

REACHING YOUR 5 LEVELS TO FULFILLMENT & WELL BEING

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What is Fulfillment – the Potential You Want to Realize for your Self

Fulfill in *Webster's Encyclopedic Unabridged Dictionary*, means to “carry out or bring to realization” and “to develop the full potential of.” This can apply to finding your life purpose, expressing your heart's desires, manifesting your true potential or connecting with your higher self. There are five basic levels to be fulfilled - Physical, Mental, Emotional, Spiritual and Transcendental.

1. **Physical - What do you do that fulfills you?**
2. **Mental – What mentally challenges and stimulates you?**
3. **Emotional – What are your heart's desires, yearnings and longings?**
4. **Spiritual – What are you being led or guided to do?**
5. **Transcendental – How can you connect to something bigger than yourself?**

Take yoga as a common metaphor, your physical level relates to the physical experience doing the postures. Does it give you a feeling of aliveness and vitality? The mental level relates to what you are thinking about while doing yoga. Are you present with yourself or is your mind wandering to your day to day tasks and struggles? The emotional level is the highs and lows that get triggered when you can or can't do the posture and whatever other feelings have in the moment. The spiritual level is your connection to your own inner self and the flow of chi or energy flowing through you. The transcendental level relates to being connected to something bigger than yourself – the Oneness or vastness of all that is.

Applying the Levels of Fulfillment to each area of your Life

Now, look at each area of your life – your relationships, career and profession, your personal growth, the things you want to experience, rest and relaxation through each level to see how you can use your innate or natural potential for fulfillment.

Deepak Chopra's book, *The Seven Spiritual Laws of Success*, offers the three necessary components for success, abundance and fulfillment which you can apply to each level for insight:

1. Discovering your True Self.
2. Using your natural talents and gifts.
3. Doing something that serves humanity.

Help bring clarity to your life by using my 'Fulfillment Grid™' below. Write the answers in the grid about your life that reflect who you truly are. What is

wanting to be expressed or manifested in your life? Common questions to ask yourself are:

- What is it that you want to develop fully?
- What are goals you have for each level / area of your life and understanding your reason WHY?
- What would be your ideal or that thing/quality that you feel is unattainable for yourself, but you would love to reach?



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YOUR FULFILLMENT GRID ~ CREATE A LIFE YOU LOVE

Your 5 Levels of Fulfillment in the 8 Areas of Your Life

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Each Aspect & Area of Your Life (Fill out this chart to see what Fulfillment is for you.)	What I do that PHYSICALLY Fulfills Me is...	What I do that MENTALLY Fulfills Me is...	What I do that EMOTIONALLY Fulfills Me is...	What I do that SPIRITUALLY Fulfills Me is...	What the DIVINE wants me to do that Fulfills Me is...	FULFILLMENT requires that I be, do or have what? (Next Step for you to take.)
Your Career & Profession						
Your Money & Finances						
Personal & Spiritual Growth / Development						
Rest, Fun & Relaxation						
Your Health & Well Being						
Physical Environments (Home & Work)						
Your Primary Relationships						
Your Other Relationships						

Get a FREE 20 min. Coaching Session with Suzanne by filling this sheet out & email it to Suzanne@YourNextStepCoach.com or call 530-589-5552.

The goal is to help you identify ways to optimize your potential in your current reality by connecting with your higher self, expressing your natural talents in a way that is in service to something bigger than yourself.

Suzanne Strisower is a Personal Fulfillment Coach, author, screenwriter and radio show host who helps people discover their life purpose and use their true potential in ways that are personally meaningful and fulfilling. To get your 20 minute Fulfillment Coaching Session or to find out more about her services and course offerings visit www.YourNextStepCoach.com.

