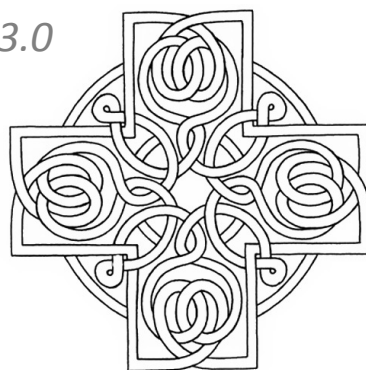


# The Formula Worksheet v3.0

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## Heaven – Vertical – Being

*The Formula Worksheet corresponds to the twelve core circles of "The Formula," which, in turn, correspond to twelve major areas of our earthly lives. Most of us are strong in some areas and weak in others. The end result is that our lives limp along, never really catching fire. Or, said another way, we don't feel centered, connected, purposeful, peaceful, joyful, happy, healthy, and alive all the time. Even when we accomplish important goals, we still feel unhappy and unfulfilled. A part of us knows that something is missing.*

*The remedy begins by understanding that life has been designed so we can only be truly happy when we are in conscious, loving relationship with God, ourselves, and one another. Life, in other words, is about relationship and the more connected we are with everyone and everything, the happier, healthier, and more fulfilled we are.*

*To use an airplane as an analogy, its main systems must be present, functioning and connected to one another before the plane can get off the ground. And the more present, functioning and connected these primary systems are, the more graceful, stable, and efficient the plane will fly.*

*The twelve areas listed on this worksheet are the main areas in our lives that need to be working and in right relationship with one another for us to be truly happy, healthy, and fulfilled.*

*"It's all about love,  
relationships,  
and embodying  
the Divine."*

**The Formula Worksheet can be used on a daily, weekly, and/or monthly basis. Here's how:**

- Read "The Formula" and identify the areas of our life that are the weakest and require the most attention.
- Choose activities that will build and strengthen our underdeveloped areas.
- Write the activities we decide to practice in the corresponding box.
- Spend time practicing the activities we have chosen when we have "juice" for them.
- Once we feel our interest begin to wane, we can either turn our attention to other weak areas, or renew ourselves by focusing on areas where we are already strong and comfortable.
- The important thing is to go wherever "the juice" is for us: to circle round and round, from one core area to the next, and then back again. In the beginning, we can feel overwhelmed, especially if we discover that many core areas require attention. Don't get discouraged! Step-by-step, little-by-little, keep going. If we stick with it, small successes will lead to big successes, and big successes will lead to life changing breakthroughs.

## Earth – Horizontal – Becoming

- Forcing ourselves to tackle undeveloped areas when our heart is not in it, usually causes us to waste energy and lose enthusiasm. Most of the time, the best way to build and maintain competency in any area of our life is to only tackle it when we feel a genuine desire to do so. In the beginning, we may feel a deep resistance to tackling some areas. That's fine. Until our knowledge, understanding, and enthusiasm grows in these areas, we can start by nibbling.

We nibble, and then move on once resistance begins to rise. Once resistance fades, we return and nibble again. And then leave. And then return again. Like water, we eventually will wear down all resistance. If we persist, we will discover unexpected treasures in areas that we previously dismissed and avoided.

- Because everything is symbiotically connected, breakthroughs in one area often lead to breakthroughs in others. Strengthening one area also tends to strengthen others and the system as a whole.

- Each boxed area includes numbered measure bars. These bars correspond to the topics listed in each section of The Formula. They are used to track our success. As we reach higher and higher levels of competency and consistency in particular areas, we fill in the appropriate bars. This helps us see, at a glance, which areas we are strong in, and which require more attention.

- Seeing how far we've come and what work remains to be done will increase our determination and sharpen our focus. Every step we take boosts our sense of accomplishment and increases our abilities. It is also helpful to save our worksheets so we can track our progress over time.

- As we progress in specific areas, it is very important to hold new ground and not let it slip away. We do this by revisiting, tending to, and nourishing new areas. If, however, we gain new ground and then lose it, it is important to stay positive about ourselves and our efforts. One way we can do this is by remembering that we are absolutely and unconditionally loved by God. We can also remember that everything -- including our imperfections and backsliding -- is perfectly fine when viewed from the perspective of our souls. Read "The Light & The Life Review" to learn more about the wonderful, life-changing, "big picture" perspectives offered by near-death experiences.

- In the beginning, the weak areas of our lives will require the lion's share of attention. But in time, as we become increasingly proficient in more and more core areas, we will spend less time on specific areas, and more time polishing and tweaking the whole system. And that's when the magic begins to happen. Now that all the main systems of our plane have been identified, activated, and are running when needed, our plane will begin to lift off the ground, fly more smoothly, and stay airborne for longer and longer periods of time. In addition, the pace of change accelerates. Breakthroughs made in one area quickly spread to others, sparking new insights and connections which, in turn, lead to more breakthroughs. Eventually, magic becomes a regular occurrence and all aspects of our world begin to buzz with love, connection, peace, and joy.

- The Circling Worksheet can also be used to develop and measure the health, or lack thereof, of our interpersonal relationships. The more areas we have activated, the healthier our interpersonal relationships are, and visa versa.

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"Learn through circling and daily practice."

Connect with God:

	1
	2
	3
	4
	5
	6
	7
	8

Monitor & Direct Inner Dialogue:

	1
	2
	3
	4
	5
	6

Feel God's Love for Us:

	1
	2
	3
	4
	5
	6
	7

See, Speak, Live The Truth:

	1
	2
	3
	4
	5
	6
	7

Love Others via Daily Acts of Kindness:

	1
	2
	3
	4
	5
	6

Discover & Manifest Our Unique Purpose:

	1
	2
	3
	4
	5
	6

# The Formula Worksheet. 3

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"It's the little things."

*Guidance from Spirit, Within & Without:*

	1	
	2	
	3	
	4	
	5	
	6	

*Spend Time in Nature; Love the Earth:*

	1	
	2	
	3	
	4	
	5	
	6	

*Shadow Work:*

	1	
	2	
	3	
	4	
	5	

*Join Deeply with Other Human Beings:*

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	2	
	3	
	4	
	5	
	6	
	7	
	8	

*Body Care & Healthy Lifestyle:*

	1		9	
	2		10	
	3		11	
	4		12	
	5			
	6			
	7			
	8			

*Miracles: Master The World Through Love:*

	1	
	2	
	3	
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	7	
	8	