

## #10 Describe Your Spirit

What words would you use to talk about your spirit? Asking this simple question of yourself and others can produce some amazing insights.

Some people have no idea how to describe their spirit, while others discuss it freely at length. Not everyone has an instant glowing response. Some seem troubled and have difficulty accessing a description. "I've never thought about my spirit before," is a common comment. Others struggle to verbalize a description of their spirit because they don't feel that they are doing it correctly. There is no right or wrong answer.

Describe your own spirit by writing it down, drawing it, telling a story, dancing or singing. Notice what you feel as you describe your spirit. Your virtues will provide insights into your spirit. Accept all you see, including your weaknesses. The clearer you consciously describe your spirit, the easier it is for others to see the real you.

Ask a friend to describe his or her spirit. By listening attentively to your friends, you give them a great gift. When they finish, ask questions to deepen your understanding. Since words are a scant ten percent or less of communication, consciously focus the other ninety percent of your attention on this conversation. Be present. Now is the perfect time to practice empathy.

Be as a pond. Be still. Be clear. Look deep.

Additionally you may wish to ask a friend to describe your spirit. "When you see into me, what do you see?" Try not to immediately evaluate what they are saying. Show them you are really willing to hear what comes up. Accept what they say and allow quiet reflection. Tell your friends what you sense about their spirits.

How would you describe your spirit?

What was your childhood spirit like, and how has your spirit grown and changed over time?

What does your spirit want?

How will you invest spirit today?

How does your spirit express itself in the daily choices you make?

What brightens your spirit?

When is your spirit the brightest?

What drains your spirit?

How does Spirit guide you?