visualize key desirable milestones for your self, your family, and your community.

Milestones

	<i>You</i>	<i>Your family</i>	<i>Your community</i>
<i>1 year</i>			
<i>5 years</i>			
<i>10 years</i>			
<i>20 years</i>			

Step 2. Identify your motivational passion

Try to think about the themes and topics that always capture and hold your attention. Think in terms of issues, topics, events, experiences, courses, projects and activities that you have both enjoyed and been challenged by. Start to write these things down and when you have some ten or twenty words in your list, look at what it tells you. What you are looking for is consistency. Do the items on your list have a common theme that ties most of them together? Not all of the passions you have identified will be linkable, but that doesn't matter. What you are looking for are the broad themes. The point is that you can align your personal and professional development so that it is in syntony with your potential to fulfill yourself while at the same time keeping your life in balance (which is an other aspect of syntony).

Step 3. Portray your present

In this step you do exactly what you did in step 1, except that this time don't evaluate your life ten years from now, evaluate it as it is today. Go through the 4+ dimensions and create a realistic portrait of the balance (or lack thereof) that characterizes your current style of life.

Step 4. Identify the gaps and make commitments for change

So what do you end up with after going through all this? You end up with a rich picture of what your ideal potential-filling future is and a basis for comparing it with your life as it is at present. You need to take the results of step 1 and compare them to the results of step 3. Are they different? If so, what are the dimensions that need more attention? How can you work back from the ideal image you created so that you can gradually approximate it in the years to come? By creating a positive image of a future state toward which you can move, you set up your own personal life attractor. Do a "gap analysis" to determine the areas in which your current life style is heading you away from, rather than toward, that attractor, you can see what tendencies and what habits you need to work on to bring'em in line! Your motivational passion should be the energy to start the change process.