

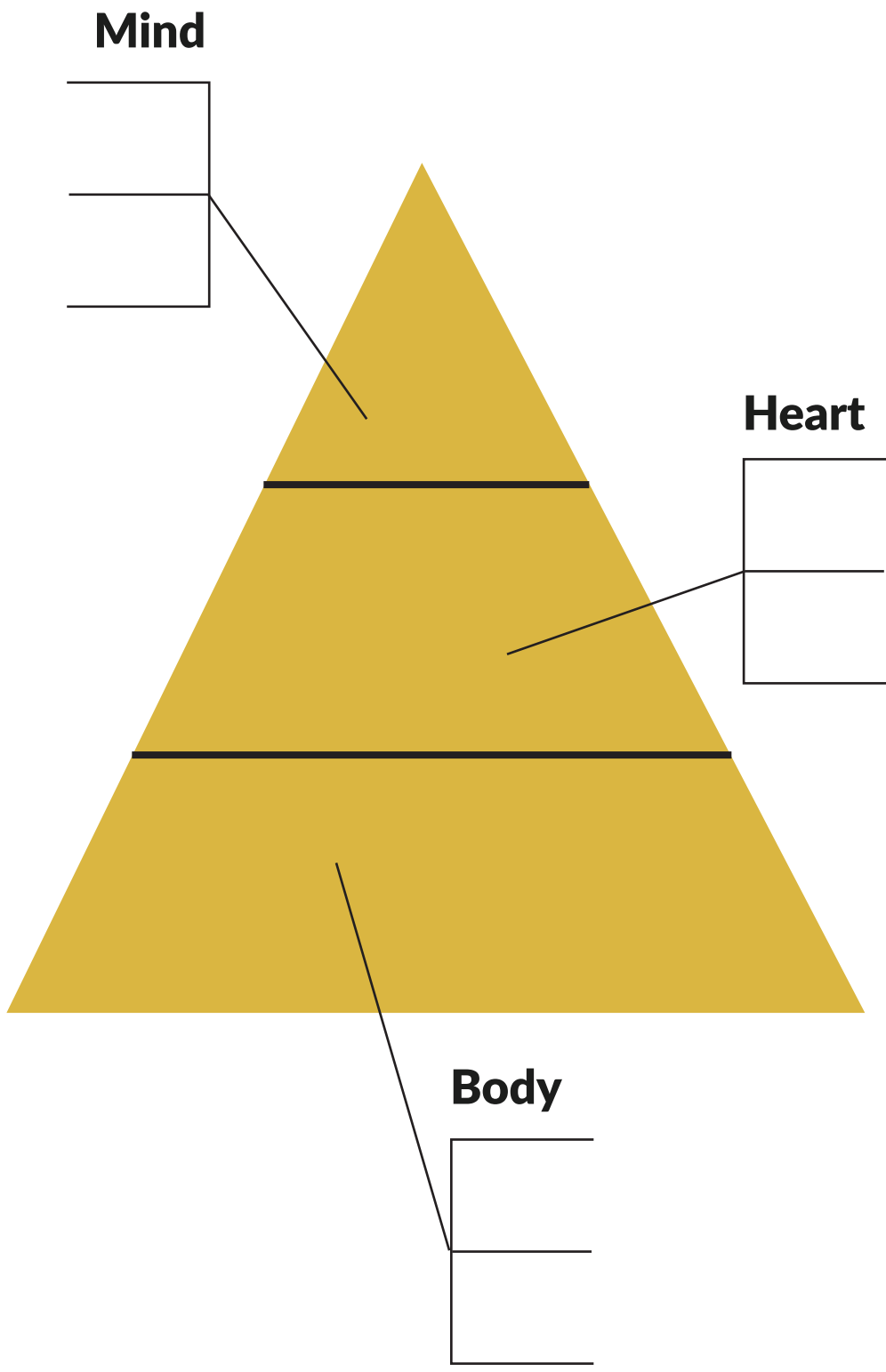
FULLFILLMENT PYRAMID

The Fulfillment Pyramid is an integrative, holistic mind/body/heart “System” [and is millions of years of brilliant evolutionary technology!] that awakens to profound joy and aliveness when each of the 3 components are deeply respected, nourished and aligned with an overall nourishing direction of our lives. In other words, when we “feed” the mind with nourishing ideas, reflections and topics that are particularly and accurately in our wheelhouse of interests, it comes alive.

If we stop “feeding” the body large quantities of sugar, very little sleep and extreme levels of anxiety and overwhelm, it will change and transfigure how we think, feel and sense our inner and outer worlds. If our heart and lives are not aimed at what feels deeply nourishing, true to our gifts/purposes, our meaningful life becomes allusive - then perhaps we can't be surprised if despair and depression run our lives.

Below I have provided 3 blank spots to be filled by you for mind, heart and body activities that need to be identified and mobilized so that this system of yours can be deeply sustained in ways that you might find - right now - unfathomable.

Simple identify 3 activities for the mind [Ex. If your “ultimate concern” and what you mainly love reading about is injustice - then lean in with more books, education, mentors]; body [Ex. think cardio/weights 2-3 times a week, yoga 1-2 X's, an anti-anti-inflammatory diet, 7.5 hrs sleep/night, etc after consulting your doctor]; and heart [what does a meaningful life of vitality (relationship with self), intimacy (relationship with others), prosperity (relationship with a prosperity that includes people, planet, profit) really look, feel and smell like to you? Build a vision board, set some goals, lean into your relationships with even more fierce gentleness. Then simple inject these activities to your calendar - with smarts, supervision and commitment.



NOTE: Michael Talbot-Kelly 2018 Copyright.