2.4 Know Oneself and Be True:

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Exploring Life Themes & Purpose, Unique Design & Blue Print, Goals

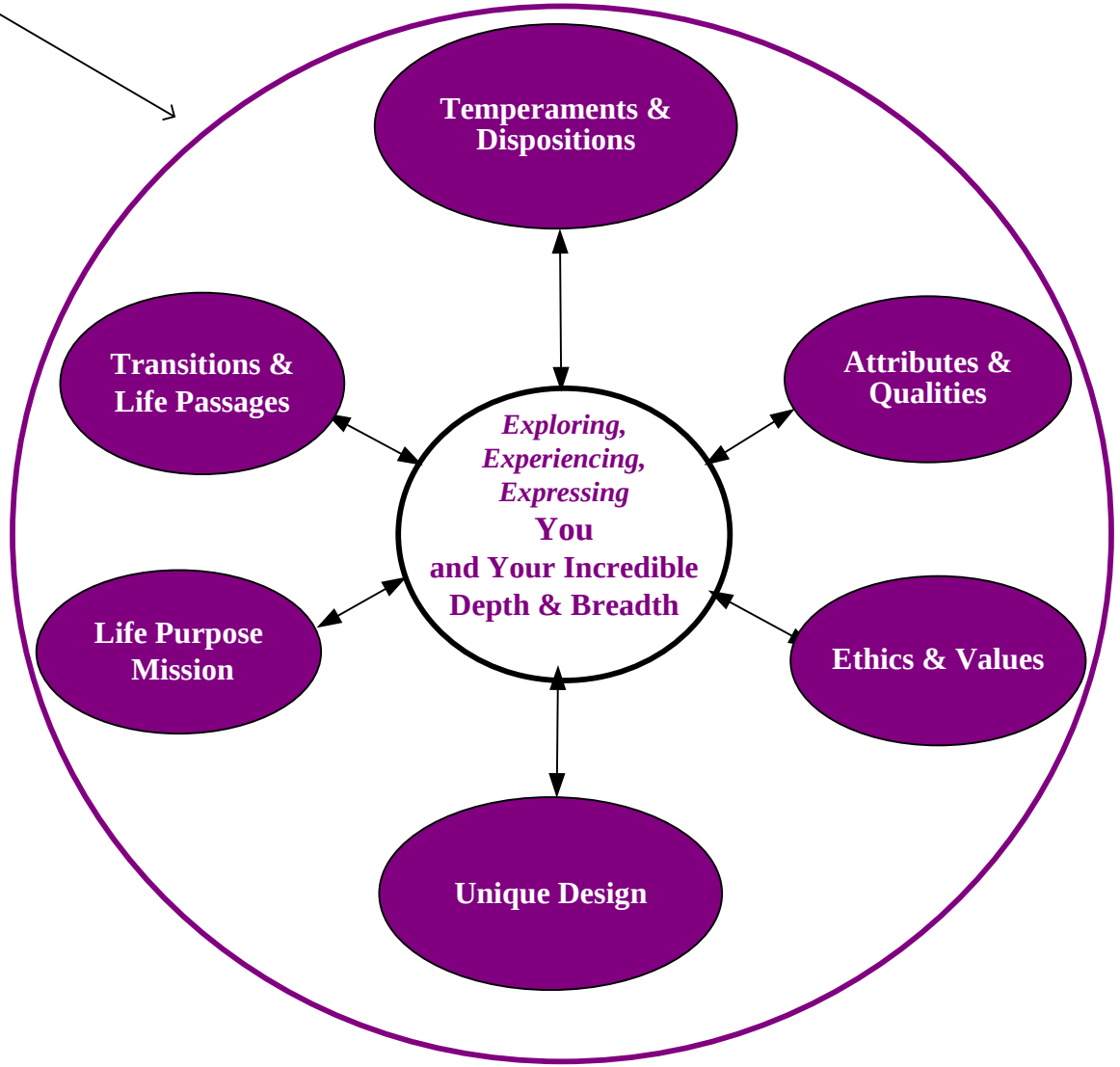
Experience Self - Enhancing Integrity, Authenticity, Autonomy, Self Esteem...

Rough Draft

The Beautiful Discovery

Click Any 'Pedal' on Symbol to Explore Subject

Click for Synthesis Chart of Know Oneself (Left Brain Overview)



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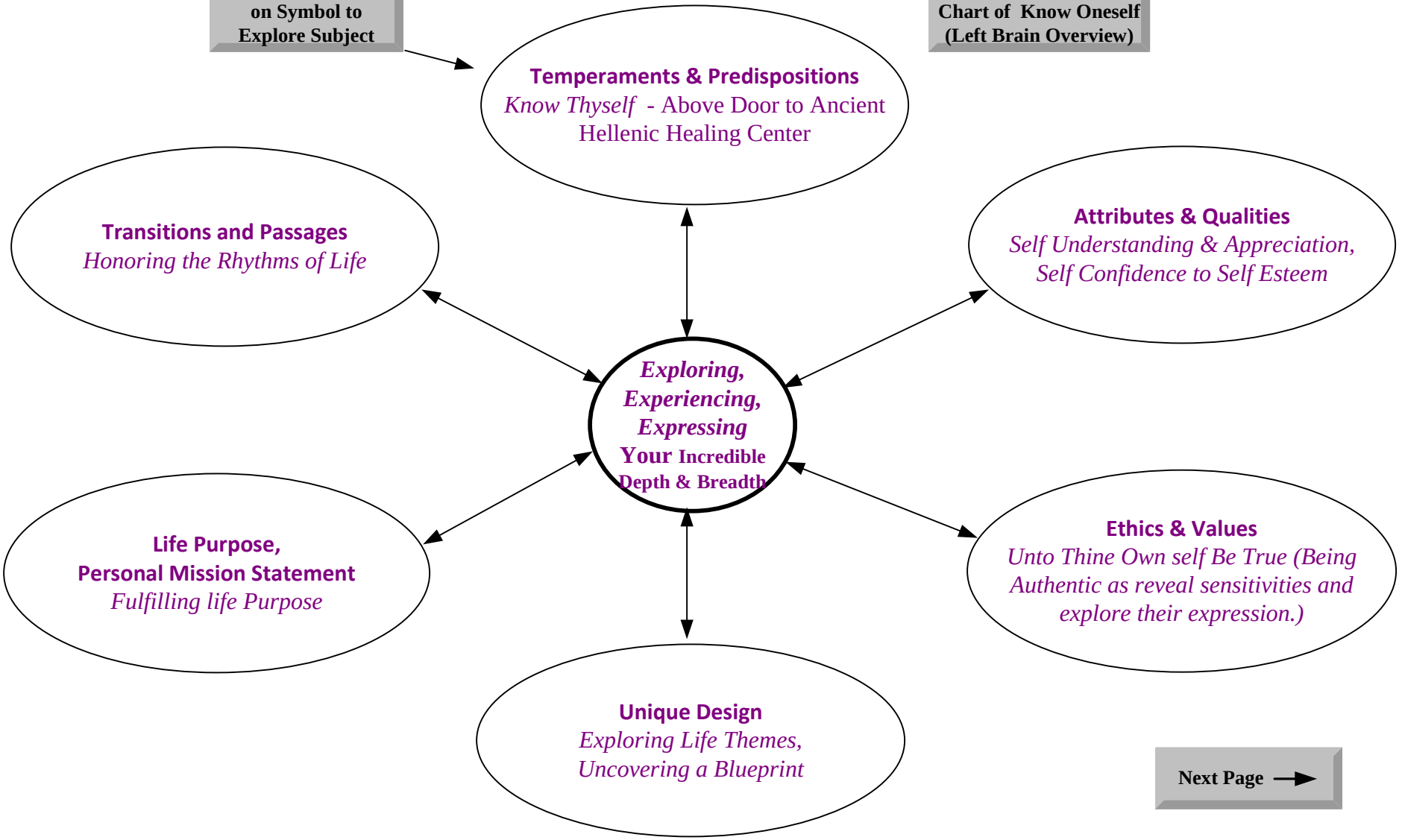
Experience Self - Enhancing Integrity, Authenticity, Autonomy, Self Esteem...

The Beautiful Discovery

"To Know Oneself... Symbol's Details Chart"

Click Any 'Pedal' on Symbol to Explore Subject

Click for Synthesis Chart of Know Oneself (Left Brain Overview)



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MEN'S LIFE ARCHITECTURE

2. Men Designing their Life Architecture

2.4 Know Oneself and Be True

Exploring Life Themes & Purpose, Unique Design & Blue Print, Goals

Our Life' Roles

The Beautiful Discovery *Rough Draft* ***Experience Self - Enhancing Integrity, Authenticity, Autonomy, Self Esteem...***

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A. Temperaments & Predispositions - *Know Thyself* (Sign Above Door to Ancient Hellenic Healing Center)

Temperaments & Personality: Types/Profiles/Surveys

Styles: Expressive, Interpersonal, Work, Emotional, Intellectual; Extrovert/Introvert, Think/Feel, Intuition/Sensation, Perceiving/Judging; Caloric, Phlegmatic, Sanguine, Melancholy (colors)

Left Right Brain Dominance Head - Heart Balance

Balancing the Feminine and Masculine

Identity Influences: Gender, Age, Race, Culture

Life Style Preferences

Know Thyself Synthesis Chart (Left Brain Overview)

Da Vincian Self Assessment

Exploring - Insatiable Curiosity
Pragmatic Experimenting with Knowledge
Sensation - continually refining senses
Embracing ambiguity, paradox, and uncertainty.
Balancing Art/Science, logic and imagination.
Cultivating Physical Being - Fitness to Fluidness
Interconnectedness - Systems Thinking.

B. Attributes & Qualities - *Self Understanding & Appreciation, Self Confidence to Self Esteem*

Gifts & Talents Self Assesment

Vocational Dispositions

Realistic, Investigative, Conservative, Entrepreneurial; Data, People Things;

Leadership Styles

C. Ethics & Values *Unto Thine Own self Be True (Being Authentic as reveal sensitivities and explore their expression.)*

Ethics Assessment

Core Values Statement

Integrity (Wholeness) & Autonomy - Character

Personal Culture Statement

- Purpose & Will
- Love & Compassion
- Wisdom & Discernment
- Fairness & Justice
- Responsibility & Stewardship
- Empowerment
- Respect & Liberty
- Integrity & Truthfulness
- Harmlessness & Reverence
- Patience & Equanimity
- Courage & Service

D. Unique Design *Exploring Life Themes, Uncovering a Blueprint*

Core Being -Human Design

Archetypes: Fundamental

King/Queen
Companion/Lover
Priest/Priestess
Warrior/Amazon

The Path of Life through 12 Archetypal stages.

12 Life Lessons - "Hercules Trials"

12 Archetypal Attributes

Life Destiny

Creativity and Confidence	Vision and Acceptance
Cooperation and Balance	Trust and Openness
Expression and Sensitivity	Abundance and Power
Stability and Process	Integrity and Wisdom
Freedom and Discipline	Inner Gifts

E. Life Purpose, Personal Mission Statement *Fulfilling life Purpose*

Life Purpose: Inner & Outer

Inner Life Purpose = Being present, in the purpose of the moment
Life Purpose = Your core uniqueness & challenges turned to gifts
Outer Purpose = Doing what you love that serves self & other

Personal Mission Statement

Creating a mission statement for you that expresses your essence, your passion and aspiration and inspires you to live your life fully

Life Goals

Bucket List

F. Transitions and Passages, *Honoring the Rhythms of Life*

7 Yr. Saturn Return

9 Yr Cycles Numrology

10 Yr Seasons of Life 20's, 30's, 40's, 50's...

Passages, i.e.

Youth
Single Young Adult
Married
First Child
First Child Married
Empty Nest
First Grand Kid
Caring for Parents
Retirement
Death of Loved One
Crossing Over

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