Post-Hoffman Right Road Map

'Being' Practices
Attitudes/Ways of Being on the Right Road

- ❐ Accept myself and others
- ❐ Allow all of my feelings
- ❐ Authentic
- ❐ Connected to Spiritual Self
- ❐ Courageous
- ❐ Creative
- ❐ Curious
- ❐ Discerning
- ❐ Engaged with life
- ❐ Full range of feelings expressed appropriately and responsibly
- ❐ Healthy balance of togetherness and alone time
- ❐ Honour my word
- ❐ Humility with confidence
- ❐ I do my best
- ❐ I own my own strengths / am loving with my weaknesses
- ❐ 'I will get off course, this is normal. I correct my course.'
- ❐ Integrity in my behaviour
- ❐ Meet challenge and adversity with presence and authenticity
- ❐ 'My life is my responsibility'
- ❐ 'Of course I have patterns, I'm human'
- ❐ Open and present
- ❐ Owning my humanity, the imperfections of being alive in a Body
- ❐ Present in my Body
- ❐ Present to what is *(vs. what 'should' be)*
- ❐ Self compassion
- ❐ Self forgiveness
- ❐ Self honesty
- ❐ Self loving
- ❐ Spontaneous
- ❐ Take responsibility for my feelings
- ❐ Take space for myself
- ❐ Use my free will choice
- ❐ Willing to be vulnerable
- ❐ Active self-love
- ❐ Address patterns when they arise using the Cycle of Transformation

'Doing' Practices
Cultivating Aliveness and Authenticity

- ❐ Appreciation and Gratitude journal
- ❐ Centring Practice *(length-width-depth)*
- ❐ Check in with my Spiritual Self and Spirit Guide for guidance *(listening and taking action)*
- ❐ Create and move toward my vision
- ❐ Cultivate connection and community
- ❐ Dance
- ❐ Embody Spiritual Self *(walk, breathe as Spiritual Self)*
- ❐ Hands on heart
- ❐ Heart to heart
- ❐ Journal
- ❐ Listen to soothing music that makes me feel good
- ❐ Meditate
- ❐ Mindful, compassionate awareness
- ❐ Move my body daily
- ❐ Own my mistakes, acknowledge and ask for forgiveness where appropriate
- ❐ Play, laughter
- ❐ Practice random acts of kindness to self and others
- ❐ Pre-cycle
- ❐ Present to my Body
- ❐ Put myself in good company
- ❐ Reach out when I need help
- ❐ Read inspiring quotes, writings, sacred poetry
- ❐ Quadrinity check in
- ❐ Recycle
- ❐ Self care
- ❐ Self-forgiveness walk
- ❐ Set healthy boundaries
- ❐ Share myself with others
- ❐ Sing
- ❐ Smile
- ❐ Spend time in nature
- ❐ Take action
- ❐ Take loving care of my body
- ❐ Vision
- ❐ Write about one positive thing each day