

Week 2. STRETCHING THE CANVAS – AN INTEGRAL EVOLUTIONARY CONTEXT



DISCOVERING YOUR CURRENT PRIORITIES

To figure out your priorities, it helps to take a careful look at your life, your life choices, your behaviors and actions, more so than considering what you dream about or what you care about when you pause and go deeper (which could point to what you'd *like* to be living but are not actually living). Your daily actions and thoughts are more telling of your current context. They come from your deeply-held beliefs about your self and life. So, I invite you to have an honest look at how you weave together your life, your world. Do this with a loving, perceptive regard toward yourself and your life. Think back over the past week... Notice what you spent your time doing, thinking about, worrying about, wishing for... What did you focus on, what were your interactions with others about...? When you had to make a decision, what swayed you one way over another...? And then, respond to the following questions:

*** What are your top 10 priorities** (fueled by your top values and beliefs)? To provide for your family? To be loved? To be healthy and fit? To lose weight? To wake up? To face your shadows? To approach your parenting as a spiritual practice? To focus on your career? To find a new job? To avoid conflict? To pass an exam? To relax? To.... ?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

* And from among those 10, **which 3 are predominantly important in your current life?**

* Of these three, which order reflects most honestly how you live your life? **Which one do you place first, which one second and third?**

- 1) _____
- 2) _____
- 3) _____

Becoming aware of our present context **is the first step** in aligning our lives and our parenting with what we know in our clearest moments to be true and sacred.

Once we have clear sense of how we presently weave our lives together, what we currently prioritize and live, we can take the **second step of expanding our context** (which may involve changing or reprioritizing our beliefs and values) and from there, notice if there is a gap between how we currently live our lives and parent AND how we would *like* to live our lives and parent to more fully reflect and embody our deeper, truer values that arise in an expanded context.

Our **third step** is to **make new, conscious choices**. Possibly including a lot of what we are already doing and being... and likely also changing some, to align our actions with what we sense really matters to support our children's flourishing and development. And in this way we become more congruent, both in our own lives, as well as for our children.