

LIFE EXAMINATION WORKSHOP

Create a Timeline of one's life/evolution (objective and subjective)

Clarify what you want to achieve / attract in life; clarify changes in one's intentions

A process of introspection / transformation / life analysis and personal/professional planning

ENERGY MOVEMENT

Stretching Exercises

TOOL INTRODUCTION

Emotional Stress Release

PHYSICAL RELAXATION

Breathing exercises

Body relaxation

PASSIVE THOUGHT OBSERVATION

Meditation / Thought Observation

NARRATIVE / MIND MAP / ORGANIZED NOTES

Narrative: Write / take notes on a subject of personal interest

Brainstorm (Mind-map): Random subject or area of current personal interest

Specific topics: From life examination worksheet / life chronology

Project: Plan a project of personal or professional interest

Study: Prepare an outline of written material (introducing Ideagrams)

NETWORK ANALYSIS DIAGRAM

Prepare a rational / logical structure to the narrative / mind map / topics identified

CONSTITUTION ANALYSIS

Determine physical / psychological constitution in the tradition of Ayurvedic medicine

Framing the introduction of this process:

The following are introductory paragraphs that attempt to reflect what we think someone would want to know initially about the components and outcome options for this "exploration process."

The techniques of network analysis upon which this workshop is based are known as **PERT** (Program Evaluation and Review Technique – milestone-oriented) and **CPM** (Critical Path Method – activity oriented). These are complementary methods of planning and diagramming that show activities and their relationships in a sequential manner. The workshop is based on a combination of the PERT/CPM methods. It is a creative corollary of these techniques of network analysis and can be applied to any physical or intellectual project or challenge. Network techniques are universal in their application and are not limited to any particular field or industry. These methods of project analysis and planning enable one to efficiently plan, schedule and control projects of all types and complexity. In addition to this, as in this presentation, they can be applied creatively as powerful tools for all types of personal reflection, planning and goal setting as well as problem recognition and solving.

How I became interested:

As a university student in the late 60's and early 70's I experienced lucid visionary perspectives but experienced difficulty communicating my insights to others. Maintaining an overview orientation fascinated me in both abstract subjects and in physical construction projects. I experienced a certain amount of what might be called techno-phobia and distanced myself from the "white-collar conservative" walking alongside me on the street. At the same time I was attracted by the potential of the computer and space age technology being developed. In 1972 I was introduced to the PERT/CPM network diagramming method and I realized resistance was no longer needed. At first applying this method to facilitate management planning for construction projects I soon began to apply it to all aspects of my life. I found that through it the most complex problems were easily illuminated, strategies for reaching long-term goals were easily expressed, and the most difficult learning project became simply a road map to follow step by step. Use of this process and these techniques changed not only the way I was able to communicate my vision to myself and others but it changed my entire way of meeting life challenges. It has created a path of both joy of success (without underestimating the fact that I have had to deal with all the trials and tribulations that we human beings are required to experience in our lifetimes).

The technique has unlimited creative as well as professional applications. It is useful in all areas of new learning, self-improvement, planning, time management and education. It provides us with a new model for creatively mapping any project, goal or understanding.

Network analysis is a creative and potentially unlimited tool that is easy to learn. Even children can benefit from learning how to use it. My son, who at the time was 7 years old, picked it up effortlessly and naturally. It has provided him with a powerful way of planning, generating insights and overviews ever since.

It is important to understand that after the initial stages of learning these techniques there is a shift in perspective that allows the application to take place without stopping to diagram every situation that occurs.

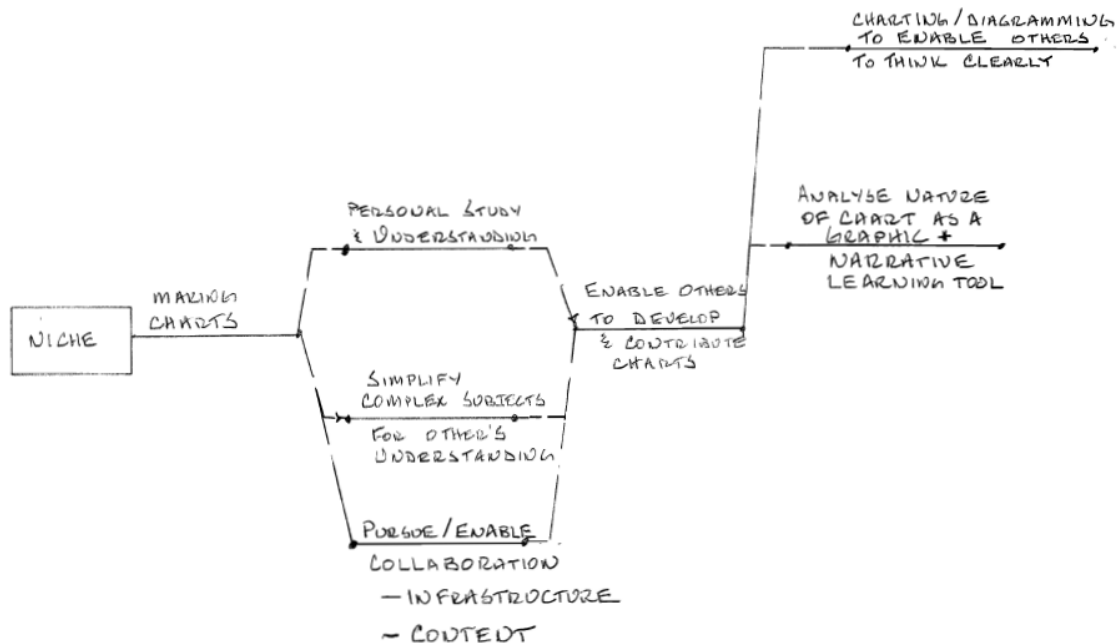
For the participant's consideration and response:

There is value in appreciating that many people introduced to this "process" will not come from an inherent place of deep personal introspection. Through my extensive project planning background as well as my lifelong personal exploration, there have surfaced several key components to effectively decipher and subsequently chart a person's life experience. There are roughly five components to developing a life chart. Each component aids in extracting, conceptualizing and defining various aspects of a person's life and evolution. They encompass Physical, Psychological, Spiritual, Vocational, and Personal developments throughout one's life.

The purpose of aggregating this comprehensive examination is to be able to visually review one's life with informed clarity from which to plan and progress logically towards current transformations and future goals and aspirations. Elements of this process however, can be limited to intensely evaluating one particular aspect of one's life (an ensuing project, career move, partner change, etc...). Each of us uniquely digests information. Throughout this process, there are different "tools" or programs that you may identify with more. Please let us know which tool (for extracting or formulating your personal data) best reflects your personal information processing preference.

In the end, whether you start with the goal of a comprehensive life review or a specific project examination, you will walk away with a linear graphic picture (chart or Ideagram) that will aggregate your information in such a way that you will visually SEE a clearer path to transformation, resolution, goal achievement, or changing direction with confidence.

THE FOLLOWING IS AN EXAMPLE OF AN "IDEAGRAM"



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WEB LINK TO PERTCPM.COM\LOG-A-RHYTHM

<http://pertcpm.com/log-a-rhythm/>