



Context vs Content Application Worksheet

Application 1: Personal Philosophy / Personal Context

Sit quietly for 2-3 minutes, breathing rhythmically and slowly as you get centered, grounded and present.

Reflect and fill in the blanks in the 4 statements below:

- Life is _____
- I am _____
- Other people are _____
- In the end, _____

Whether we are aware of it or not, each of us already operates with a “personal philosophy” or “personal context” in our lives. And whether we are aware of it or not, we are already operating with some version of these 4 declarations already in place. This activity is intended to make explicit what is already implicit. It is to bring into view what is already there, what is already creating our particular “come from” and already shaping our Way of Being... already influencing how we “see things” and take Action and produce Results in our lives.

Once you’ve completed filling in the blanks, look backwards: see if you can identify situations that could’ve and would’ve turned out differently... if you had been operating with different declarations in place.

Also, think ahead: see if you can identify situations in which the Results you most desire can be and will be impacted by “where you’re coming from” in these areas.

If you’d like, do this exercise with your significant other / spouse / life partner. If you do so, you will be opening avenues for extremely rich conversation – as well as for more conscious design of your own personal context.

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Application 2: Reflect and answer – in any way you’d like – both of the following questions:

- Who am I?
- Who do I say I am?

Next, reflect and write your answer to the following question: What’s the difference between these two questions? That is, are they basically the same question, with just some semantic differences? Or are they two profoundly different questions? What is your reasoning, your thinking, that has you answer the way you do?

Application 3: Here is an activity you may try out that absolutely rests on – and can bring forth – a context of Abundance:

“Whatever you want for yourself, cause someone else to have it. Whatever you want for yourself, give it to someone else.”

So if you want to be prosperous, cause someone else to prosper. If you want to be appreciated, give appreciation to someone else. If you want to be loved, demonstrate and give love to another. If you want happiness, cause someone else to be happy. You get the picture.

Think about it: You can’t give away something you don’t already have. Try this for a month and see what happens.

Application 4: Declaring (creating a context of) gratitude.

Here I offer another Abundance-related practice.

Every day, preferably in the morning before you get into your workday activities, give yourself 1 minute to sit quietly, breathe deeply... and bring to mind 1 thing you are truly grateful for.

Maybe it’s your health, or your relationship with your spouse or partner. Maybe it’s your children or other family members and the gifts that they are in your life. Possibly it’s a work-related achievement or opportunity or interaction. Maybe you’re grateful that you live where you live, or that you had the parents or early childhood that you had. Possibly it’s simply the abundance of flowers, the warmth of the sun, the gentle rain – or the thunderstorm!

Every day, simply pause and reflect and declare gratitude for something. With just a little thinking, it’s very clear that there are a lot of human beings currently experiencing conditions far worse than those we are experiencing now. Notice that no matter what, you have something for which to be grateful. And declare it.

Try this for a month and see what happens.