



The Handel Method™
18 Areas of Life - Part 1

HandelGroup

Part 1 - HOMEWORK

1. Your biography - Write a short (no more than a page) biography about yourself, including your background, your family, your history, and your career. Give us a good introduction to *you*. Please attach a photo of yourself too.

2. The 18 Areas of Life - We divide your life into 18 areas, (listed Pg.2) For each area of your life, please answer the following four questions. Take each area one-by-one, and answer all four questions before moving on to the next area. (Example Pg.4)

A. Describe what this area would ideally look like. What is your dream? What do you want this area to feel like, look like, and be like a year from now? In addition to the results that you accomplish, focus on how it *feels* to be experiencing your life this way.

Be thorough in your description:

- Create the full picture in detail.
- Dare to dream. Make it a stretch for yourself. Don't be afraid of failing.
- Give yourself goose bumps when you write it.
- Make it something you can believe in and really get behind.
- Write the whole description in the present tense; as if it is already happening right now.

B. Rate each area on a scale of 1-10 (listed Pg.3) based on where you are *right now*. Be **honest**. A low number doesn't mean that you are a bad person. The more honest you are about where you *really* are, the more this assignment will help you get where you want to be.

C. If the area is not at a 9/10, what does this area of your life look like right now? Describe it to us in *detail*. Make sure you address all the points you made in your dream from question #1. If it is a 9/10, say why.

D. If the area is not at a 9/10, what are the reasons or explanations? Why are you stuck at the current number? What are your negative beliefs?

AREAS OF LIFE

1. **Body** – weight, appearance, presentation, how you look.
2. **Career/Business/School Life** – how's it going, level of satisfaction, do you love what you're doing, what do you strive for?
3. **Money** – are you happy with the amount you earn, the amount you've saved, how you spend your money, and how it's managed?
4. **Relationships with another** – are you currently in a relationship or not, what are you looking for, what would your dream relationship look like?
5. **Romance** – giving and receiving attention with your partner.
6. **Sex** – are you happy with the quality and frequency? When was the last time you had sex? Is there cheating of any sort in your history?
7. **Community** – friends, depth, intimacy.
8. **Character Traits** – things that don't work about you, such as anxiety, anger, moodiness, lying, fear, whining and being a brat.
9. **Family** – your participation with your parents, siblings and children.
10. **Time** – how well do you manage your time, to-dos, and scheduling? Is there anything you wish you'd get to but don't?
11. **Relationship to Self** – what do you say about yourself to yourself? “I am such a loser,” “I am the smartest person on the planet,” etc.
12. **Bad habits** – such as vices, biting your nails, overeating, drinking, smoking, partying, addictions, whining, etc.
13. **Home** – do you like your house or apartment? Does it reflect you well? How does it feel and look? Does it feel like home?
14. **Personal Space** – is your personal space organized, immaculate, clutter-free, etc.?
15. **Learning** – about things that interest you, such as learning to fly a plane, play the guitar, or speak Spanish.
16. **Fun & Adventure** – vacations, self-indulgent time, out-of-the-ordinary events.
17. **Spirituality** – however you define this.
18. **Health** - physical, mental & emotional.

SCALE 1-10

- 10 Perfect. Unsustainable state of affairs. Reserved for individual episodes and fleeting moments.
- 9 Highest sustainable rating for a category.
- 8 Highly satisfactory state of affairs. Significant additional focused effort will be needed to elevate rating to a 9. A source of pride.
- 7 Solid, can't complain, coasting because it's good enough but not a source of pride.
- 6 Weak, but not painful. Frayed around the edges. Can talk oneself into it being a 7 but it's not easy. Needs work but doesn't have to be today.
- 5 A 6 that's been around a while. Still not intolerable but likely the issue or the necessary remedial steps are being actively avoided.
- 4 Getting to be intolerable...but not yet. Requires a great deal of justification and/or denial to continue this number at a sustained rate.
- 3 Things are bad. Very bad. It is not yet life threatening or a point of no return, but close.
- 2 Things are hopeless. You wonder why you exist. There is much pain. Virtually unbearable.
- 1 Fleeting moments of hell. Unsustainable level of displeasure.

EXAMPLE

Area: Time

Ideal: My life is in balance, and each morning I wake up feeling excited to live out a schedule that is an expression of *me*. My days perfectly mirror my priorities. I have ample time to further a career I love, connect deeply with my partner, nourish and exercise my body, and learn and grow as a person. I feel satisfied and full. I move between activities and meetings with grace and ease, arriving on time, efficiently dealing with business at hand (and enjoying it!), and leaving on time for the next engagement. Each activity in my day has purpose and meaning, and I focus my entire attention on each one. I feel powerful and creative in everything I take on. I am in command of the things I have to do and want to do. I take time to plan, delegate, execute. I end each day satisfied, exhilarated, and in love with life.

2. *Rating:* 5

3. *Current:* My life is horribly out of whack. My work is all-consuming. I work until late at night, and come home to find my kids already asleep. I don't have the energy to talk to my wife, and so unwind by watching mindless TV shows until bedtime. And then the day repeats. I used to enjoy reading and exercising and playing cello in a local quartet, but I don't have time for that anymore. At work, I am always in "fire alarm" mode, running between meetings that run late and make me late for the next meeting. I hate all the meetings I have to attend for my job, and am only half-present for them. The other half is figuring out how I can possibly cram 5 hours of work into the one hour of free time I *do* have that day. I have a hundred projects on my plate, and am behind in all of them. I spend most of my time doing quick-fixes on tasks that should have been done yesterday, so I never have a chance to plan or create anything how I would want it.

4. *Why am I not there:* I cannot have my dream because I have a very demanding job. The economy is bad and so we are doing more with less to keep clients. My boss doesn't listen to me when I ask for a lesser load, and I don't want to look bad by pushing the point. My subordinates are irresponsible and incompetent, and I spend time fixing their mistakes. Work takes a lot of energy, and then I come home to a high-maintenance wife who demands even more energy. She is melodramatic and sucks whatever remaining energy I have out of me. So forget having any extra energy for hobbies or whatever. I also can be somewhat obsessive, which means that it's hard for me to leave work at work. My mind keeps going through my work tasks, even when I'm at home.