

# LIVING FROM THE INSIDE OUT

---

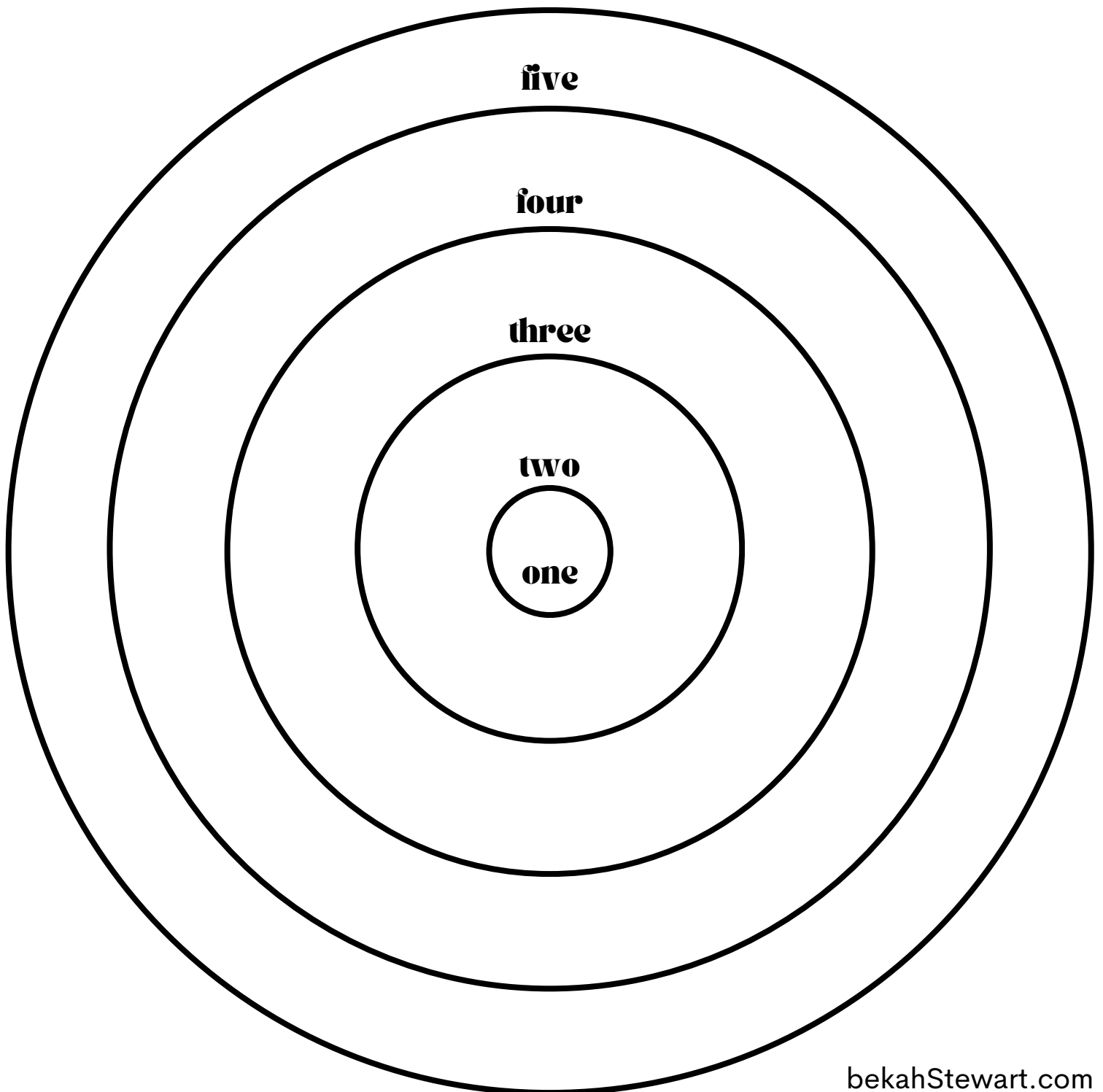
**one:** I am the BELOVED. Nothing more. Nothing less.

**two:** I am created uniquely for a purpose.

**three:** I have been given a daily life & context

**four:** My wider sphere of influence & connection.

**five:** My world that primarily exists online.



# LIVING FROM THE INSIDE OUT

---

## **one:** I am the BELOVED. Nothing more. Nothing less.

If our starting place is love, we have nothing to earn & nothing to prove. We are free to show up in the world, offering our unique selves without need of any particular results to validate us.

## **two:** I am created uniquely for a purpose.

Take Inventory: What is uniquely mine to offer the world?

- What are my talents?
- What are my passions/what do I care deeply about?
- What are my core values?
- Why do I exist?
- What do I want/long for?

## **three:** I have been given a daily life & context.

Take Inventory: Beyond my unique design, what is mine to steward?

- Who are my people (family/friends/neighbors)?
- Where do I live (neighborhood/city)?
- What are my frequented places?
- What is my work/workplace?
- What are my daily/weekly rhythms?
- How am I a part of meeting real/local needs?
- What does my civic life consist of?

## **four:** My wider sphere of influence & connection that is still largely in-person.

Take Inventory: Where else am I? How do parts of circle 3 connect me to a larger network outside of my “more proximate” life?

- What are my connections just beyond my city and across my state/region/country (family, friends work)?
- What does my civic life consist of?
- What global issues am I personally engaged with (learning, giving, serving)?

## **five:** My world that exists primarily online.

Take Inventory: What and who am I primarily connected to online?

- Who/what do I give time to that I have never had an actual meaningful exchange with? (Just for the record, I think zoom - if done well - can foster wonderful connection)
- What people/platforms am I giving time to that don't actually know my name?

# LIVING FROM THE INSIDE OUT

---

**one:** I am the BELOVED. Nothing more. Nothing less.

To evaluate: What is the truest truth about me according to my current approach to life? (i.e. I am the beloved. I am not enough. I am too much. I have something to prove. etc.)

**two:** I am created uniquely for a purpose.

To evaluate: Am I living aligned? Does my work/ the way I show up to any roles I have, honor my unique design? Am I living into the right yes's & no's? What changes need to be made?

**three:** I have been given a daily life & context.

To evaluate: How much time do I spend focused & present in a typical week in this area of my life? What changes need to be made?

**four:** My wider sphere of influence & connection that is still largely in-person/consists of "real" connection.

To evaluate: How much time do I spend focused & present in a typical week in this area of my life? What changes need to be made?

**five:** My world that exists primarily online.

To evaluate: How much time do I spend focused & present in a typical week in this area of my life? What changes need to be made?