

Living Aligned Framework
(so far anyway, it's a work in progress)

Vision	<ul style="list-style-type: none"> • Revealing your Vision <ul style="list-style-type: none"> ○ Who am I? ○ What matters? ○ Gifts I bring the world 	Values Stories and Symbols Guided Visualization Getting to the Core Magic Wand Circle of Influence
Beliefs	<ul style="list-style-type: none"> • Beliefs That Help or Hinder <ul style="list-style-type: none"> ○ Dis-covering ○ Reframing ○ Believing 	Conflict: values chaffing Money and Time Be - Do - Have Abundance and Scarcity Love and Fear Shadow Dancing
Support	<ul style="list-style-type: none"> • Support Systems <ul style="list-style-type: none"> ○ What helps you bloom? ○ Multiple avenues and approaches ○ The 'appropriate' support can make all the difference 	Who, what, where, when, why and how Ideal environment to fit me (physical and human) Self Care and Nurturing Learning in Relationship Learning and Change Learning style Boundaries Timing, approach, context, messenger The Committee of Characters (qualities) Integrating Collage Animal totem
Creativity	<ul style="list-style-type: none"> • Creative companion <ul style="list-style-type: none"> ○ Opening up perspectives ○ Offering new choices ○ Exploring new relationships and connections 	Painting, Drawing Poetry, Prose, Storytelling Sculpture Dance, Movement Music, Soundscape, Song Theatre Play

**Where do you want to begin –
visioning, beliefs, or support systems?**