

## 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 that 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 such a field wherever I go.
- Attending school, taking the bus to work, buying a hamburger, mowing the lawn are all opportunities for meetings.

### Process

**1. Be aware:**

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 the needed 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:**

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The MindFree Group**