

Make Your Mark Graphic Facilitation & Coaching



Christina Merkley  
Publisher



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## A Note From Christina

Dear Christina,

Ahhhhhh, the weather is glorious in Victoria. Blue sky, sunshine and the tourists are arriving. This past weekend the city was humming as we hosted our 62nd Swiftsure International Yacht Race --- 220 sailing crews going for it on one of the most challenging overnight offshore competitions in the world. The city was packed (as were the ferries getting on and off the island!). Besides Swiftsure, we also had a cycling race and a Corvette Rally --- fun to see so many people hyped up and having a good time.

If you've never been to Victoria, it IS a beautiful town. I have been back almost three years now and really value its peaceful pace and grounding energy. I do miss the quick vibe and excitement of San Francisco (where I spent almost a decade) but Victoria has been a great place to think, write and create --- and hey, the parking and commute is a heck of a lot better. No freeway gridlock!

Wherever YOU are, I hope you are enjoying your emerging season and that your journey of SHIFTING life for the better is going well. Until next month --- all the best,

## INVESTIGATE YOUR NOW

In the last few issues we've been "Harvesting Our History" via the Archeology and Life Map exercises. In this issue we'll be "Investigating Our Now" with a new Merkley Map called 'The S.E.L.F. Inventory'.

Before launching into personal visioning work (defining what you really, really want), it is helpful to consider where you currently are --- to get a bit of baseline data before moving on. This baseline will help you SEE what you've got going for you and what you can leverage as you define and move towards your goals. It will also begin to flush out some of the things you will need to develop or acquire in order to move forward.

## Conducting a S.E.L.F. Inventory



One of the exercises that I do with my clients to gather this baseline data is something I've dubbed

Christina Merkley, The Graphic Coach

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## Graphic Coaching Services

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Are you a VISUAL THINKER? Think better when you SEE your thoughts? If so, I invite you to consider GRAPHIC COACHING.

Get focused and clear about what you really, really want. Identify and break through the limited thinking and cr\*p that is getting in your way. Increase your alignment, commitment and energy. Get moving out in the real world --- and make things happen!

In-person and telephone options available. Meet one- to-one with me in my Victoria, B.C. studio or work over the phone and email.

New package and fee information will be posted on the site soon. In the meantime I'm happy to field your inquiries via email (from there we can set up a time to talk by phone).

[Email to Discuss Options:](#)

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The S.E.L.F. Inventory. This inventory has you analyze yourself in four areas: Strengths, Evolutionary Nudges, Learning Areas and Foundational Support.

**STRENGTHS:** Strengths are the positive things that you have going for you. They may be natural attributes or qualities that you have developed. What are the things about yourself that you can honestly own as strengths or skills? That you know you are good at and that others recognize in you? Don't be modest. This is the time to claim what you have going for you. Take an appreciative approach to yourself. Ideally you will be building work and life that takes full advantage of your natural gifts.

**EVOLUTIONARY NUDGES:** All of us get 'evolutionary nudges' about ourselves and where we are headed. These are the inklings or hints that we get about what we like and what we really want. Put aside your inner critic (or outer one!) long enough to listen to what is whispering to you. What nudges you have been receiving? What lights you up? What makes you happy? What do you find yourself drawn or attracted to? If you had a magic wand, what would you be, do or have? Don't worry about how you are going to get there, or when (you will get to that level of physical reality soon enough). For now just be bold and write these evolutionary callings down --- this one act is a very powerful beginning. One that will begin a process of unfoldment if you will just allow it a little breathing room.

**LEARNING AREAS:** Learning or development areas are the inevitable places we need to grow or advance in. What are you beginning to realize that you need to learn? What feedback do you receive from others, that you can agree with? What are the areas that you know are your weak spots? Or are a challenge for you? What are the qualities you would need to personally develop to address those weaknesses? What qualities could you hire or get others to provide for you? Given your evolutionary nudges, what are the logical things that you'll need

to acquire along the way?

**FOUNDATIONAL SUPPORTS:** Finally, it is helpful if we've got some sort of support system that we can draw encouragement and help from as we move forward on our goals. What do you currently have in your life that supports YOU? Who or what do you receive encouragement and help from? How is your relationship with yourself? Do you have other people or things you can turn to? What successful things do you do when things get a little tough or challenging? If you have a strong foundation of support that you can draw from - great! If not, there are things you can do to beef up this area. A strong support network and foundation will be very valuable as you define and implement your vision and goals --- imperative even!

Evaluating yourself in these four areas will give you good baseline data as to where you currently stand. Information that you can return to, to evaluate your progress. Personal visioning and planning work can be very challenging. Your internal and external critics (or gremlins!) will come out in the process. It is not always easy to lay claim to what you want and take the steps to make it happen --- there is a price to be paid. I'm of the opinion that it is worth paying - -- life is short, might as well go for it!

### **Email Me for Templates and Instructions:**

Good luck with 'Investigating Your Now' over this next month. Just a little touch of awareness in these areas can provoke bigger shifts and changes. If you'd like to have this new Merkley Map® to work with, just email me (Christina@makemark.com) and I'll send you my new prototype and worksheet (these tools are currently complimentary for my early e-zine subscribers --- eventually they will be on my online store). As per previous issues, I welcome all feedback and suggestions --- so please share your experiences, as I'd love to hear from you.

## About Christina, The Graphic Coach:

Christina Merkley, M.A. is a Graphic Facilitator and Coach specializing in strategic planning and visioning. She uses interactive, visual thinking processes to literally draw your answers out of you. Creator of the SHIFT-IT Graphic Coaching Process, she helps individuals, couples and business partners define and get what they really, really want out of work and life.

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