

ILLUMINATE 2020

ILLUMINATE YOUR PERSONAL DEVELOPMENT PATHWAY

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TAKE SOME TIME TO REFLECT AND ILLUMINATE...

If your financial needs were met for the rest of your life, what would you do?

If you were to go back to school/university, what would you study?

If you could have world class skills in any area at all, and download them like Neo in The Matrix, what would they be?

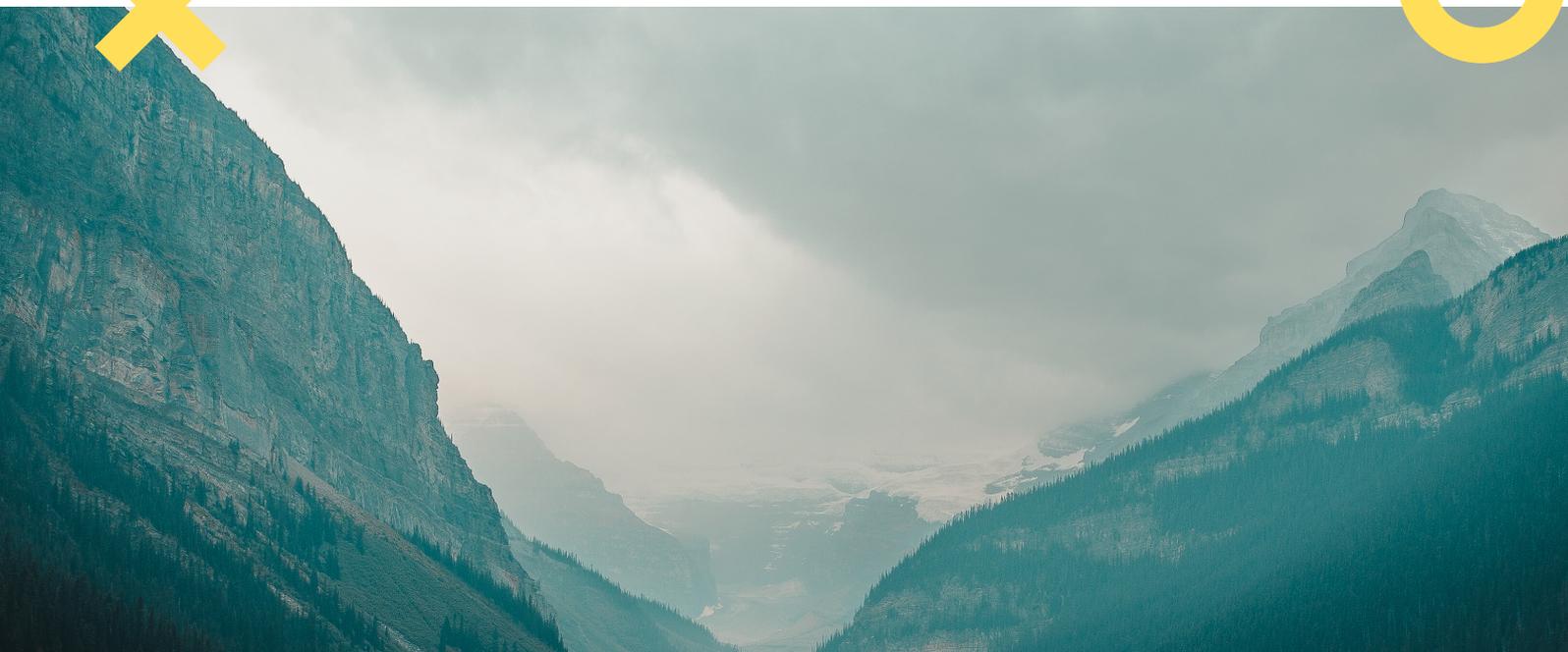
If you were more confident/less fearful, what would you do and how would you be differently?

What are you good at, what seems to come more easily to you than others/most?

What types of activities replenish you?

What are you willing to do even if it taxes you?

What do you do for its own sake, independent of the results it gets or acknowledgement?



What is your attention repeatedly called to?
What can you not pay attention to?

When have you felt or do you feel the most alive?

What lights you up?

What are you particularly curious, fascinated or passionate about?

When have you experienced the greatest sense of satisfaction?

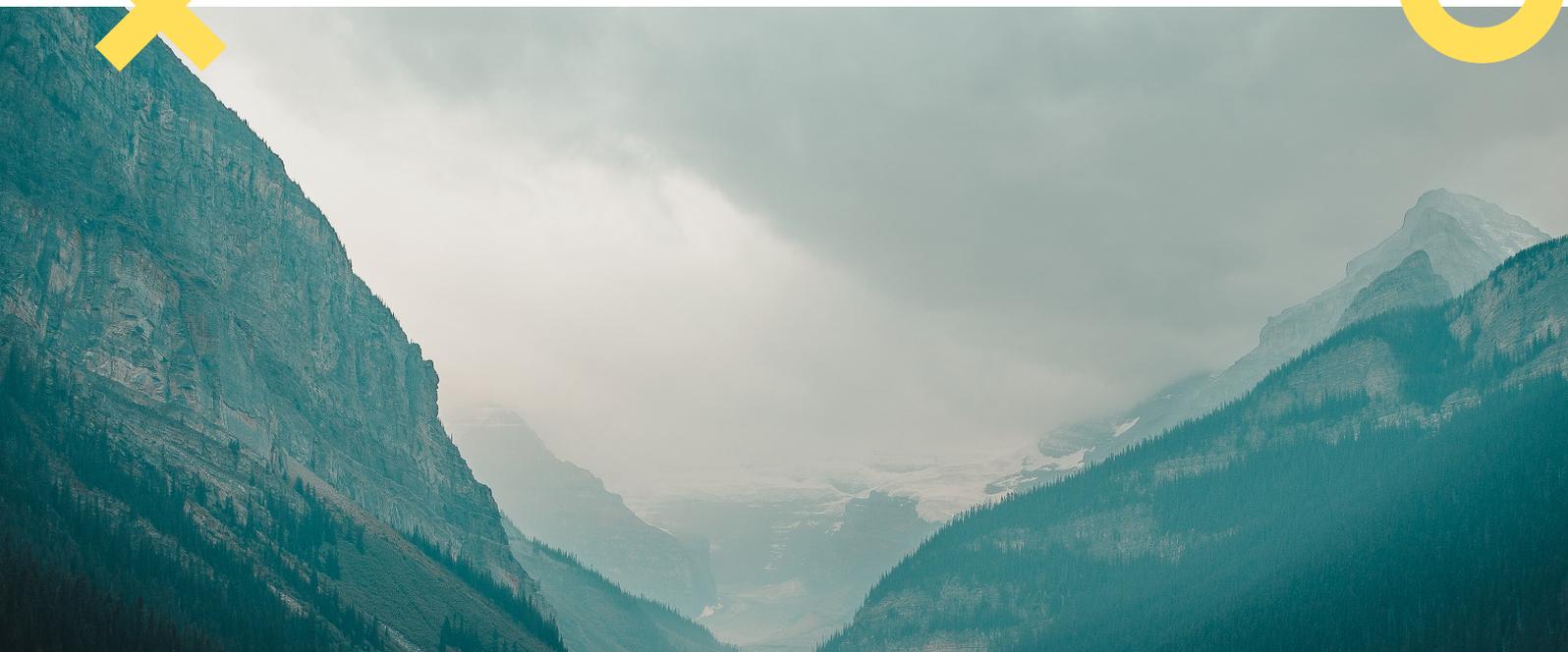
What would you most like to do IF:

You were better with people
(More engaging, influential, persuasive, charismatic, empathetic,
compassionate, understanding)

If you were better at regulating emotions?

If you felt whole, connected and supported?

Ask yourself what you would do those things for? For what purpose?
What would that do for you, allow for etc





What behaviours that you do, bother you?

What do you feel shame, guilt or anger about?

What types of behaviour in other people bother you the most?

Who inspires you and why?

Who do you respect most and why?

What have been your greatest challenges/pains?

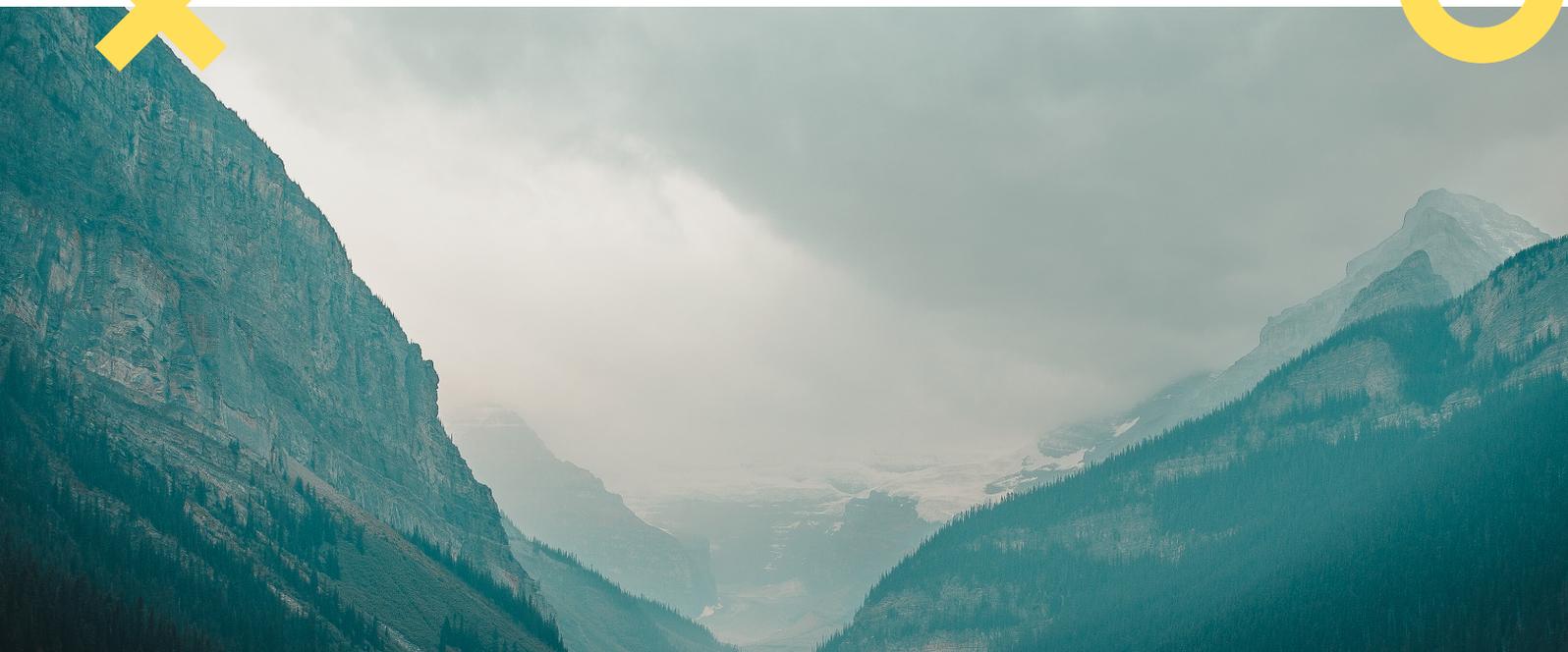
Where do you feel stuck?

Where are you reactive rather than creative?

Where are your goals the result of old wounds? (compensation,
validation etc)

Where are you running outdated patterns of behaviour that no longer
serve you?

Where is fear influencing your choices?





Where are you not living aligned to your values?

Where does there seem to be conflict between things that you desire?
Where is your sense of limited capacity limiting what you can focus on?

What words do you often use after the word "I" that limit you? (eg. I am
"x", I feel, I can't, I am too, I am not, etc)

Where are you acting out of reactivity, habit, unconsciousness?

Where do you feel trapped by past choices?

Where are lack of self worth or self trust keeping you from showing up
in greater service?

Where does your life seem imbalanced?

Notice what has been illuminated for you throughout the process of
responding to these questions, any areas of development that have
arisen, things you would like to let go of, directions you would like to
take, more questions you would like to explore.

What are some immediate steps you can take towards putting insight
into action in 2020 and beyond? Who do you need to be to do this?
What skills, resources and people do you need to help you do this?

