

Personal Power Passion & Purpose DIY Coaching

Reshape Your Landscape

Evelyn Olivares

Presents

Personal Power, Passion & Purpose

Assimilating

The Power of Neuro Linguistic Programming

Growth and Healing with The Enneagram

Mythic Identity of Archetypes

Passion & Purpose video 1

Cracking the Code of Passion & Purpose video script - Based on Dreams

1. You can remember a time now, when you were a child between 0-7 years, go to a time in your past where you can reflect on and bring into your awareness an idea of what you wanted to be when you grew up? Or, you can recall something you wanted or loved to do? (Perform – Sing/Dance – be a Fireman – Nurse... What was it for you?)

Write your thoughts below

2. Looking at the event now and your past self, If you were to know or guess the age of the past self, how old you were when you ____ (liked performing, being a fireman or nurse)

Write you age here at the first event: _____

3. That's right... Closing your eyes now... float up in the air above now, sailing all the way into the past, and right into your body when you were ____ what age was that again? 3,4,5... and answering from the point of view of the child of that age, even if you do seem to use grown up words and concepts, what did you love about what you wanted to be, or love

write below what did you love about being Being a performer – fireman - nurse –or whatever it was for you as a child)

4. And what did you love most about that?, describe the feeling of the child when doing exactly that..._____ (excited - happy – proud – full of energy - loved).

5. Empty out... let it go...

6. Is there anything else you love about _____ (performing, being a fireman or nurse) or, **Is there any other purpose to you doing that** _____ (performing, being a fireman or nurse)

7. Does the ____ (3,4 5 year old) feel that they have expressed all the reasons they loved ____ (performing, being a fireman or nurse) now... **is there anything else?**

8. Is there any other time between 0-7 the child wanted to be something else? **(repeat above process)**

What was that? **(pause the recording...write it down in your journal).**

9. Looking back at what you have written down you are looking for anything that jumps out at you as being really important... reoccurring themes or expressions, something you seem to have repeated many times, or envisaged e.g. "free to speak", or "felt loved", Free to be etc",

10. Highlight with different coloured pens or markers the words of expression with similar themes of archetypes. ***Refer to the chart in your notes "Subtypes, Keywords & Movie Themes of Archetypes".***

- ## Mapping Your Vision based on Dreams

- a) Exploring dreams

Passion & Purpose Archetypes

What you're most Passionionate about
What you're really good at, but less passionate about
In a Picture Perfect World - Your Highest Ideals?

Clearing Shadows and Clarifying Direction

Bringing to Awareness The Ideal Self –

Available to you with Evelyn as your personal coach

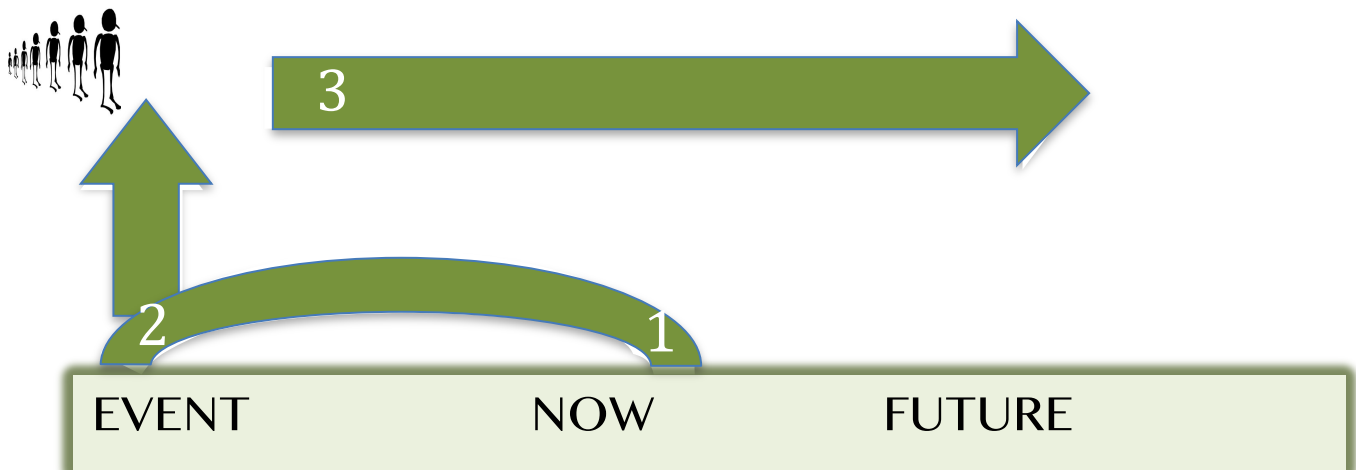
Turn the page of your journal and celebrate a new destiny by writing down or creating a mind map of your highest Ideals... what do you consider are the most important Values in Life. This you will do in Light versus Shadow because in every Archetype you will find Light and Shadow behaviour.

..... *more*

You can test your results by re-plotting your Ideals and re-ranking them now.

- how close to your ideals do you feel you could accomplish?
- what will changing this give you?
- doing things differently now, what is the next important step you could take to achieve the highest level in your ideals

“Clearing Negative Beliefs and Emotions - Shadow Clearing



- 1) You now understand that living in shadow, means you're not allowing yourself to shine or stopping yourself from getting the results you desire and so deserve. Shadow archetypes are limiting and negative beliefs or emotions and are like the handbrakes that can sabotage the achievement of your goals and vision.

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Ask your past self if it's OK if they'd like to join you on a journey of discovery to gain some more resources and let go of these old emotions and beliefs. You're doing great... *...get more with personal coaching*

13. When you are ready come back into the room, only as quickly as you can let go and embrace all the resources available to you now... and as you do that now, notice the milestones along the way that supported this goal.

With all the resources in place... come back to now only as quickly as you can let go of all those old negative emotions and beliefs

Test. How do you feel inside...

In Pursuit of Personal Power, Passion & Purpose

Your Ideals

In Light

In Shadow

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