

Evolutionary Progressions

100 WAYS TO KNOW YOU ARE EVOLVING

_____ Your Score

1. Relating.

- I can say no easily and kindly, without feeling funny about it.
- Negative and cynical people have disappeared from my life.
- I am surrounded by people who are in touch with themselves.
- I can be with anyone without feeling uncomfortable or reacting to them.
- I let people evolve me instead of resisting.
- I find myself having upgraded levels of conversation everywhere I go.
- My boundaries are extensive, yet people are close to me.
- I find myself connecting with others in new ways.
- Most of my relationships are inter-developmental, not just interdependent.

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2. Learning.

- I honor my relationships enough to step over nothing.
- I no longer feel compelled to learn stuff yet I find that I'm continually learning on a profound level.
- I synthesize all that occurs and use it to my advantage.
- I am so sensitive to my environment that I notice, embrace, integrate and assimilate even the slightest change.
- I can give simple language to the most complex issues.
- I stay fully caught up with technology.
- Discovering the truth of something is a joy for me.
- I have extended my intelligence by connecting with people who can use it.
- I constantly experiment with the gifts I have.
- I follow my whims instead of disregarding them as impractical or unwise.
- The unknown has become a doorway, not a cliff.

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3. Effectiveness.

- I no longer feel the need to fix or improve myself or others.
- I don't look for things to motivate me; getting up in the morning is all I need.
- Synchronicity (fortuitous timing) has become the norm. It occurs so frequently, that it's easy to accomplish things.
- Being important, admired or impressive has become irrelevant.
- I always use synergy whether with others or alone.
- I am skilled at creating environments that facilitate what I want to do.

- I am inspired by people, possibility or events, instead of motivated by factors or situations.
- I attract instead of sell or push.
- I can do much more with a lot less.
- I am able to experience (and harvest) energy from almost every person, event, object and environment.

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4. You.

- I feel inner peace almost all of the time.
- My needs are quiet because they are so well met.
- I am willing to go back to foundational work whenever needed instead of thinking I've 'evolved' beyond that.
- I wouldn't even think of not being authentic.
- I've gotten over myself in every possible way, yet I honor my self, my needs and my soul.
- I have nothing left to prove.
- I've developed my own POS (Personal Operating System).
- I am shameless.
- I enjoy being a work-in-progress, yet I am complete as well.
- My behavior is increasingly becoming an expression of my evolving true self.

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5. Living.

- My evolution is a byproduct of living a creative life, not an objective to reach.
- Traditions are a choice, not a habit or obligation.
- I get what I want, without having to push or exploit to get it.
- Possibility is my currency because I'm living in reality.
- Living life has become an art form.
- Creativity has become a way of life.
- I easily ask for exceptions and special treatment whenever I need it.
- I live ecologically because I respect nature.
- I am taking better and better care of myself because evolving calls me to, without forcing myself to.
- I love my life.

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6. Flow.

- I have progressed beyond freedom and now maintain an 'absence of.'
- I accept the inevitable variations in the rhythm, rate and quality of my evolutionary experiences.
- I can give generously because I have reserve.

- Time is irrelevant because I am in the flow.
- I live in harmony with the physical universe.
- Fear doesn't stop me for very long.
- I am quite comfortable outside of my comfort zone.
- I can respond fully to surprising developments because I have enough space and reserves in my life.
- I've stopped resisting.
- Grace is present in all that I do.

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7. Thinking.

- I'd rather trust my intuition and be wrong, than trust my mind and always be right.
- Whatever happens, I know there is always another way of looking at it.
- I am aware that every problem has multiple solutions.
- Apparent contradictions aren't.
- I grasp and embrace complex ideas within several minutes.
- I have a regular source of information and ideas outside of my usual network, so that my thinking stays fresh, global and innovative.
- My brain, mind and spirit have found a common language to communicate with.
- I find it easy to integrate seemingly unconnected or random events.
- I'd rather adopt a new paradigm than push myself in the current one.
- I have all of the language I need to express all that I am feeling and seeing.

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8. Skill sets.

- My ability to respond to new information is increasing exponentially.
- Mutating doesn't scare me.
- I've stopped trying to evolve, and yet I evolve.
- I have become a conduit as well as a source.
- I've mastered the set of cyberskills.
- My body guides me in my decisions during the day.
- I find developing my skills to be a more and more enjoyable process, even with the inevitable learning curve.
- I've become super-conductive -- reducing the energy I need by 90%.
- I've simplified everything because I enjoy things that way.
- Uncertainty is not a problem.

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9. Perspective.

- I don't mind losing who I used to be even if I was terrific.
- I view the world as an interrelated web -- everything is related to everything, especially from nature.
- I see that flow is a seemingly chaotic web of events, not a linear path.
- I have come to accept the inevitable element of chaos inherent in the evolutionary process.
- When facing a big problem, I can increase the context enough in order to create a creative strategy to resolve it quickly.
- When I see that a paradigm does not work in a particular area, I look for a new paradigm that does.
- I see the subtle distinctions in every situation, which show me the opportunity that is always there.
- I read/view a wide-enough variety of magazines, books and movies that stimulate my thinking, feeling and awareness.
- I laugh at my own expectations, when they arise.
- I laugh at my own humanness. It's funny.

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10. Orientation.

- I've become the host of a thriving network and evolve as I learn new ways to serve them.
- Success has become a feeling, not an outcome.
- I have chosen to evolve myself, not just develop myself.
- I have become strength-based, not power-based.
- I've chosen my sources of energy and they are effective for me.
- I'm not afraid to have a perfect life, even if it means making significant changes.
- I can easily change my assumptions; they are disposable.
- I've shifted from a hunger for knowledge to a desire to learn.
- My definition of success continues to change.
- The past and future have become mostly irrelevant given the richness of the present.

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