



Owning the RED Dot

Worksheet

Much self-improvement work is about being some other way or getting somewhere else. For example, when I get that job, that body, that number in the bank account, that relationship...THEN I will be happy, peaceful, and inspired.

This is particularly true in business and fitness. Yet the wisdom of the ages agrees that the **power is Here and Now**. Later never comes. Any process that encourages you to leave power here, where it is, to chase it where it isn't, is sure to fail.

Living On Purpose is more about BEING HERE than GETTING there. It's about LIVING NOW rather than in the later that never comes!

Every process of navigation includes a reference point of where you ARE. The directory at shopping malls has a RED Dot that says YOU ARE HERE. When we are lost or can't get where we want to go, we discover where we are. From "HERE" (where we are) the next steps to where we want to be become obvious every time..!

Discovering Your Essential Self works with the exact same process. If you want to give your Gift, live your Purpose and create the Vision you have of a better self and world, there is only one place you can ever start... it is **HERE, On Purpose Now**.

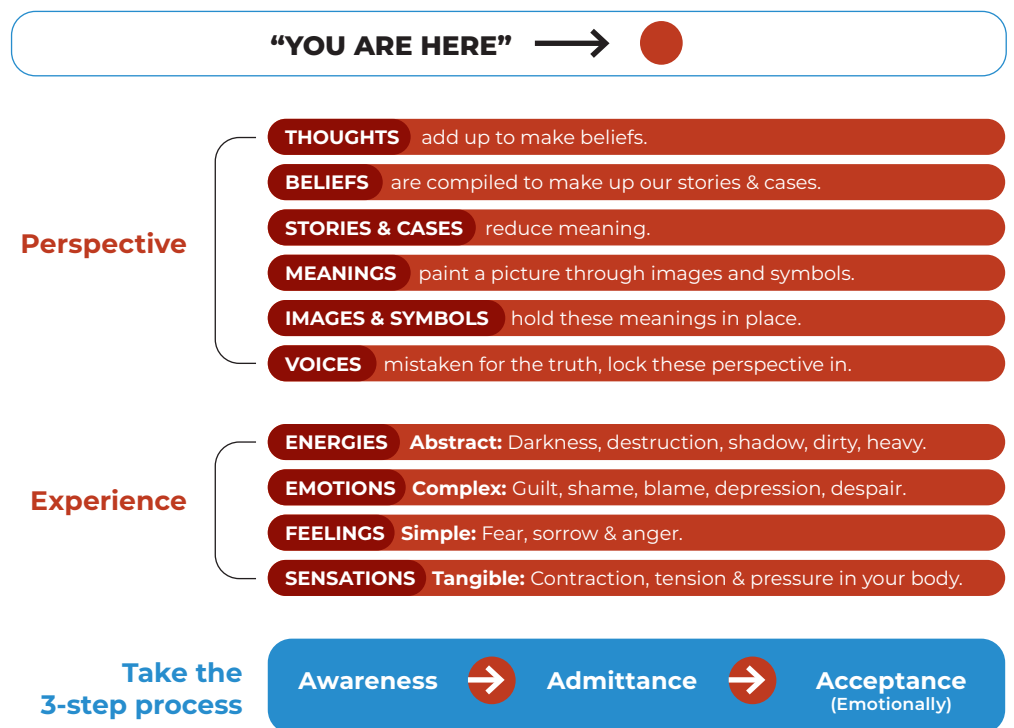
The RED Dot Worksheet is a tool to provide a clear picture of where you are in your current **Perspective and Experiences of any given situation**. More importantly, it brings you to the time and place where the perennial wisdom agrees there is power. It brings you to **Here and Now**.

Owning the RED Dot

By now we have a perspective and experience of most everything. When I say “red ball” you see it instantly, or grandmother, or horse. One body of research shares that our Ego thought system launches in its entirety in 1/10,000th of a second. That’s fast. Seeing this system for what it is can be the ticket to freedom and purpose.

Below is the anatomy of the RED Dot. Seeing what is making up our perspective and experience, can also show us the way to purpose.

Study the diagram and then consider using the following **RED Dot Worksheet** as a written meditation to write your path to freedom.



By now you have a predisposed perspective and experience about everything. **THIS and nothing outside of you is the source of all pain, suffering and misery you perceive and experience.** You choose between but 2 choices — **judge** or **accept** this. You can decide how you perceive yourself, life, other people and what you experience. **You are only a victim when you have perceived it as such.**

All you ever defend are your perspectives and experiences. Once you have identified and accepted your RED Dot, ask **“is this a conscious expression of my Gift, Purpose and Vision”?**

Instructions

- 1** **Print and keep several copies** of this guide module in places where you have easy access to it for reference.
- 2** When you are activated, confused or upset, **use it to identify your current “Perspectives and Experiences” — Your RED Dot.**
- 3** **Practice being where you are!** How can you be anywhere or anyway else? It is ok to be you, right where you are, exactly what you are thinking and feeling. There is power Here.
- 4** From this place of presence, learn to hear the Voice of Purpose, but don't rush it. The Ego is in a hurry driven to prove fear is real, purpose is somewhere else. **See if you can learn to catch the Ego scams and slow it down to be right here, right now.**
- 5** Then, hear the Voice of Purpose show you the next move and **run the next play.**
- 6** Try to remember this **several times a day**, yet don't judge yourself when you fail. Use this to practice the sport of Living On Purpose.

Day / Date: _____

To prepare: Think of a situation or relationship where you'd like to increase your sense of Freedom / Power / Peace / Joy / Inspiration, etc. Let the scenes that come naturally play in your mind, paying close attention to the details and feelings.

Name the situation with a phrase. For example: In the situation with Charlie Brown and Lucy, regarding how we make decisions about dinner, I'd like more Freedom, Power and Inspiration.

1. In the situation with _____
regarding _____

I would like more - (check all you want OR list your own below)

Freedom Power Peace Joy Grace Inspiration Passion Connection Abundance

Follow the sentence starting prompts below. Let your perspectives and experiences **pour** onto the paper unedited and without judgment. The objective is to see them. **Say in your mind "In _____ situation":**

Witness your Perspective:

I think... _____

I believe... _____

What this means to me is... _____

The story I'm telling myself is... _____

The case I am making is (for/against)... _____

The voices I hear & images that come to mind are... _____

The victims are... _____

The villains are... _____

The heroes are... _____

Witness your Experience:

The energies I see are *(describe them - creative/destructive, light/dark etc.)*... _____

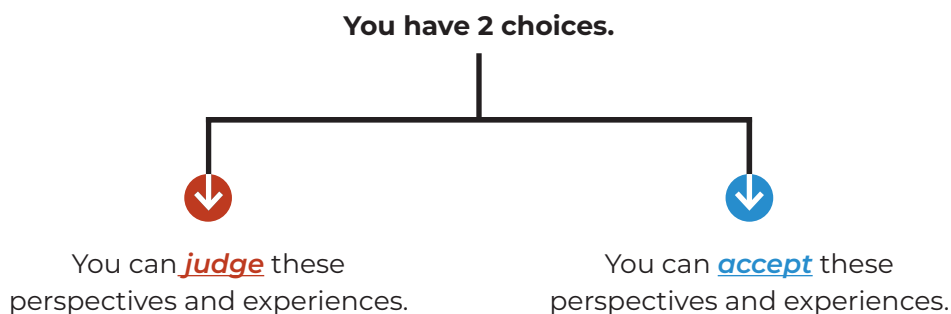
My emotions are... _____

My feelings are... _____

The sensations in my body are *(name them: a pit in my stomach, tight in my throat, burning windpipe, headache etc.)*... _____

Now you have it.
YOUR RED Dot about this situation.

“YOU ARE HERE” → ●



➔ **THIS** and nothing outside you is the source of all pain, suffering and misery you perceive and experience.

➔ Once you have **accepted** “this is Your RED Dot”...

ASK – Are these conscious expressions of my Heartfelt Intentions or a devotion to giving my Gifts, living On Purpose and creating the Vision I have of a better self and world?

ANSWER Yes/No _____.

IF your answer is no, ASK – How shall I proceed On Purpose Now?

❓ **What are your options, how shall you give your Gift, live On Purpose, and build the Vision you have of a better self and world?**

❓ **SLOW down and listen, your Purpose itself will reveal this to you!**

List 3 options for how you can express a greater sense of Freedom, Power and Inspiration:

- 1) I could... _____
- 2) I could ... _____
- 3) I could... _____

➔ It is imperative that you make a decision On Purpose and choose how you will act on that decision.

I am deciding On Purpose Now to: _____

➔ Run the next Play ...