TransZen Your Life Course

CHOOSING WHAT YOU WANT
OPTION LINES

THE STORY WE TELL OURSELVES

We've all experienced the feeling of wanting something deeply in our lives—whether it's a loving relationship, a recognized degree, a successful career, financial freedom, mental well-being, health, happiness, or inner peace—and despite wanting it, it does not show up in our lives. The daily struggles and setbacks we face serve as indicators of the gap between where we are and where we want to be. This gap is not just an external divide; it exists in the deep recesses of our subconscious, often manifesting as limiting beliefs, unresolved fears, or deeply ingrained patterns of thought that we may not even realize we hold. These internal blocks, built over time from past experiences, are often formed in early childhood and shaped by our experiences, environment, and relationships. However, many of these beliefs can be outdated, limiting, or no longer serve us in the present and holding us back from fully realizing our potential and achieving the things we desire.

OPTION LINES

In life, there are certain aspects beyond our control, such as the day we are born, where we enter the world, and who our biological parents are. However, within the framework of our existence, there are ten key "option lines"—areas where we do have the power to make choices and influence the way we feel to improve the quality of our lives.

These areas are where we grow, learn, and evolve. While we may encounter challenges along the way, these option lines offer us the opportunity to shape our lives through the decisions we make. Each challenge serves as a lesson, and it is within these moments of choice that we uncover our true potential, resilience, and the ability to steer our own journey in the direction we desire.

CONENCTING THE DIVIDE

This worksheet is designed to help you reflect on different options line and assess where you currently stand in relation to where you'd like to be. This is the first step in connecting the divide, and it will provide insights into areas you may want to prioritize during the course.

We encourage you to kindly challenge yourself. To be open, honest, and loving towards yourself when trying this exercise. Acknowledge every effort and appreciate where you are in your life. Be patient and know there is a period of transition between your old beliefs and creating new more supporting and loving beliefs.

EXERCISE

Please take a moment to fill in the information in the table below. More space to may be needed.

Option Line	Are you experiencing any challenges in this area? If yes, what are they?	What would you like to have? And what would having that do for you?	On a scale of 1-10, how important is it to you?
Love			
Partnership			
Family			
Health			
Mental Health			
Financial Freedom			
Social Life			
Career			
Purpose in Life			
Personal & Spiritual Development			

POWER OF CHOICE

As you reflect on your responses above, which of the option lines would be your main focus during this course? The option line you choose will guide your journey toward achieving what you truly want. This is your opportunity to focus on what matters most, allowing you to move forward with clarity and purpose.

1. Option Line

   Which option line do you feel presents the most challenges for you, and more importantly, what would you like to have?

Anything else…

Is there anything else that has come to mind that we haven't addressed in the exercise above?