

## LIFE IS A SERIES OF MEETINGS

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### Definition

Life is a series of meetings with myself, with another, with the team around me, with the organization I'm a part of:

- Meetings are an integral part of my life.
- My success in meetings largely determines my success in life.
- I wish all of my meetings to benefit from a positive field and I work hard at creating the field wherever I go.
- Attending a class, taking the bus to work, buying a hamburger, mowing the lawn are all opportunities for meetings.

### Process

**1. Achieve meeting awareness:**

List and identify the nature of the meetings you're having, why you're having them, what result you wish to achieve, how you are going to generate a positive field, and how you wish to feel during and after the meeting.

**2. Prepare:**

Choose the mindset and behavior needed to feed the positive field.

**3. Carry out:**

Go through the meeting with a complete awareness of the field and what you are trying to achieve with it.

**4. Itemize a response:**

At the end of the meeting, determine what has gone well, and what concerns you have with your mindset, behavior and field.

***Adapted from George and Kathleen Prince (The MindFree Group) by:***

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