



Defining My Winged Life

Articulating what a Winged Life would mean for you is the powerful first step toward living that Winged Life. You may be feeling like your wings have been clipped. Not to worry – they can be mended. The first step is to dream about (or remember) what flying would feel like.

What does The Winged Life mean to you? Write down the first thing that pops into your mind. Jot down ideas and images that come to you. This is not your final draft – it is just an opportunity to “try things on for size”.

What do you need to include (or include more of) in your life to make it feel Winged?

What do you need to let go of in your life to make it feel Winged?

List any changes you would like to make in the following areas of your life:

Family/home life

Career or business life and/or volunteer work

Your Personal Character

Relationships

Leisure Time

Self-care

Learning

Spiritual Life

Other

Looking at the list above, what one change would make the biggest impact on your life?

Is there anything you would like to let go of?

What nourishes your spirit?

What lightens your load?

What excites your mind?

What energizes your physical body?

Take a moment to quiet your mind. Close your eyes and think of the most peaceful place you know. Let that peace permeate your body, then come back and work on this last item.

Describe your Winged Life, in detail. Use positive phrasing (e.g., I have loving open relationships with my children; after I get interrupted, I easily resume where I left off; I take every Saturday afternoon off to do things that nurture my spirit...) Write in prose or use bullet points, whichever you prefer. Or speak into a recorder, if you like to think out loud.

Consider that defining and manifesting your Winged Life is a work-in-progress. Get the main points down now, let it sit in the back of your brain, and come back to it in a day or two and see how it “feels.” Tweak as necessary.

Last – and this is key – choose one thing you can do in the next two days to start living that Winged Life. Start by adding something that makes your soul sing, even if you can spare only a few minutes for it. Walk through a flower shop and drink in the colors and scents, re-read an inspiring text, sing in the shower – the soul is easy to please. What will you do?

What will you do in the next month?

Go forth in peace and begin to live YOUR Winged Life!