



# COMPLIMENTARY PASS

DAY 2

developing a core of confidence and calm

3 Day Pass

DAY 2

TREATMENT MENU

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i. The Rudder Board

creativity

inspiration

wellbeing

# The Rudder Board

This treatment is a remedy for over-busy minds that always worry they should be doing something else.

By discovering and declaring what truly matters to you, you can relax more, because you'll begin to recognise the value in how you're spending your time.

And the more your timetable is aligned to your values, the less you'll need to worry that you should be doing something else.

You get to relax and enjoy the moment. You get to harness the power of now.

Welcome to The Rudder Board.

The Rudder Board is where you keep a prominent reminder of what matters most to you - what you want your life to really be about.

Over the following pages, you'll clarify what you've learned so far about your vision, purpose, soul quests and values. These are the deeply held rudders that steer your ship.

And then you collate these in one place - your Rudder Board.

After that, you will always know - *at a glance* - when you are spending your time on what matters.

If you're doing something that's on your Rudder Board, then you're living the way you want to live.

You're doing what matters to you.

You're spending your precious life units on something you've decided is worthwhile - *to you*.

It may seem too simple to be effective, but I invite you to try it.

The first benefit is in getting clear on what you want, where you want to go and your next steps in that direction.

But the real bonus is that it enables you to relax into *any of the activities on your board* - without wondering if your time would be better spent elsewhere.

If it's on your board (ie matters to you) and you're enjoying it - that is all the productivity you need for an enjoyable quality of life.

(And isn't the aim of life to spend our time on the things that matter to us? )

But your Rudder Board does double-duty on the peace of mind front...

Armed with this information - in black and white - it becomes so much easier to make decisions. You'll have a touchstone to check in with, if you're ever wondering what to do.

And since life has a habit of getting busy and pulling us away from our hard-won rudders, it's extremely helpful to have a visual reminder of them.

And after completing the following exercise, that's exactly what you'll have.

Over the next few pages there is space for you to put into words what really matters to you.

But this is not a ten minute thing - it may take a few days, maybe even a couple of weeks, to define these vital ingredients of your best life.

But this exploration is time well spent.

What's more important than figuring out what you want your life to be about?

And once you begin asking these questions, your marvellous brain will get to work on providing you with the answers.

So, read through the following pages, make any notes that occur to you straight away, and then allow some time for 'percolating' these important questions.

Then, when you're happy with your answers, the final page is where you put these together.

This is your Rudder Board.

It contains the gems of insights, the certainties you've gleaned so far in your journey.

And you can use this whenever you feel lost, confused, anxious or need to ease the uncertainty, whether for your creativity or your life.

It's also a valuable tool for checking in during busy times and recalibrating, getting back on track and knowing where to focus.

Because the results will not only be a summary of what matters, they will also be in a kind of hierarchy.

So you can easily see your *ultimate* aims and your bigger life intentions. You can zoom out and see the Big Picture.

This is so useful when the smaller goals overtake us and try to pull us away from our larger vision. With a quick check-in with your Rudder Board, you can see whether you are still aligned with what you've defined as important.

It's like a GPS system for your heart and soul; it shows you where you're headed, so you can course-correct if necessary.

(As a multi-passionate creative, I find this an absolute godsend. I often get so absorbed in my projects that I forget what I'm doing it all for.)

You may find that, over time, some smaller elements change. But you'll probably notice that some elements are your absolute core, and never change.

This is a learning journey - a work in progress. Feel free to adapt it and use it however benefits you the most.

So, good luck!

I hope you enjoy this exciting, soul-searching process, and that your Rudder Board will bring you more clarity, comfort and that muse-friendly peace of mind.

# EXERCISE #1

## Core Values

What matters - to *you*?

Brainstorm here any words that come to mind as things that - no matter what - are important to you.

These are your core values.

Though it may begin as a long list, try to be selective and reduce all these ideas down to a handful of words.

The idea is to get clear on what matters *most* - the non-negotiables of your happiness.

If any naturally fall into the same group, see if you can find a single word that sums up the whole range of words.

For example; travel, discovery and new challenges may all come under the term; Adventure.

Also, words have their own vibration and mean different things to different people. So, go with the words that resonate the most with you.

What *really* matters to me?

creativity

inspiration

wellbeing

## EXERCISE #2

# Vision & Purpose

Visioneering time!

Time to flex those creative muscles and imagine what your mission here on the planet could be?

If you could decide your life purpose, what would you choose?

What have you already learned about your overall life vision?

What legacy would you like to leave?

What Body of Work would you like to be remembered for?

What do you believe or imagine could be your unique role in the world - not just creative work but personal, humanitarian etc...?

Your vision is more of a lifelong, ongoing thing than an item to check off. It's less of a goal, more of a north star to steer your life by and inform your smaller quests and goals.

This is a great opportunity to tune in - get your muse on board!

And remember, you don't have to do it all today - you've got a whole lifetime to work on this. ;-)

When you feel ready, see if you can sum up these grand plans into a sentence or two that reflect the essence of your ultimate life story.

What do I want my life-story to be about?

## EXERCISE #3

# One Quest At A Time

What's your current 'quest'?

This is the main challenge you're working towards at the moment.

Explore your thoughts for this in the space opposite.

Our bigger visions are made up of these smaller quests, so it can be helpful to check in with both, to see if we're aligning our present needs and issues with where our soul is urging us to go.

This is more of a present moment awareness - what *currently* drives you, gets you out of bed in the morning?

You'll probably find that it's just a stepping stone towards your bigger life vision.

And it can be helpful to see that, as big a deal as it feels now, in the 'grand scheme of things' it's only one part of a larger whole.

Hopefully this will bring you some soul-soothing perspective and help you relax and enjoy some breathing room in your life hopes and dreams.

Again, see if you can arrive at a succinct summary of your current quest and fill that in at the bottom.

My Current Quest

## EXERCISE #3

# The Power of Focus

After all the grand planning work, it's time to drill down and harness the power of focussed intention.

Zoom in from the bigger picture, right down to the small, real, doable actions that will bring that larger dream to life.

So, what's your current focus?

What significant task or project is top of your list in moving towards your vision and making progress in your quest?

This will change on a regular basis, as you achieve these and move on to the next action step.

But again, when you're full of potential and have big creative dreams, it's really useful to be able to check in and see where you are in the process and just deal with one stage at a time.

This can really help to quiet any voices that are reminding you of all the other things to be done.

Know that if those other things truly do matter, you will get to them.

Use the space to brainstorm and then decide on a single project that you want to focus on first.

My Current Focus

creativity

inspiration

wellbeing

## And finally.....

Take the summarised versions of the past 4 answers and paste them in the following page.

Tinker with the words, and visions and ideas until you're absolutely lit up by them.

It may take a bit of editing and tweaking so keep going until you feel both thrilled and a calm sense of *yes, this is it*.

*Voila!* Your Rudder Board!

When you feel it's complete, at least for the foreseeable future - print it out and keep it somewhere prominent. Or keep it as a document on your computer desktop, where you can quickly review whenever you feel the need.

And feel free to return to this whenever you feel your current Rudder Board is not quite right - or as you achieve your focuses, challenges, and quests.

# My Rudder Board

My Core Values

My Current Quest

My Life Vision

My Current Focus

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inspiration

wellbeing

# DAY 2 REVIEW

Here's a little space for you to record any lovely successes and insights that appear during the process.

Recording your successes and insights is a great way to train your brain to both notice and create more of them.

And if you've had any lovely ahas or insights that you'd like to share, I would love to hear!

So feel free to email me your triumphs, or any other feedback:

[danielle@themusespa.com](mailto:danielle@themusespa.com)

I can't wait to hear how you get on!

## Successes & Insights

creativity

inspiration

wellbeing

# Well done!

I know you'll do an excellent job of this exercise. And I hope you also find it a revealing, heart-warming and enjoyable process.

My hope is that this exercise, and the final document will help you find and maintain clarity and a sense of meaning and purpose in the midst of a busy, creative and adventurous life journey - and that the resulting feelings of inner peace and inspiration will serve to fuel the unique and brilliant work that you're here for.

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And if you've enjoyed this treatment, I'd love to welcome you to the full Muse Spa experience, where you get 6 weeks of 1:1 support, coaching and feedback, as well as hand-picked treatments and beautiful bespoke workbooks. (They literally have your name all over them.)

If you'd like to know more, there are full details [here](#), or feel free to send any questions to me at [danielle@themusespa.com](mailto:danielle@themusespa.com)

And I'll see you tomorrow for Day3!

*Danielle*



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