


BECAUSE YOU MATTER



***10 Heart-Centered
Principles for
Living the Life You Desire***

Patricia Campanile, MHSA

**Patricia Campanile, MHSA
Certified Edgewalker Coach & Facilitator • Retreat & Workshop Leader
International Speaker
Cell 239-248-5800
www.edgewalkers.org
www.patriciavarley.com • patricia@patriciavarley.com**

TABLE OF CONTENTS

I.	Introduction /Instructions.....	3
II.	Quotes	4
III.	Patricia Campanile’s Personal Philosophy Statement	4
IV.	Individual Coaching Session/Notes	5
V.	Program Sessions: <i>Because You Matter: 10 Heart-Centered Principles for Living the Life You Desire</i>	
	Session #1 The Balance/Integration Principle	6
	Session #2 The Values/Integrity Principle	12
	Session #3 The Authenticity/Uniqueness Principle	15
	Session #4 The Inspiration Principle	18
	Session #5 The Mission/Greater Purpose Principle	22
VI.	Individual Coaching Session/Notes	24
VII.	Program Sessions: <i>Because You Matter: 10 Heart-Centered Principles for Living the Life You Desire</i>	
	Session #6 The Intuition Principle	26
	Session #7 The Compassion Principle	28
	Session #8 The Transformation Principle	31
	Session #9 The Mastery Principle	35
	Session #10 The Warrior Principle	40
VIII.	Individual Coaching Session/Notes	41
VIII.	Because You Matter: Summary & Quotes.....	43

INTRODUCTION / INSTRUCTIONS

Thank you for taking a step in living & creating the life you desire and investing in yourself. ~~This program has been created and designed for a~~ group coaching and teleclasses as well as a personal workbook and journal to work with in your own space and time. It focuses on and can be applied to your life purpose and work, personal peace and well-being, and fulfilling and authentic relationships. I invite you to inquire and engage with truth and honesty, heart and soul. BECAUSE YOU MATTER!


1. Take you out of the box and stretch you to live the life you desire by integrating 10 Heart-Centered principles.
2. Create a safe space to be who you are with no conditions and no judgments in an environment of on-going support.
3. Help you realize, to know and feel that you DO matter, and it is possible and you deserve to create the life, love and work you desire.
4. Give you the tools, techniques and support to take action and move forward in creating the life you desire and experience loving and fulfilling relationships.
5. Support you in living and working authentically from your heart to fulfill your life's purpose.
6. Please feel free to contact me directly if you have any questions about the workbook, are interested in private, customized coaching, online programs & teleclasses, group coaching and upcoming retreats and workshops.


**"YOU ARE HERE TO ENABLE THE DIVINE PURPOSE OF THE
UNIVERSE TO UNFOLD.
THAT IS HOW IMPORTANT YOU ARE!"**

Eckhart Tolle THE POWER OF NOW



PATRICIA CAMPANILE'S PERSONAL PHILOSOPHY STATEMENT

 I believe that what makes us authentic, our inherent *uniqueness*, is likened to a buried treasure that is waiting to be discovered and revealed. We each have a purpose for being on the planet that cannot be filled by another. The universe is one mind and expresses itself in an infinite number of ways through each individual. As we tap into and cultivate our *inner gifts* with awareness and intention, we can uniquely express ourselves in our professional, personal and spiritual lives. Since we are all connected, there is no need to compete with one another. **There is no lack.** The illusion of competition comes from the belief that we are separate from the universe and one another, that there is not enough to go around. As we embrace the truth that each one of us has been brought here now to fill a certain need, then competition can be replaced with *cooperation* and *collaboration*. We will share who we are from a consciousness of *contribution*, not survival. Our *authenticity* will be celebrated not feared.

Together as one we will heal our inner life, our home life, and our work life that will in turn transform our planet. 

SESSION #1

THE BALANCE/INTEGRATION PRINCIPLE

Being/Doing * Yin/Yang * Masculine/Feminine

The main concept and underlying foundation of this program is integration and how to balance all aspects of yourself and your life - professional, personal and spiritual. This is a (w)holistic Heart-Centered approach because you matter and is an important and integral principle in creating the life and work you desire.

HOW:

- Introductions- Who are you, what you do, why you are here and what you hope to gain from this workbook?
- What are the common threads in understanding the importance of integrating the personal, professional and spiritual aspects of life in order to live a balanced life?
- Identify and link Inner and Outer Balance in your life and work.
- How to balance these areas while integrating them:

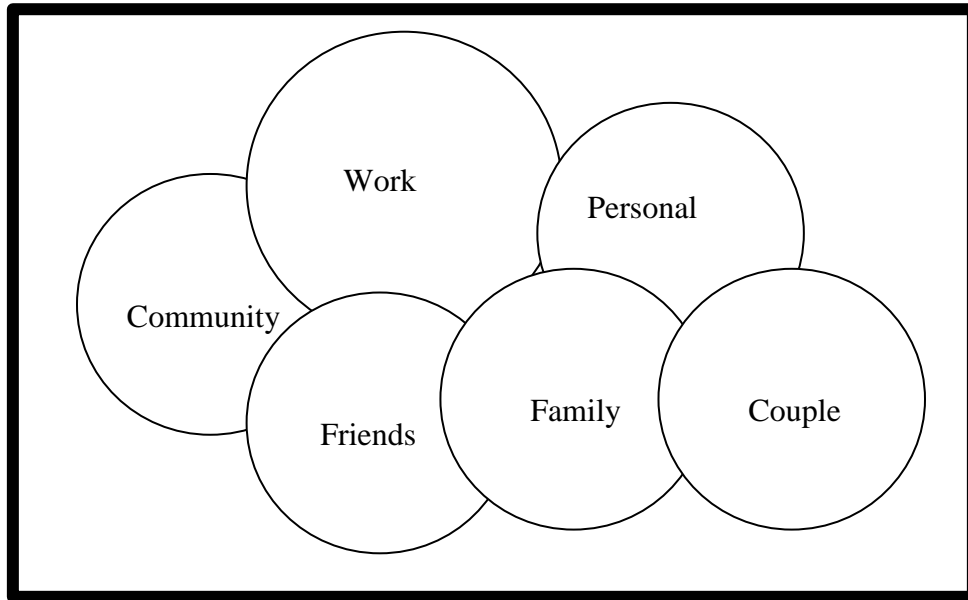
HOMEWORK:

- Design and redesign your life in present and future using Balance/Integration Circle exercise.
- Fill in Balance Circles in present time and for the upcoming year.
- Create time commitments for each circle

BALANCING THE ROLES AND ACTIVITIES OF YOUR LIFE

Adults need to know how to move in and out of the human systems they interact with. Investing in meaningful activities and minimizing activities that do not add meaning to their lives. They need to pursue personal fulfillment through selected roles and avoid getting used and consumed by roles that have little to do with their sense of purpose.

This model suggests that adults distribute their time in six human systems, each having its own activities and roles:



PERSONAL	COUPLE	FAMILY	FRIENDS	WORK	COMMUNITY
The care and feeding of yourself	The fun, intimate contact, and management of an ongoing relationship	Your caring connections with children, , parents, and extended family members	Your caring connections with close friends and other acquaintances	Your job, career, or volunteer efforts	Your involvement in community organizations and activities

The task of this map is to examine *how you have scheduled yourself* into these six human systems during the past few months and years and *how you want to schedule yourself* into these human systems.

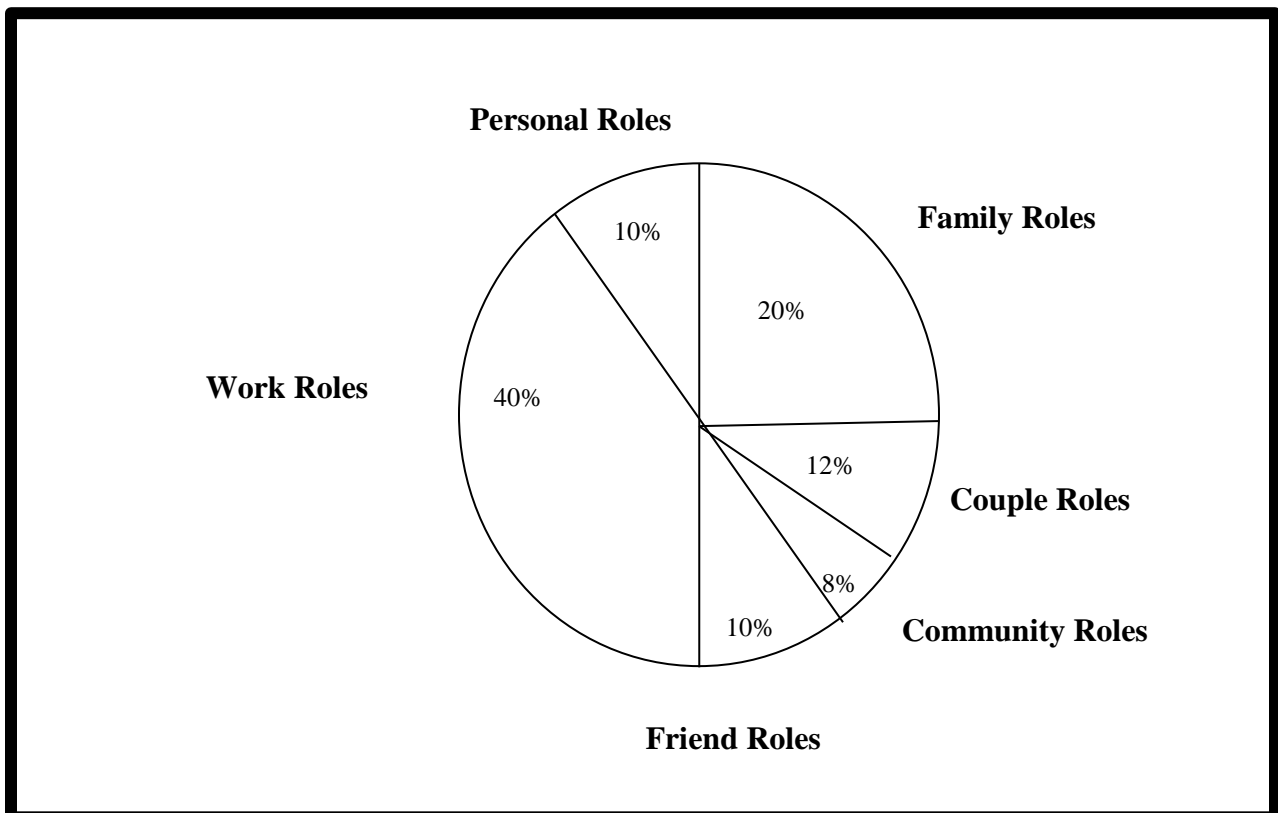
CREATING BALANCE

Which roles are most important in the coming year? If you could, how would you redesign your life? Assuming that you have 100 waking hours each week to contribute to your various roles, indicate

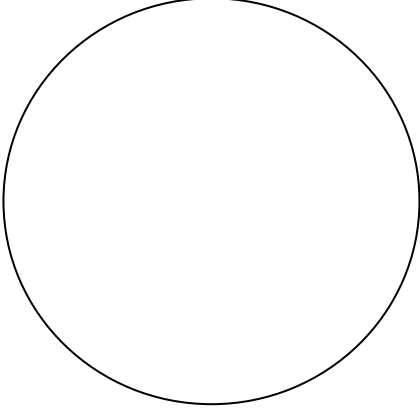
1. How you currently distribute your time and,
2. How you want to distribute your time in the coming year.

Use the pie charts on this page and the next page to display your timeline distributions.

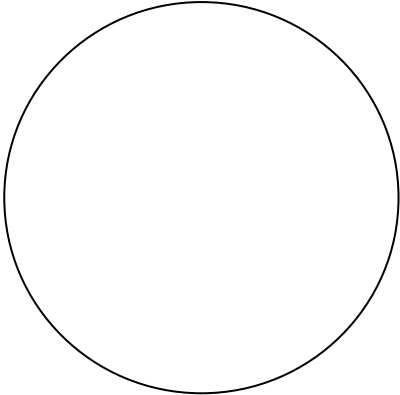
How I schedule myself into role activities in an average work week. (Example):



My Current weekly time commitments to role activities:



The weekly time commitments I want for the current year



"There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all

of time this expression is unique. And if you block it, it will never exist through any other medium, and it will be lost. The world will not have it.

It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions.

It is your business to keep it yours, clearly and directly, to stay open and aware to the urges that motivate you. Keep the channel open.”

--Martha Graham, to Agnes Demille



SESSION #2

THE VALUES/INTEGRITY PRINCIPLE

Beliefs * Commitment * Honesty * Truth

Through discovering and identifying your values based on your own belief system, honesty and truth, you can live a life of integrity. Your personal and professional ethics are at the heart of the core principles for living the life you desire.

HOW:

- Values are emotional states based on our life experiences that we feel are most important to us. All decision making is nothing but values clarification.
- A belief is a feeling of certainty about the meaning of something.
- Beliefs control our behavior.
- To live in integrity, it is important that your core values and beliefs are congruent.
- Identify and share a core value and old and new belief that will support you in living in integrity and moving towards the life you desire.

HOMEWORK:

List your core values.

List the old beliefs that have limited you from moving forward in your life.

Identify the new beliefs that will empower you to move forward towards the life you desire. The purpose is to integrate your values and beliefs to you in living in integrity.

How will you integrate these more clearly into your life and work?

What would that look like? Pick one value and one belief to focus on.

“No one can hurt you without your consent.”
Eleanor Roosevelt

“They cannot take away our self-respect if we don’t give it to them.”
GANDHI



NOTES PAGE

Identifying and expressing your uniqueness, gifts, talents and passions makes a difference because there is only one of you in all of time. This truth and committing to living from your authentic self is the heart-center of creating and living the life and work you desire.

Identify your passions, talents and natural gifts. What comes easy for you and energizes you?

What do you love to do?

What makes you unique?

HOMEWORK:

Taking your answers to the next level.

Once you discover your unique self, how will you integrate your authentic self you're your work and life.

What would that look at feel like in your professional and personal life?

What would stay the same, what would change, where would you put more focus and energy on?

“The challenge is to be yourself in a world that is trying to make you like everyone else.”

-EE Cummings

YOU

You may not think that the world needs you, but it does. For, you are unique, like no one that has ever been before or will come after. No one can speak your voice, say your piece, smile your smile or shine your light. No one can take your place, for it is yours alone to fill. If you are not there to shine your light who knows how many travelers will lose their way as they try to pass by your empty place in the darkness.

NOTES PAGE



SESSION #4

THE INSPIRATION PRINCIPLE

Heart's Desire * Passion * Creativity * Spirit

Knowing what inspires you from within and connecting to your hearts desire results in external motivation. By accessing your creativity and designing your own unique heart-centered mission based on your life purpose, you can take action to create the life you desire.

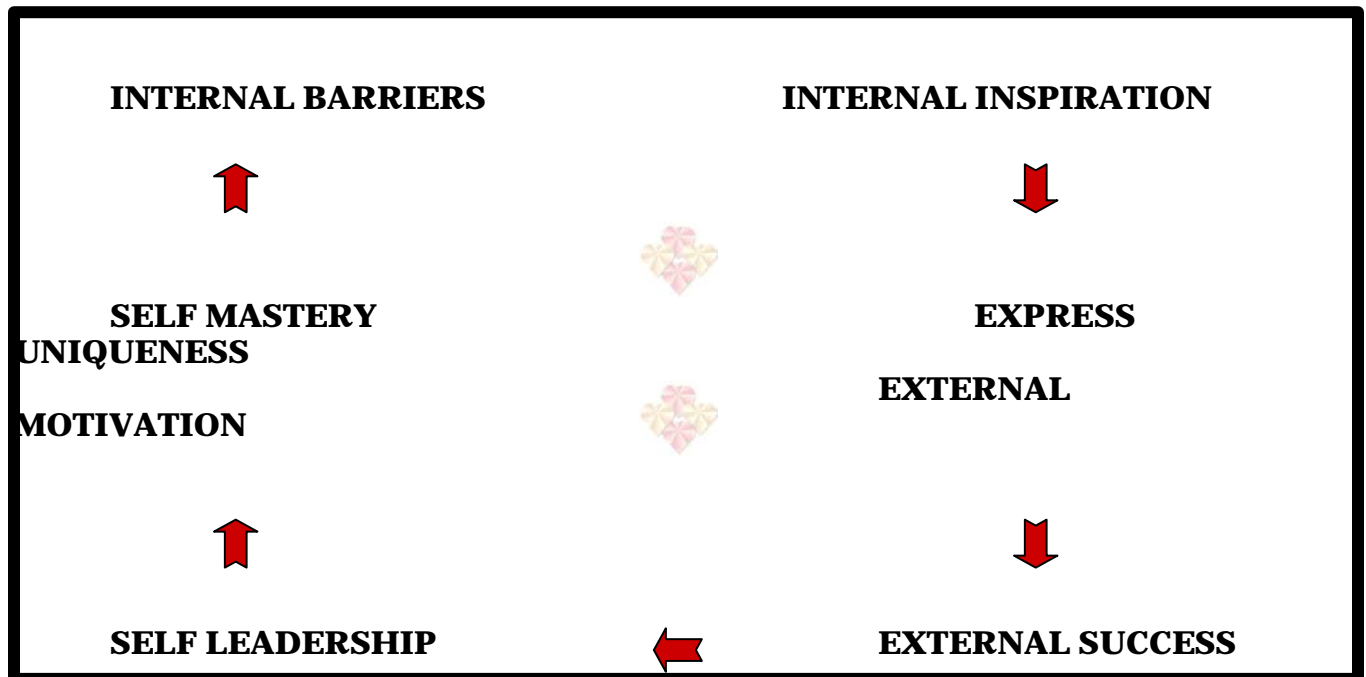
What inspires and motivates you?

What is your heart's desire?

How do you express your creative spirit?

Imagination: Using creativity, uniqueness and having fun!
 Independent will: Take action – make promises and commitments, set goals.
 Work step by step to achieve these.

INTERNAL INSPIRATION RESULTS IN EXTERNAL MOTIVATION



Keeping your Passion Alive during setbacks **HOW?**

INSPIRATION:

1. What does it mean to be inspired? What is your heart's desire? If you could do anything with your life, what would it be? Are you doing it? and if not, why not?
2. What is your uniqueness i.e. natural talents and abilities? Identify a quality in yourself you would like to cultivate which could support you in staying connected with your inner inspiration and having fun in your work. What would the results look like in your business? Would you be more motivated?
3. What brings you joy and fulfillment in your work and your life?
4. Are you expressing from your heart, inspiration and joy when you work? If not, why not.

HOMEWORK:

Answer questions provided

How can you utilize that inner passion to externally focus and motivate you?

What does it mean to be inspired?

If you could do anything with your life what would it be?
Are you doing and if not why not?

***"We don't see things as they are, we see things as we are."
Anais Nin***

"SPIRIT INFORMS THROUGH DESIRE."

***"The real voyage of discovery consists
not in seeking new landscapes but
in having new eyes." Marcel Proust***

NOTES PAGE



SESSION #5

THE MISSION/GREATER PURPOSE PRINCIPLE

Contribution * Service * Cooperation * Collaboration

Clarifying your personal and professional mission and greater purpose in life and work builds from integration and balance, your values, authenticity and inspiration. This is the foundation and core anchor as you move forward in living the life you desire while contributing, your gifts and talents and establishing relationships based on collaboration and cooperation.

- Design a personal/professional/greater purpose mission statement based on the workbook assignments thus far. Additional questions and answers to consider include:
 - How can your work and life effect positive change and growth and positively impact others lives?
 - What is the major difference you might want to make in the world?
 - How would you like to be remembered?
 - What does success mean for you?
 - How can you apply your strengths/gifts/talents to be more proactive and contribute to your life and work?
 - What would I do with my life if I were not concerned with money?
 - What would I do if I knew I could not fail?
 - If I were to die today, what would feel unfinished in my life?
 - What is it that is so important to me that I would risk everything in order to achieve or experience it?

HOMEWORK:

Complete your own mission statement.

How would begin to integrate your mission into your work, life, and relationships.

“HERE IS THE TEST TO FIND WHETHER YOUR MISSION ON EARTH IS FINISHED: IF YOU’RE ALIVE IT ISN’T.”

Richard Bach

“It is better to follow your own life’s mission (dharma), however imperfectly, than to assume the life mission of another person, however successfully.”

Bhagavad Gita

YOU ARE HERE FOR A PURPOSE

There is no duplicate of you in the whole world. There has never been, there never will be. You were brought here now to fulfill a certain need. Take time to think that over.



NOTES PAGE

Understanding how to access, trust and follow your intuition in making choices to align with who you truly are is a valuable tool that is necessary to guide and support you in moving forward in your unique mission and purpose, decision making and living the life you desire.

- What is Intuition?
- The importance of accessing intuition, listening to it and honoring it to guide and direct you to be more discerning in making right choices for your life, work and mission.
- Group exercise to practice, experience and use the valuable tool of your intuition as a benchmark to increase your awareness and trust in Self.

HOMEWORK:

Take some quiet time and go within yourself, ask a question you need guidance or clarification on for your work and personal life. Ask and write what you hear, feel or sense. What is your first “gut” feeling about this?

***“If God brings you to it,
He will bring you through it.”***



NOTES PAGE

SESSION #7

THE COMPASSION PRINCIPLE

Empathy * Sympathy * Love

Connecting with and cultivating your compassionate heart is a key principle in serving, honoring, respecting and understanding/empathizing with others as well as yourself. Living and giving with compassion is the business of love.

What does being compassionate mean to you?
Are you giving from your heart?
Where and how are you serving others?

How can you use and integrate compassion, forgiveness, empathy and respect in your personal and business relationships?

HOMEWORK:

Identify where you can be more compassionate and forgiving with yourself and others, personally, in relationships and at work.

How will you integrate this into your life, relationships and work? What will it look and feel like?

“To be a star you must shine your own light, follow your own path, and don’t worry about the darkness for that is when stars shine the brightest.”

***“WHERE YOUR TALENTS MEET THE NEEDS OF THE WORLD,
THAT IS WHERE GOD WANTS YOU.”***

Albert Sweitzer



SESSION #8

THE TRANSFORMATION PRINCIPLE

Transition * Change * Growth

Transforming and becoming who you truly are, because you matter, is a result of applying and integrating these principles into your life. By embracing and understanding the necessary stages of change and transition as you grow is a key principle in evolving into the individual you are meant to be.

What are the stages of transition and change?
Endings, The Void or Neutral Zone, New Beginnings

Identify where you are in these stages.

Breakdowns often lead to Breakthroughs which, if you are open to seeing it differently, will lead you to something better that is more in alignment with your authentic self and life purpose.

Identify a few breakdowns that have lead to breakthroughs.

HOMEWORK:

Navigational tools to guide and expand you through this process –
 Complete The Mini Transition Planning Worksheet.

**THE MINI-TRANSITION
 PLANNING WORKSHEET
 A RESTRUCTURING OF THE CHAPTER YOU ARE IN**

Indicate how you can begin to restructure and improve the chapter you are in, by listing activities that fit in each of the four categories.

Hold On	Let Go	Take On	Move On

Necessary Life Skills

How I might do this:

Conduct minor surgery, and fix what hasn't been working

“
“

Renew my original vision

“
“

Find my passion again

“
“

Become action oriented and busy

“
“

Get on with my life without changing very much

“
“

Use time-management tools and strategic planning

“
“

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.” Anais Nin

***“How does one become a butterfly?” she asked.
“You must want to fly so much that you are willing to give up being
a caterpillar.”
Hope for the Flowers***



SESSION #9

THE MASTERY PRINCIPLE

Self- Leadership * Self-Mastery

Mastering yourself involves integrating and mastering these principles in your life professionally and personally. Self- mastery is a key component in self-leadership, supporting you in leading and inspiring others.

- Self-leadership - Understanding and integrating key components of self-mastery to lead yourself through your present and into your future is important because you matter.
- Review and discuss the 10 steps in the value of empowerment in experiencing self-mastery.

The Mastery Principle

SELF-CARE FROM THE INSIDE OUT

Imagine a raging hurricane wreaking havoc and devastation all around it. Now imagine the calm “eye” in the center of the storm. You have just pictured self-mastery. Ask yourself if you live mostly in the hurricane or in the calm center of the storm? In these times of stress, incredible rapid change and uncertainty, the power to stay healthy, calm, focused, on purpose and moving forward is challenged to the max. Whether you are single, a professional, a working mother or whatever the circumstances of your life are, self-mastery is an important and necessary component in navigating through these times of personal and professional change and transition. An understanding and commitment to Self-Care from the Inside Out is the fuel that cultivates self-mastery. Here are 10 tools and techniques that you can use to nurture yourself from the inside out as you blossom into self-mastery.

1. Coach Yourself into Personal Mastery by taking a (w)holistic approach to your life and work. By reclaiming your self you reclaim your wholeness. Understand the importance of taking the time to build your self-esteem, confidence, identity, inner motivation and boundaries. A balanced inner foundation will support you in not just surviving but thriving through change.
2. Give Yourself Time and Patience. Understand that moving into a personal shift or career has stages. These include: Endings or letting go of the past, a Void or period of uncertainty, and New beginnings in starting a creative endeavor, personal relationship or fresh career. These powerful times of change, renewal and discovery can lead to a deeper sense of self and transformation.

3. Live Consciously and More Fully. You can experience High-Energy Living by embracing the moment (regardless of outer circumstances), trusting the process (even when the unknown is scary) and knowing that the future stems from your emergent vision and energy.
4. Focus on the inside first. By allowing time to discover personal priorities, values and what inspires you personally and professionally from the inside out, your core values & inner strength will give life to what you are passionate about and can motivate you to move forward.
5. Choose to focus on the positive and see any experience in life as a gift that will move you to something better. Any change is an opportunity to strengthen emotionally and spiritually, move out of the cocoon of our comfort zones and transform into our full potential as human beings. How you choose to respond internally to any external change is a matter of perspective. By remaining expectant and exuding positive energy from the inside, you will attract people and opportunities that can help you move forward professionally as well as foster fulfilling personal relationships.
6. Take care of yourself by practicing extreme self-care. Whether or not you chose to change jobs or a relationship it can be a stressful time. Listen to your heart and intuition in conjunction with your body and do one simple thing a day that revitalizes and brings joy and peace to your life. Invigorate your mind, body and spirit with exercise, yoga, body- work, meditation and reading material that nurtures you on the inside and out.
7. Reach out for support and guidance to a trustworthy friend, colleague, support group, professional coach or family member who is comfortable to talk with. Share yourself through intimacy, loving, touch, friendship, coupling and parenting. You do not have to navigate through change alone and those truly that love and care for you will be there to guide and nurture you. Ask them – you are worth it.
8. Express yourself through play and creativity. You will strengthen your inner child and outer health by being imaginative, playful, spontaneous, original, expressive, humorous, artistic, curious and celebrative. Go for it!
9. Search for meaning by integrating yourself. There is only one of you in all of time. You are here for a purpose. Find wholeness and purpose through unity, integrity, peace, inner connection through all things, spirituality, inner wisdom and a trust in the flow of life. Listen to your intuitive “compass” to guide you through change, making the best decisions for yourself and direction for your life.
10. Give of yourself through compassion and contribution. You cannot give what you do not have. By cultivating your inner life with self-care you can reform, serve, volunteer, transform and leave the world a better place. By mastering ourselves and enhancing our health we are better prepared to contribute not only to the healing of our relationships and our community but the planet as a whole. It is time to make a difference.

HOMEWORK:

Being proactive supports and leads to self-mastery.

Identify 2 out of the 10 steps to focus on and commit to action and by when.

“Those who know much about others may be wise, but those who understand themselves, are even wiser. Those who are master over many may be powerful, but those who have mastered themselves are more powerful still.” Lao Tsu

SESSION #10

THE WARRIOR PRINCIPLE

Courage * Power * Action

Applying these heart-centered principles with your courage and inner power direct and focus you into the life you desire. By being your authentic self and utilizing the warrior principle you will live your life mission and purpose.

- What does it mean to be a warrior?
 - What is the focus and direction you wish to take in one area of your life as you move forward?
 - How will you integrate the previous 9 principles with the warrior principle to achieve your personal dreams and professional mission?
-
-
-
-

- Each individual will share what you have identified and committed to and by when.
- What additional support do you need to be successful at achieving this?

HOMEWORK:

Because YOU Matter:

Expand in ALL areas of your life the focus and direction you wish to take, and the continued structure and support you need to move into the life you desire. Commitment to action and doing by when brings your life to the next level.

***“When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.”
Audre Lord***

"Dance like nobody's watching, Dream like you will live forever, Live like you are going to die tomorrow, and Love like you've never been hurt."

“BE THE CHANGE YOU WISH TO SEE IN THE WORLD.” Ghandi

LIFE IS NOT A DRESS REHEARSAL

BECAUSE YOU MATTER

10 Heart-Centered Principles for Living the Life You Desire

Integration/Balance + Values/Integrity + Authenticity/Uniqueness + Inspiration/Motivation + Mission/Purpose + Intuition + Compassion + Transformation + Mastery/Self-Leadership + Warrior

= The Integrated Self

*"Your vision will become clear when you look into your heart."
Carl Jung*

*"The best and most beautiful things in the world cannot be seen or even touched, they must be felt with the heart."
Jacob Chanowski*