Design Your Life
with Self-Inquiry & Synchronicity
Marianne Leyton-Lemp
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About Marianne Leyton-Lemp
Welcome to This Workbook

“Life is either a daring adventure or nothing.”
HELLEN KELLER

You can design and redesign your life at any age, as your life unfolds. This workbook will be your guide in this process, step by step, in a creative, fun and, meaningful way starting from reflecting about what gives purpose and meaning to your life.

The self-assessment will help you evaluate all areas of your life in an integral way to discover which are the areas that will create more transformation in your life now.

Then, you will use appreciative self-inquiry to discover the outcomes that you most deeply desire in those life areas that require transformation. Your will also discover which of your current abilities, talents and strengths you can use – no need to develop anything new at this time – to transform your life.

The next step is to decide and take action. Before taking action, make sure if that action is aligned with your values and life purpose. Also, get rid of negative thoughts that can pull you back.
You can start taking action progressively, experimenting, and analyzing what works and does not work. You can learn from things that are not working and improve them. Taking little baby steps is totally ok.

Finally, you will learn about the hidden power of focusing your attention in the “signs” along your journey. This is referred as to looking for synchronicities, events in your life that are interconnected in meaningful ways, that are there to help you live a life with purpose.

I recently heard this reflection regarding the current and unprecedented times we are experiencing worldwide that can be applicable to be resilient through the ups and downs of life:

“Everything I've experienced in my life has prepared me for this moment.”

OTTO SHARMER (MIT Management Sloan School)

I wish you a wonderful journey of discovery into your life!

Marianne
STEP 1: Who Am I? What Gives Meaning and Purpose to My Life?

“One should not search for an abstract meaning of life. Everyone has their own specific vocation or mission in life to carry out a concrete assignment which demands fulfillment. Therein they cannot be replaced, nor can their lives be repeated. Thus, everyone’s task is as unique as is her/his specific opportunity to implement it.”

VIKTOR FRANKL

“It is not the task of the human person to invent a meaning, but to discover the meaning that is already present.”

VIKTOR FRANKL

Start by completing the following:

MY GUIDING VALUES: for example, love, loyalty, responsibility, and personal growth.

MY PERSONAL STRENGTHS: for example, empathic, sense of humor, and focused.

MY ABILITIES: for example, cooking, public-speaking, computer skills, and gardening.
MY UNIQUE TALENTS: for example, leading and motivating people, writing inspirational poetry, and healing illness through energy healing.

<table>
<thead>
<tr>
<th>MY GUIDING VALUES</th>
<th>MY PERSONAL STRENGTHS</th>
<th>MY ABILITIES</th>
<th>MY UNIQUE TALENTS</th>
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</table>

HINT: Your unique talents can give you some clues about how to accomplish your life purpose and create a meaningful life through a specific vocation or mission to carry out.
<table>
<thead>
<tr>
<th>What Are Some Things That Inspire Me?</th>
<th>What Do I Love and Enjoy?</th>
<th>What Must I Create/Achieve/Have in My Life for It to Be Meaningful?</th>
<th>What Sparks My Creativity</th>
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"Respond to every call that excites your spirit."
RUMI
STEP 2: Life Satisfaction Assessment

“Start where you are. Not where you wish you were or where you think you should be, but right where you are.”
BURNETT & EVANS

Mark in each category the level you feel satisfied and fulfilled in each area of your life today. For example, if you feel very good about your physical health – but not totally satisfied – your response might look like this:

EXAMPLE

<table>
<thead>
<tr>
<th>LIFE AREA</th>
<th>Totally Unsatisfied</th>
<th>Moderately Unsatisfied</th>
<th>Moderately Satisfied</th>
<th>Totally Satisfied</th>
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<tbody>
<tr>
<td>Physical health, diet, and exercise</td>
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<td>LIFE AREA</td>
<td>Totally Unsatisfied</td>
<td>Moderately Unsatisfied</td>
<td>Moderately Satisfied</td>
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<td>Life purpose, meaning of life</td>
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<td>Job, profession, or career</td>
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<td>Most intimate personal relationship</td>
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<tr>
<td>Family</td>
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<td>Friends and community</td>
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<td>Money and finances</td>
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<tr>
<td>Physical health, diet, and exercise</td>
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<td>Emotional well-being and mental health</td>
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<td>Personal and spiritual growth</td>
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<td>Ongoing education</td>
<td>.</td>
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<td>Fun, enjoyment, and travel</td>
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<tr>
<td>Another important area:</td>
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</table>
Which are the 3 most important areas in my life that need improvement in order to create the life that I want?

1.

2.

3.

- What Have I Discovered From My Life Satisfaction Assessment?

Write your answers here:
STEP 3. Appreciative Self-Inquiry - What Life Do I Want to Create?

Appreciative inquiry (AI) is the act of discovering the best in your life and affirming past and present strengths, successes, and potentials.

Building strengths is more effective than correcting weaknesses.

Focus on what is working now (e.g., a specific ability or personal quality) and use it to create your future reality.

VISION EXERCISE
Think of the 3 most important areas in your life that you want to change or improve.

Now, create a clear results-oriented vision about how it would look, feel, and be like when you have achieved your desired outcome. Focus on the new habits, behaviors, and feelings that you are having in the future state. Speak in present tense. Here are some examples:
**Example 1 - Health Area:** “I’m exercising every day for 30 minutes and I enjoy it! I’m eating a healthy diet and have lost 20 pounds. I’m feeling vibrant, full of energy, and happy. I’m also practicing mindfulness meditation for 15 minutes and feeling more relaxed, present, and balanced.”

**Example 2 - Intimate Partner Area:** “I am living with my perfect partner and lover. She/he loves me and cares about me, accepting my qualities and weaknesses. We share activities that we both love, like cooking, speaking, sharing with friends, and gardening. We have great emotional connection and intimacy. I’m feeling happy, at ease, and creative.”
MY RESPONSES:

1. What is my deepest desire or outcome for each of these 3 areas of my life?

   1. 
   2. 
   3. 

LIFE PURPOSE CHECK: Are the changes I want to accomplish in each area aligned with my life purpose, personal values, and unique talents?
2. Which of my current personal strengths, talents, and abilities can I use starting from today to achieve my deepest desire or outcome?

1.

2.

3.

4. How have I been successful in the past in a similar situation?

1.

2.

3.
STEP 4: The Power of Decision and Taking Action

“It’s your decisions, and not your conditions, that determine your destiny.”

“The most powerful way to shape our lives is to get ourselves to take action.”

TONY ROBBINS

ASK YOURSELF EVERY DAY

- What small (or big) actions can I begin implementing to achieve my desired outcome using my personal strengths, talents, and abilities?

- What do I need to learn and what abilities do I need to develop to achieve my desired outcome?

- What activities do I enjoy that can help me achieve my goals?
EXAMPLE HEALTH AREA: “I am a very perseverant person, so I will use this personal strength to walk for 20 minutes early in the morning every day. As I am a sociable person, I will invite a friend that also likes walking to come with me. I am going to read about healthy and unhealthy food and make changes in my diet starting from today. I will register in an online course to learn mindfulness meditation because I love participating in computer-based learning programs.”

MY RESPONSES:

AREA 1

INTUITION CHECK:
- Do the above mentioned actions that I want to implement “feel good” to me (inside my body)?
  - Perform the Intuition Check for all areas.

NOTE: If not, re-design your desired outcomes, and check again.

AREA 2
HINT: You can’t choose well if you are only choosing from your rational mind. Daniel Goleman, a psychologist who has written extensively about emotional intelligence, explains that there is a part of your brain, the basal ganglia, that provide a sense of feeling regarding the decisions you make, such as gut feelings.

These feelings are important and complement the rational aspect of any decision-making process. Without involving these gut feelings you can’t make a good decision.

GET RID OF NEGATIVE THOUGHTS!
“If you hear a voice within you say “You cannot paint,” then by all means paint and that voice will be silenced.”
VINCENT VAN GOGH
2. Which resources, connections, friends, and “significant others” can help me along the path of achieving my desired outcomes/goals?

“Infuse your life with action. Don't wait for it to happen. Make your own future. Make your own hope. Make your own love.”
BRADLEY WHITFORD
STEP 5: Co-Create with the Universe - Harnessing the Power of Synchronicity

Quantum theory and relativity have had a revolutionary effect on transforming the Newtonian approach to physics and in changing the worldview that was associated with it.

“We had this old idea, that there was a universe out there, and here is a man, the observer, safely protected from the universe by a six-inch slab of plate glass.

Now we learn from the quantum that even to observe so minuscule an object as an electron we have to shatter the plate glass. We have to reach in there...”

JOHN WHEELER (Contemporary Physicist)
This new paradigm indicates that we are living in a “participatory universe,” characterized by the relativity of space and time, and the interconnectedness of things. Quantum physics has revealed the indivisibility of this universe in which we live.

F. David Peat, another contemporary physicist, proposed in his book “Synchronicity,” that synchronicities are the bridge between the interior and exterior words: matter and mind.

SYNCHRONICITY: Meaningful coincidence, significantly related patterns of chance.
(A Dictionary of Symbols - TOM CHETWYND)
He defined synchronicity in the following ways:

“Synchronicity is the coincidence in time of two or more causally unrelated events which have the same or similar meaning.”

“Meaningful coincidences are unthinkable as pure chance. The more they multiply and the greater and more exact the correspondence is, they can no longer be regarded as pure chance, but, for the lack of causal explanation, have to be thought of as meaningful arrangements.”
Connecting to the Field of Infinite Possibilities: Becoming Aware of Synchronicities

We all have experienced meaningful coincidences in our life. You may be organizing a shelf and find a note from an old friend inside a book, and then, one week later, this friend calls you. Other times, you may speak for some minutes with a stranger, and that person gives you the message that you needed. It seems as if these synchronicities were guiding or helping you throughout your life journey.

Other times, you may have had a well-defined plan for your life but, at the last minute, an unexpected incident occurred and your life changed in ways that you perceived at that time as negative. However, years later, you realize that that “bad” incident helped to create a more fulfilling and joyful life that you never imagined before.
How to Identify Synchronicities

You can learn how to identify synchronicities that appear along your journey every day. One simple practice is to observe and pay attention. Most of the time, we go along the day without much awareness, in an automatic mode.

By paying attention purposefully, you will notice that people and events, even the simplest, can acquire meaning. In quantum physics, this is known as the “observer effect,” which states that the mere observation of a phenomenon inevitably changes the phenomenon.

Therefore, where your attention goes, energy flows, and meaning and possibilities show.
During the next three days, open your senses and awareness from a calm state of inner curiosity. Pay attention to coincidences that may have a meaning for you. For example, you’re trying to decide whether to say yes or no to a job opportunity and, while you are reading a magazine, you notice an ad that says “Just Do It.”

To connect with the meaning of synchronicities you need to let go of your rational brain a bit (for example, don’t overanalyze) and tune in into your intuition, which is driven by the right hemisphere of the brain and your gut feelings.

The presence of synchronicities along your way is showing that you are on the right path!
Synchronicity informs you through intuition and emotion, indicating that you are on the right path and that the correct procedures or methods are being employed to achieve your life purpose and goals. Synchronicities also help you reorient your life, aligning it to its purpose and meaning.

**MY LIST OF SYNCHRONICITIES IN THE PAST THREE DAYS:**

1. 
2. 
3. 
4. 
5.
Along your day, keep a relaxed attitude of attention and an intention to identify synchronicities. A sense of trust must be developed too: trusting that the universe is unfolding in ways that will guide your actions and actualize your life purpose. Keep the mindset that you will be guided by intuitions and synchronicities along your way.

Think of a project you are working on that is important for you at the personal level:
Identify intuitive thoughts or ideas that have arisen regarding this project:

<table>
<thead>
<tr>
<th>Intuitive Thought</th>
<th>Have I implemented it?</th>
<th>Results</th>
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Synchronicities that have arisen regarding this project:

<table>
<thead>
<tr>
<th>Synchronicity</th>
<th>What is the meaning of this synchronicity for me?</th>
<th>Did I take any action? (effects on my project)</th>
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Final Reflections About Life and Synchronicity

Synchronicities:

“The reason they’re there is to make us feel something, and the feeling that our lives are rich and worth our reflection comes in part from our sense of the depth and mystery of life.”

MARK HOLLAND

Synchronicities can help you achieve your life purpose, move forward, and enter a new phase of your life. It is a journey that the one experiencing the synchronicity must make alone, finding meaning in each event.

“If we are truly determined to realize our dream, we will discover that there is a powerful force that is beyond us and our conscious will, a force that helps along the way, fueling our search and transformation.”

JOSEPH JAWORSKI
Recommended Books

Burnett, Bill and Evans, Dave (2016). Designing Your Life: How to Build a Well-Lived, Joyful Life


Frankl, Viktor (1992). Man's Search for Meaning


About Marianne Leyton-Lemp

Marianne is a life, relationships, and executive coach. She applies diverse approaches to her coaching practice, such as appreciative inquiry, mindfulness, somatic practices, NLP, and techniques based on recent neuroscience research. Marianne holds a Graduate degree in Psychology and Master's degree in Organizational Development. She also leads workshops on self-development, spirituality, and meditation. She enjoys nature, painting, dancing, and practicing yoga. Marianne is a native from Chile and provides coaching sessions both in English and Spanish.

Marianne's Website: marianneleyton.com

Facebook: Transformational Self-Development & Coaching
Book a Free 30-min Discovery Coaching Session

Continue Your Journey of
Living a Life with Purpose and Meaning

In this session you will:

-> Clarify the vision for your life and what difference it would make for you to live with purpose and meaning.

-> Identify roadblocks and limiting beliefs to achieve your life vision.

-> Define realistic and valuable action steps toward your life vision.

-> Leave the session renewed, inspired, and reenergized!

CONTACT ME