


Introduction



- James Donnelly is Founder and CEO of Castle Group
- Entrepreneur
- Philanthropist
- Investor

Are You Living Your Life Like A Leaf On A Stream?



A close-up photograph of a person's hands shaping a piece of brown clay on a pottery wheel. The hands are positioned to guide the clay as it rotates. The background is softly blurred, showing a workshop environment with a white wall and a wooden surface.

LifeShapingSM
How to Live Your Life
Consciously

by James Donnelly

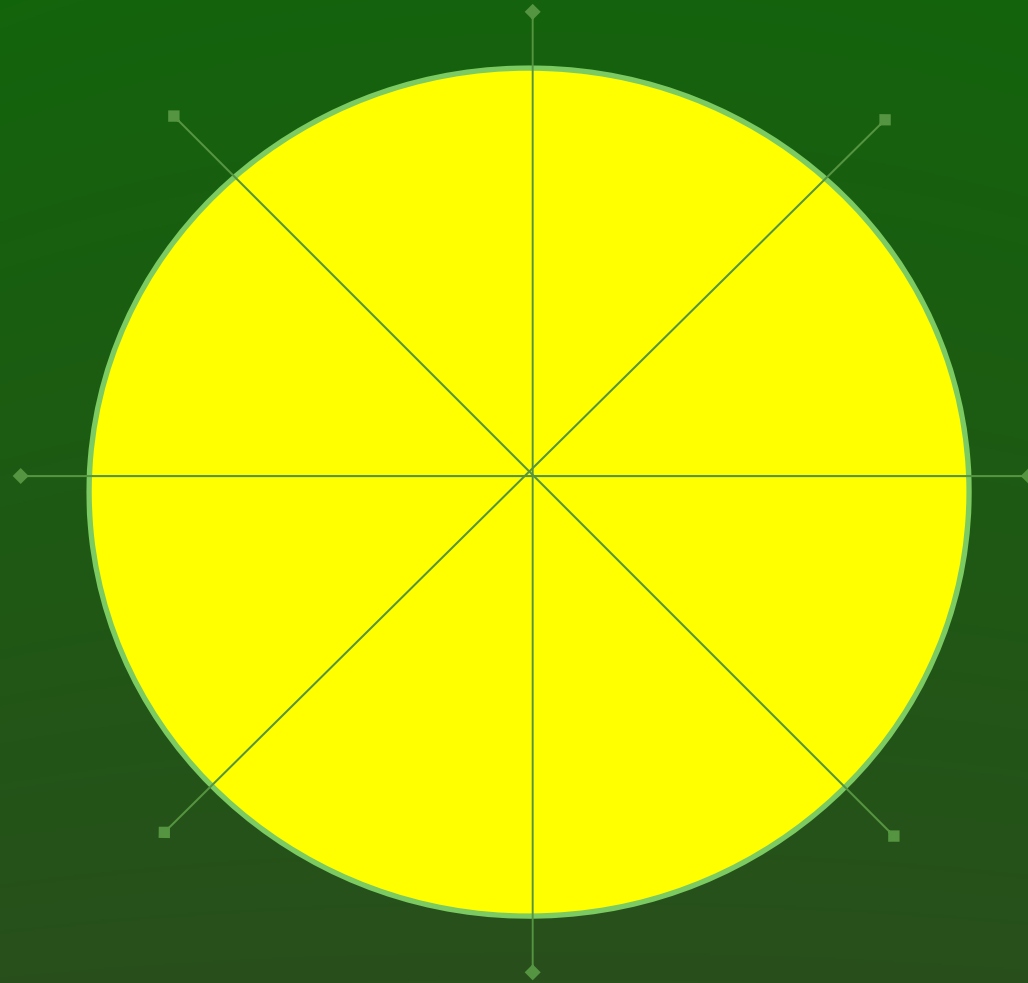
It's Not Your Fault



It's Not Your Fault

- Nature vs Nurture
- Genetics
- Learned Behavior
- The Brain
- Shapers
- Self

The Brain



It Is Your Fault



It Is Your Fault

- Responsibility
- Status Quo
- Belief
- Knowledge Learning
- Behavior learning
- Neuroplasticity
- Choice

Who Do I Want To Be?



Who Do I Want To Be?

- If you don't know where you are going
- Visualization
- Love/Loathe
- Purpose
- Mission
- Values
- Goals

James Values

- Health/Energy
- Family
- Love
- Security/Certainty
- Freedom
- Peace/Calm
- Growth
- Fun
- Contribution
- Friendship
- Clarity

Who Am I Now?



Who Am I Now?

- Inventory
- Current Wiring
- Tools
- Transparency
- Identity

Who Am I Now?

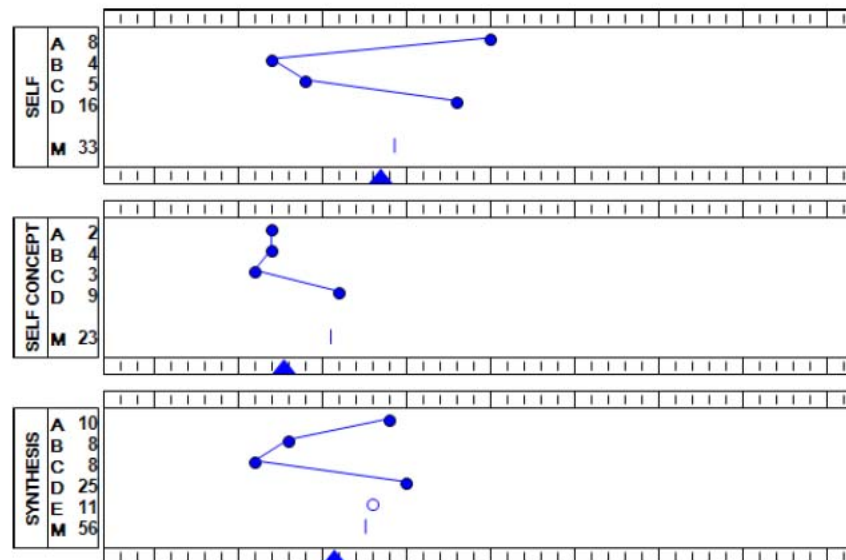


Summary of Predictive Index® Results

James Donnelly

Survey Date : 1/30/2008

Report Date : 9/3/2014



Energy



Energy

- Prerequisite to the LifeShapingSM
- Health Triangle
- Sleep
- Diet
- Exercise
- Meditate
- Breathe
- Energy Management

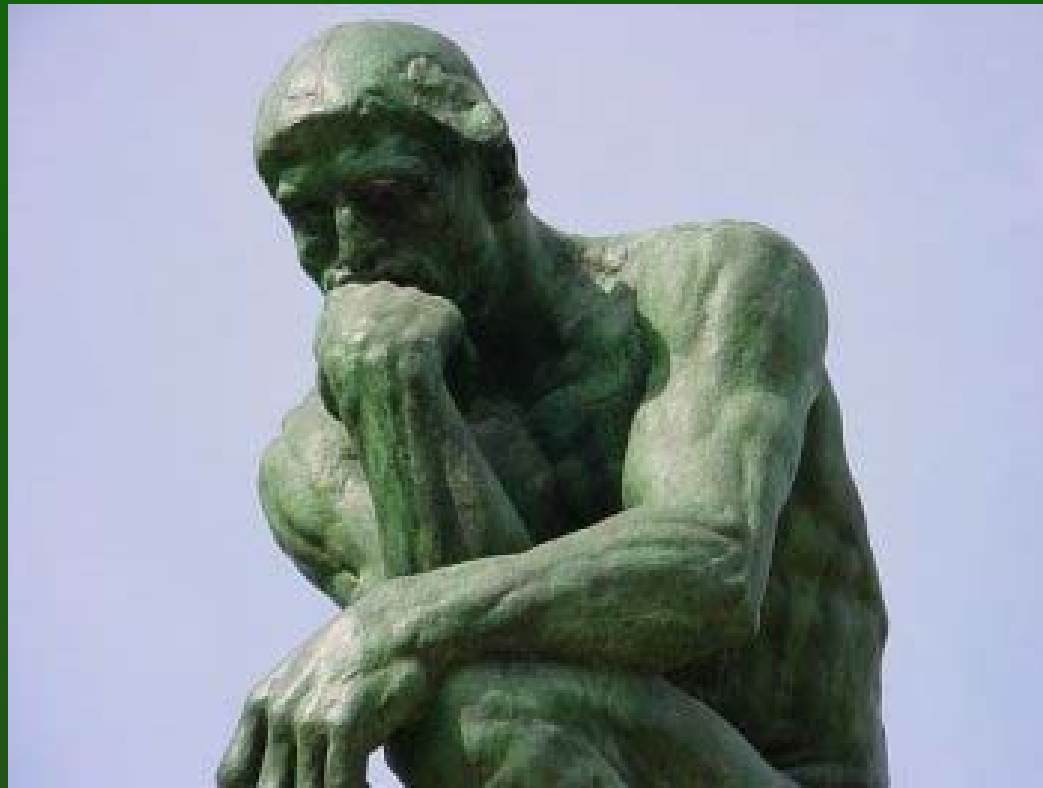
People



People

- 7 Billion People
- Symbiosis
- Be nice
- Intent
- Self Interest
- Family
- Partner
- Technology

Think



Think

“Five percent of the people think;
ten percent of the people think they think;
and the other eighty-five percent would rather die
than think.”

Thomas A. Edison

Think

“Thinking is the hardest work there is, which is probably the reason so few engage in it.”

Henry Ford

“Thinking is a bit uncomfortable, but you'll get used to it. A matter of time and practice.”

Lloyd Alexander

Think

- Time
- Schedule
- Intuition
- Journal
- Distraction

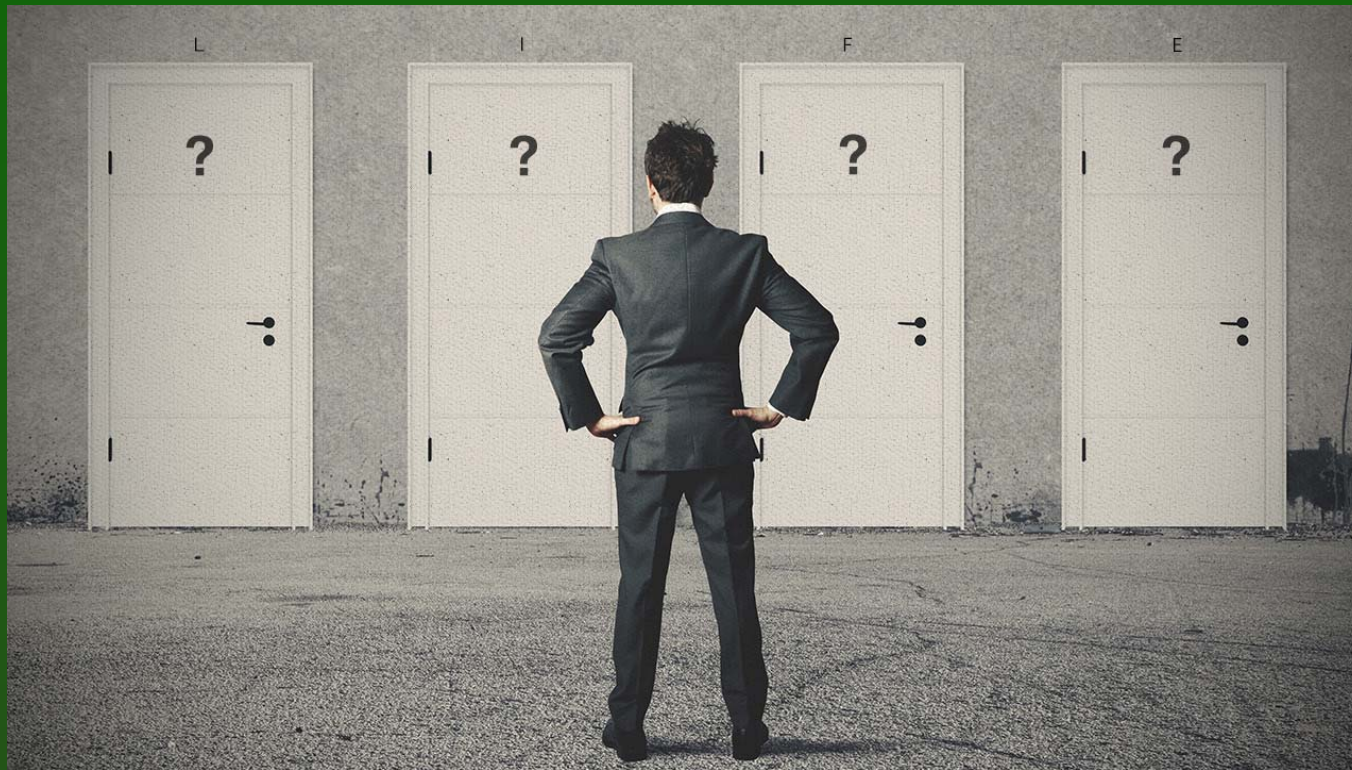
Grow



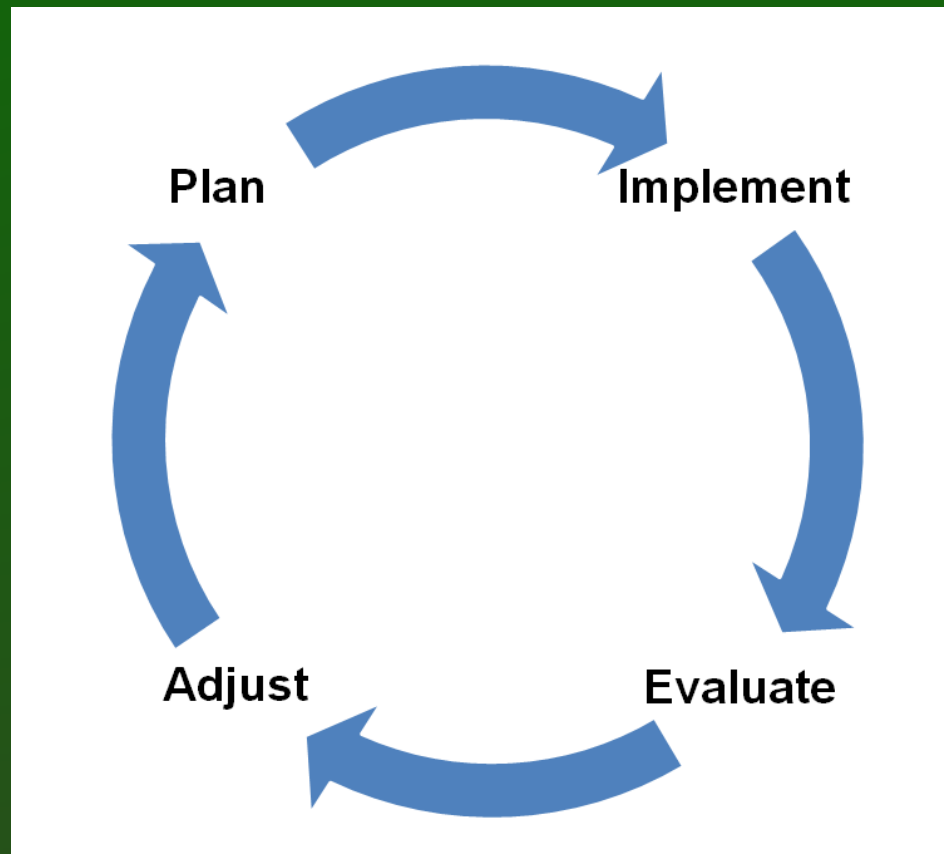
Grow

- Rewire
- Humility
- Sharpen the Saw
- Fulcrum
- Curiosity
- Read
- Stretch
- Listen
- Modelling

Decide



Success Cycle



Decide

- Quality of Your Life =
- Success Cycle
- LifeShapingSM Plan
- Clarity
- Criteria
- Alignment
- Standards
- Resource Allocation

Act



Act

- Intention
- Scheduling
- Discipline
- Deadlines
- Habits
- Willpower
- Goals
- Rewards







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