



THE FINEGAN METHOD

CoreSELFTech Discovery Process™ presented by Beth Finegan Reynolds

Step-by-step Video Instructions: **NEED VIDEO**

Step 1

Bring to mind your all-time favorite pet or animal. It could be from childhood or one you have now. It could be a friend's pet or even one you wish you had. Just pick one animal and write it here _____.

Write down **5 life-affirming qualities** that you most love about this pet or animal:

1. _____
2. _____
3. _____
4. _____
5. _____

Step 2

2 A. If you were one thing in Nature, what would it be?

"I would be a/an _____."

2 B. What does this thing in nature contribute?

"This thing in nature – it's biggest contribution is to . . . (in 4-10 words)

Step 3

Recall the last 4 or 5 times when someone said to you – "I wish I could do that as **easily** and as **joyously** as you seem to do it!" What were you **doing** that they commented on?

Write 5 things that you were **doing** that others admired you for.

1. _____
2. _____
3. _____
4. _____
5. _____



Only begin this page after completing ALL of page 1

Step 4 From step 1 on the prior page, write in your animals top 5 life-affirming qualities, ranked from #1 (highest) to #5 (lowest)

My Animal's Top 5 **Life-affirming Qualities**:

1. _____
2. _____
3. _____
4. _____
5. _____

STEP 5 Construct an "I am Statement":

My "I am . . . statement" (Life-affirming & present-tense)

I am (#1 and highest life-affirming quality from **Step 4**) _____
_____ in order to (nature's most important contribution from **Step 2 B** on page 1)

_____.

STEP 6 Write in from Step 3:

My Friends see these Top 5 "things I do **easily** and **joyously**":

1. _____
2. _____
3. _____
4. _____
5. _____

Only begin this page after completing ALL of page 2

STEP 7 Copy from page 2 – Step 4:

My Top 5 Life-affirming Core Values (My Most Authentic way of **BEing**)

1. _____
2. _____
3. _____
4. _____
5. _____

STEP 8 Copy from Page 2 – Step 5:

My Life Purpose Statement (My highest calling that guides my path to fulfillment.)

- The first part is my Core Identity;
- The second part is my most important way that I contribute to my world!

I am _____

(from **Step 5**) in order to _____

_____. (from **Step 5**)

STEP 9 Copy from page 2 – Step 6:

My Top 5 Natural Gifts & Talents – (The Tools and Skills that are required for me to fulfill my Life Purpose!)

1. _____
2. _____
3. _____
4. _____
5. _____

Congratulations – You have just completed what thousands of people have described as a Life-Changing and Life Defining Exercise! Please pass this on to everyone you care about! Permission granted to copy this document – Provided this document is not altered & it is to be shared for free. ~ Peter J. Reding