



How to Interpret Your Life

This guide will help you

- ✓ Discover the questions you need to ask to interpret your life
- ✓ Do an audit of your life today
- ✓ Discover your true feelings about your current circumstances
- ✓ Interpret your life in three simple steps
- ✓ Make decisions on how to move forward

Free Workbook

Step 1

Recognize that interpreting your life is a simple process

A dream expert once said that interpreting dreams is easy - you need to think of what the actions and circumstances in the dream mean to you. Therefore, if I dream of a snake in my house, my interpretation may be that someone sly and vicious is trying to make their way into my personal space. (*A snake to me is sly and vicious*)

In certain parts of the world however, snakes are seen as graceful and exotic. So someone having the same dream may believe that a beautiful and enchanting person is entering their lives.

That mystic and allure is no different from what you encounter in your daily life. What you do every day is conscious and deliberate. Why not try to interpret what's going on when you are awake - the conscious and sub conscious? Why wait to decipher a dream? Dreams are our lives interpreted unconsciously.

Look at what's happening around you. Then figure out what that means to you.

Step 2

Have an honest conversation with yourself

Sit and spend time observing your life. Examine your feelings. Ask yourself the dreaded questions and be honest with the answers. You need to remember that this is YOUR life. YOU are the only one who can interpret it. You can draw from similarities based on the experiences of others but no one can give a more accurate interpretation of your life than you can.

Most times, the main reason we want to interpret our lives is to figure out where we are versus where we want to be. Take the time to print out this document and fill it out. This is essentially a mini life audit. Be honest with yourself about how you genuinely feel. You must deeply examine your feelings, because how you feel about anything will determine how you interpret it. Pour out all the answers that come to you – negative and positive.

Here is an example of how you may answer the questions below.

Question 1. – What are my current circumstances?

Answer.	How does this make me feel?	What does this mean to me?
I am out of a job.	Depressed/disappointed/like a burden/ free / like it's a new beginning / like it's all crashing down / Like I am free from stress	That the economy is bad/that my bills remain unpaid/ that I am a failure/ that I need to find a new job/ that I have an opportunity to start over
I am a newlywed starting a new career	Excited/ in love/secure	That my life is full of promise/ that I now have to consider someone else's feelings/that my life isn't mine anymore / that I have to make choices between family and career/ that two are better than one
I am overwhelmed.	Tired/ angry/like running away/like I may disappoint people who count on me	That I have bitten off more than I can chew/that I need to reprioritize/that I recognize that there is a problem

My Life interpreted Questionnaire

Question 1: What are my current circumstances?

Answer	How does it make me feel?	What does this mean to me?

Question 2: What am I good at?

Answer	How does it make me feel?	What does this mean to me?

Question 3: What are my debilitating habits?

Answer	How does it make me feel?	What does this mean to me?

Question 4: What are my dreams?

Answer	How does it make me feel?	What does this mean to me?

Question 5: Am I staying true to my heart's dream, following the advice of someone else or trying to survive?

Answer	How does it make me feel?	What does this mean to me?

Question 6: What are my obstacles to achieving what I want to in life?

Answer	How does it make me feel?	What does this mean to me?

Question 7:How can I navigate these obstacles?

Answer	How does it make me feel?	What does this mean to me?

Question 8:What are the relationships that matter in my life?

Answer	How does it make me feel?	What does this mean to me?

Question 9:What relationships do I need to cultivate to achieve my dreams?

Answer	How does it make me feel?	What does this mean to me?

Question 10:What do I FEEL in my GUT shouldbe my next step?

Answer	How does it make me feel?	What does this mean to me?

Step 3

Take Action

The answers to the question ‘*What does this mean to me?*’ determine how you interpret what’s going on in your life. But you can’t figure out what it means to you unless you are honest about how you genuinely feel about it. Also by examining the answers to this question, you will recognize that your perception is not as one dimensional as you may have originally thought. Your life is filled with meaning and endless opportunity.

But now that you have discovered the meaning and opportunities you need to act! Interpreting your life simply means that you are now aware. It is the first step to creating the life that you want. Start making decisions on how you move forward in a way that serves you and makes you happy.

*To receive more of our life transforming tools and weekly messages to help interpret your life become a member today!**Join now!***

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