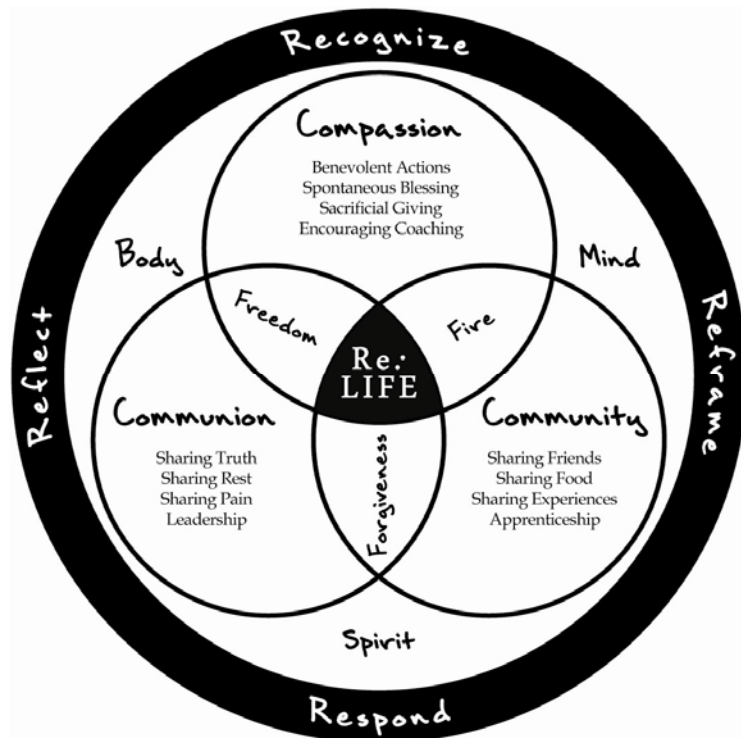


Re:LIFE - Being to Blessing [4-Step Method to Life] Worksheet



Being to Blessing (BtoB) is a transformational Re:LIFE strategy and discovery methodology to help identify the “Myths of Motivation” that cause us to react out of insecurity and insignificance. It is a way to turn from the Gaps in our lives that cause shame, fear and suffering, to opportunities that create and redeem in Life.

*** The Myth of Motivation and this entire strategy is based on the book *Re:LIFE & The Myth of Motivation*.

Moving from “Being” to “Blessing” means that we are given permission to question our current realities and explore the desires of our hearts. There is more to what we just see and accept, and to limit our beings to a shallow reality of just how things are is to dishonour the true image of how and why we have been created. We focus on then moving to a blessing, because for Life, the highest aspiration and expression of love, to be fulfilled, it must go beyond us into the world.

There are three main paths that we travel in the BtoB process. We call these “Pathways of Faith” because it requires us to “Trust the invisible, so we can live the impossible.” These are the pathways of:

Fire: This is creating both an inner fire of vision and passion, and receiving the external fire of refinement that purifies us from that which is false.

Forgiveness: This is when we both forgive and are forgiven so that we can walk in wholeness without suffering from what we call “Relational Poverty.”

Freedom: Experiencing freedom in Life is the ultimate goal, however freedom not really “free,” but requires us to fight for it on our own behalves, while also compassionately fighting for others who suffer in body, mind and spirit.

The BtoB process is broken down into 4 steps:

1. **Recognize**
2. **Reframe**
3. **Respond**
4. **Reflect**

As with all aspects of Re:LIFE in general, we highly recommend that this exercise be done in the context of compassion, community and communion within a Re:LIFE village. This is a completely voluntary exercise and if you feel any discomfort at anytime, you may ask to be excused from participation. We also have Creative Facilitation and Coaching help available.

What is “Creative Facilitation and Coaching?”

We have trained Creative Facilitators and Coaches (CFC) to assist you with the entire Being to Blessing Life-based strategy. A CFC’s role is *not* to give you the answers and tell you what to do. Their role is to simply guide you in a process of discovery to help you reach your own convictions and become blessed to be a blessing. You may also wish to be trained as a CFC yourself and help others experience Life. Please visit our website www.giftofrelife.com/services for more information.

Re:LIFE - Being to Blessing [4-Step Method to Life] Worksheet

Step 1: Recognize the Gap

Don't censor your answers and "reality of being," because we can never fully receive Life until we really experience the Gap.

I want:

--	--

(Optional Name)

(What do you really want?)

because:

--

(Why do you really want this?)

I feel:

--

(How do you feel about this right now?)

because I believe:

--

(Why do you feel this way?)

Map The Gap

--	--	--

Current "Reality of Being"

Where are you/they now?

The Gap of Shame

What are you afraid will happen if you/they don't cross the Gap?

Expected Standard of "Good"

Where should you/they be?

Step 2: Reframe with a higher regard for Life

Ask yourself the following questions about the Gap. Answer what you can. There are no right or wrong answers.

Is your current reality based on truth?
What part is or isn't and how do you know?

1.

Will fixing/filling this Gap really bring peace? What would bring peace and why?

2.

What would an unconditionally loving being or higher power say about this Gap?

3.

Do you need to ask, receive or give forgiveness in any way and how?

4.

How can this Gap be seen as a blessing or an opportunity to advance Life?

5.

(Creative Facilitation & Coaching is available for steps 2-3)

Step 3: Respond by turning from the Gap to Life

It's time to commit to action and move from Being to Blessing. Are you willing and open to be blessed?

List three Life-based choices you will take action on.

List three ways you will be a blessing to others.

Re:LIFE - Being to Blessing [4-Step Method to Life] Worksheet

Step 4: Reflect In & On Life

During the next week, keep a reflection journal by answering the following questions.

Reflect on:	Results	Retention	Reinforcement	Refinement
	For what and how am I thankful? How will I express this today?	What new kinds of realities in Life have I experienced to date?	What actions will I take to keep being blessed to be a blessing?	What new Life-based motivations have I discovered?
Today				
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Have comments or a blessing story you would like to share? It would really bless us! Email it to: giftofrelife@gmail.com

Re:LIFE – Being to Blessing [4-Step Method to Life] Worksheet

Facilitation Guide

Step 1: Recognize the Gap

Give yourself permission to be honest. This is an opportunity to get real and examine the desires of your heart. Remember this is not about judging the good or bad, but rather discovering the current reality of being which is where everybody starts. It is important to write this down because once you have committed thoughts to paper; they act as anchors for further discovery.

Examples:

1. “I want to find my purpose in life because I feel like I have nothing to live for. I feel numb because I believe I have wasted my life.”
2. “I want to make a million dollars because it will provide the financial freedom I want. I feel exhausted and out of control because I believe I am burning out by working too hard.”
3. “I want my husband Paul to become a better husband because he makes me feel worthless in our marriage. I feel hopeless and scared because I believe he does not love his family anymore.”

Gap Mapping Examples:

<p>“I have no purpose.”</p> <p>“My business is struggling.”</p> <p>“Paul is not a good husband.”</p>	<p>“I have wasted my life.”</p> <p>“I will be seen as unsuccessful and a failure.”</p> <p>“Our family will break apart.”</p>	<p>“Living a life of purpose.”</p> <p>“A millionaire.”</p> <p>“A loving husband.”</p>
<p>Current “Reality of Being” Where are you/they now?</p>	<p>The Gap of Shame What are you afraid will happen if you/they don’t cross the Gap?</p>	<p>Expected Standard of “Good” Where should you/they be?</p>

Step 2: Reframe with a higher regard for Life

Once we have recognized the Gap, we need an outside perspective to reframe our current reality of being with a higher regard for Life. The five reframing questions are designed to progressively take you out of the Gap and into a perspective of Life. Be honest and creative here because it will lead to key revelations. The word revelation comes from a Greek root meaning “unveiling something previously hidden,” or simply, “tearing the veil.” The truth can often be veiled by our past experiences, hurts, habits and lack of convictions. We really recommend you don’t do this alone because it is very difficult to achieve an external perspective by ourselves. A supportive partner you trust or a Re:LIFE Creative Facilitator and Coach can help.

Step 3: Respond by turning from the Gap to Life

Our response is not just a onetime thing and nor does the blessing happen overnight. Life-based response should be daily because at anytime, the Gap can sneak up on us in other forms. The best way to respond is always a choice to be blessed and be a blessing. This takes us from inward shame to outward freedom. Take what you discovered by reframing the Gap and commit to three Life-based actions for now to get your momentum going. Then list three ways you will immediately be a blessing to other throughout this process. (The two columns don’t necessarily have to be linked.) This might be tough at first but every time you respond by turning from the Gap to Life, it gets easier and easier!

Step 4: Reflect In & On Life

Keep the reflection page as a regular journal. Again, there is power in writing things down because here, you can look back and be encouraged by how far you have come! Don’t forget to celebrate small victories because it’s about *direction, not perfection*.

For real-life examples of the Being to Blessing process in action please visit www.giftofreife.com/services.