

HOW ARE YOU, REALLY?

A photograph of a sailboat named "Sea Allana" on the water. The boat is dark blue with white sails and an American flag. Two people are visible on deck. The background is a clear blue sky with a single bird in flight. Large, bold, yellow text is overlaid on the image.

Even if you're not sure, this will help.

Your Life is Like a Boat on the Water

Imagine a scene. This scene is a depiction of your life, a metaphor, and description of what your life feels like for you. Do your best to answer the questions with whatever pops up in your mind. Explain everything you can. There's no right answers so you can't get them wrong. Literally, let anything happen in this imaginary world. There are no rules. If there's any question that doesn't have an answer, write that down or leave it blank and come back to it again after you answer the other questions. If you need any suggestions, I offer some examples for you on page 3.

Answer these questions

If you were a boat right now, what kind would you be?

What condition is your boat in?

Can you find the steering wheel? What condition is it in?

If your life was the water, what kind of waters would you be in?

What are the skies like? What time of day is it?

How close are you to land? What does the land represent for you?

Is there a compass available or lighthouse in view? What does those represent for you?

Are there other boats in view? Who might they be? What are they thinking?

Examples if you're feeling stuck

If you answered the questions just fine, keep going. If not, let these nudge you along.

If you were a boat right now, what kind would you be?

Speed boat? Party boat? Dingy? Rescue boat? Kayak? Blow up boat? Paper boat? Yacht?

What condition is your boat in? Can you find the steering wheel?

Is it in need of repairs? Is it in tip top shape? Is it sparkling clean? Is it leaking water? Out of gas?

Can you find the steering wheel? What condition is it in?

Is it functional? Does it have imprints from where you're holding it tight? Is it broken off? Hanging down?

If your life was the water, what kind of waters would you be in?

Stormy? Calm? Raging? Rushing? Tranquil? Bright? Murky?

What are the skies like? What time of day is it?

Clear skies? Windy? Cloudy? Foggy? Sunset? Sunrise? The middle of the night?

How close are you to land?

In the middle of the ocean? So close you could jump out and walk to shore?

What does the land represent for you?

Peace? A new job? Your kids going back to school? Moving out? Moving in?

Is there a lighthouse in view? What does that represent?

Your best friend? Your spouse? The Bible? Your parent/s?

Are there other boats in view? Who might they be? What are they thinking?

No boats in sight? Strangers? Onlookers? Friends? Co-workers? They're worried about your boat?

They're judging you? They're cheering you on? Ignoring you?

Now that you've painted the picture of what your life looks like if it was a boat on the water, answer some more questions. These are more of a birds eye view compared to the last set of questions. In this set, answer the questions with that scene in mind.

What is your boat exactly? How do you feel about your boat?

How does that scene hit you? How does it make you feel to know that's where you are?

What is significant about it? Allow any feelings to come up. You might be surprised what matters.

How do you feel about the land in your scene? How does it make you feel to know where you are in perspective to the land? Is there anything you wish you could change?

Is there anything that surprised you about any part of the scene? What was it and what was surprising about it?

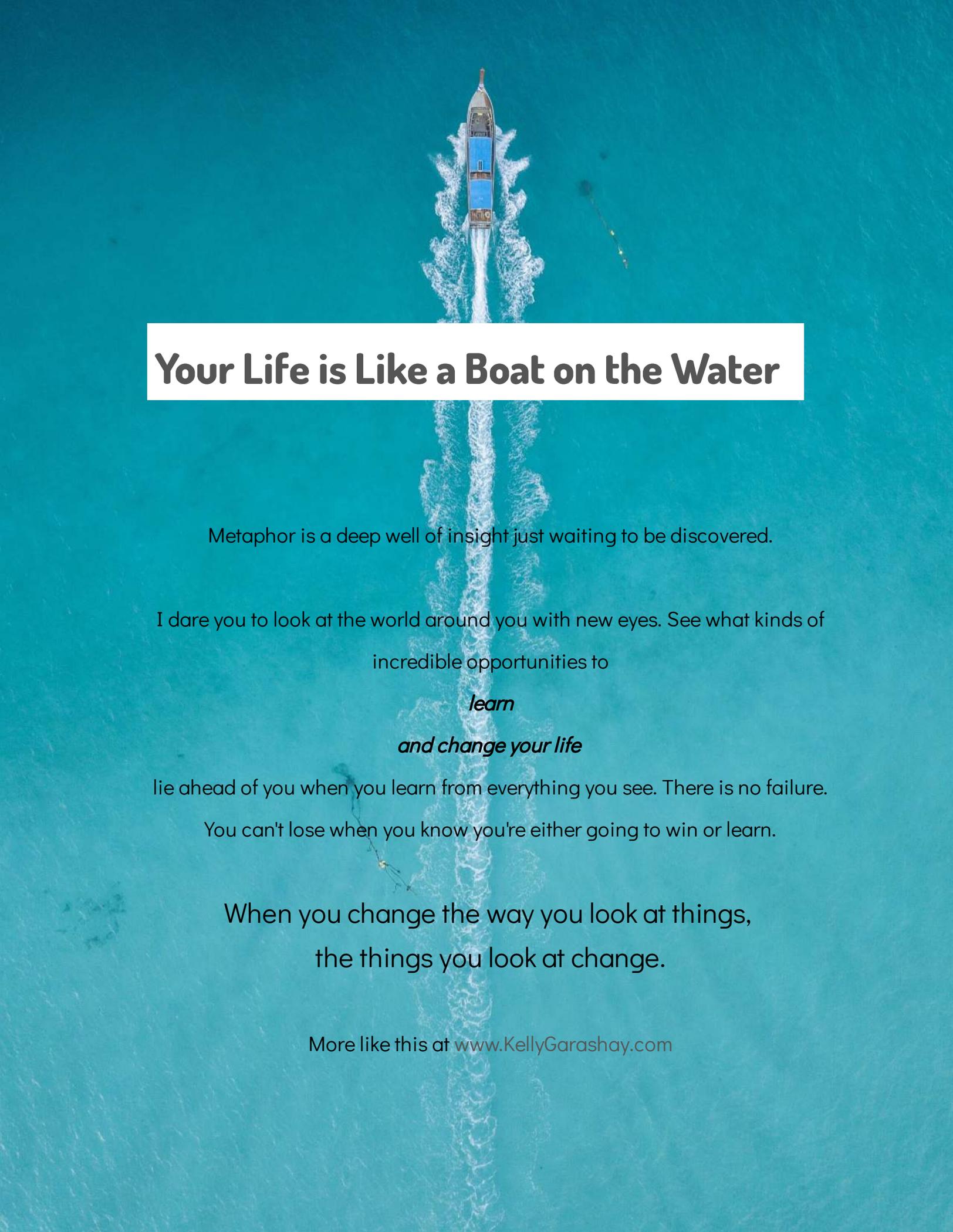
Insights & Forwarding Action

If you've found anything of importance or significance to you, write it down here.

Are you feeling like you want to do something? What might that be? What else could you do with this information?

What could you do to change something or remember this to shift your perspective?

Who could you tell about your shift or change? Do you have a safe person that could help keep you accountable to these new insights, changes, and challenges? Accountability will help make it feel more real to you and help you create lasting change. Who is this and when will you talk to them? Make a plan!



Your Life is Like a Boat on the Water

Metaphor is a deep well of insight just waiting to be discovered.

I dare you to look at the world around you with new eyes. See what kinds of
incredible opportunities to

learn

and change your life

lie ahead of you when you learn from everything you see. There is no failure.

You can't lose when you know you're either going to win or learn.

When you change the way you look at things,
the things you look at change.

More like this at www.KellyGarashay.com