

The Jewel of Life Guide Map

The Jewel of Life system is a unique self-growth tool designed to help you create more balance, bliss and brilliance within every area of your life. It works by combining a process of self-exploration and aligned action so that you can discover your true authentic needs and desires and intentionally create a life that resonates within.

Follow the steps below for guidance on how to begin your Jewel Journey using the Jewel of Life Starter Kit.

1. Commit To Your Jewel Journey

Your **Jewel Journey** is your personal progress path to help you implement the Jewel of Life system and create more balance, bliss and brilliance. Life is an ongoing journey and whether you are intentional about it or not it is going to take you somewhere, so it might as well be somewhere you want to go! Give yourself permission to commit to your **Jewel Journey** and create a life you love.

3. Complete A Facet Audit

A **Facet Audit** is the process of regularly evaluating the 9 key areas of your life, also known as **The Facets**. Use the **Facet Audit guidesheet** to assess each facet. Record your current fulfilment levels on the **Brilliance Tracker guidesheet** and write down your individual goals for each area of life on the **Facet Goal List guidesheet**.

5. Choose Your Jewel Quest

Jewel Quests are the individual goals and intentions you set yourself when working with the Jewel of Life system. From your **Facet Goal List** choose which goal or intention you want to work towards and use the 5-step **Reflect, Release, Renew, Ritual & Review** process to help you plan and execute it.

7. Release

The **Release** stage is all about identifying what you need to let go of. After all, if you want to bring something new into your life you have to first make space for it. Use the **Release guidesheet** to work out what thoughts, beliefs, patterns, possessions and people you need to let go of in order to accomplish your goal.

9. Ritual

The **Ritual** stage is all about creating your plan and then executing it. Having an intention is great but you need to take aligned action in order to make it a reality. Use the **Ritual guidesheet** to identify what steps you need to take and when. Then add any significant milestones onto the **Jewel Quest Map** and plot out all of the individual steps between each one that will help you take your goal from start to finish.

2. Create Your Jewel Journal

A **Jewel Journal** is your personal planning and record keeping log when working with the Jewel of Life system. Its purpose is to help you regularly reflect, plan and track your progress as you embark on your **Jewel Journey**. Use the guide sheets provided to get started with your own **Jewel Journal**.

4. Choose Your Facet of Focus

The **Facet of Focus** is the area of life that you have chosen to currently give prominence to. Although the aim is to create balance, bliss and brilliance within every **Facet**, sometimes we need to narrow our focus in order to make significant and sustainable progress. Use the information from your **Facet Audit** to determine which area of life needs your attention next.

6. Reflect

The **Reflect** stage is all about establishing what you want to accomplish. It is important to get clear about what this is so that you can take the required aligned action needed. Use the **Reflect guidesheet** to work out what you want and why you want it, as well as any strengths or challenges that may help or hinder you when it comes to achieving your goal.

8. Renew

The **Renew** stage is all about determining what you need to acquire. If you want to take your intention from an idea to a reality then you need the right set of resources to assist you. Use the **Renew guidesheet** to work out what knowledge, skills, tools and people you'll need to obtain to help you successfully complete your goal.

10. Review

The **Review** stage is all about evaluating your progress so far. It's so important that you make time to stop and check in with yourself to ensure that you are still on the right track. Use the **Review guidesheet** to assess what is and isn't working and why, so that you can refine your steps and successfully complete your goal.

The Jewel of Life Cheat Sheet

The Facets & Core Lessons

The Jewel of Life system focuses on 9 key and complementary areas of life, also known as the facets. Within each of these facets is a core lesson, known collectively as the Core Lessons of Self. These are lifelong processes that focus on positively raising the inner beliefs and feelings you hold about yourself, so that you can create a life you love from the inside out.

Spirit & Soul <i>This facet is about self-acceptance and honouring our true authentic selves</i>	Love & Romance <i>This facet is about self-love and our romantic partnerships</i>	Money & Finance <i>This facet is about self-worth and creating abundance</i>
Health & Wellbeing <i>This facet is about self-care and holistic wellness</i>	Friends & Family <i>This facet is about self-respect and cultivating healthy relationships</i>	Fun & Recreation <i>This facet is about self-motivation and finding joy</i>
Career & Business <i>This facet is about self-development and job satisfaction</i>	Environment & Surroundings <i>This facet is about self-preservation and creating harmony in our physical spaces</i>	Attitude & Gratitude <i>This facet is about self-awareness and cultivating a positive and supportive mindset</i>

The Brilliance Scale

The Brilliance Scale is a simple self-assessment tool, which allows you to easily see where you are on your Jewel Journey. It consists of 3 distinct levels which progress from Dull to Bright to Brilliant. By identifying the brilliance level of each facet, you can quickly see what areas of your life currently need more focus and fulfilment as well as identifying your overall Brilliance Level.



When a facet feels dull it generally means that you are unfulfilled in this area of life. *If your overall brilliance level is dull then life tends to feel unsatisfying and out of alignment to your core self.*



When a facet feels bright it generally means that you are fairly fulfilled in this area of life. *If your overall brilliance level is bright then life tends to feel fairly satisfying and in alignment to your core self.*



When a facet feels brilliant it generally means that you are very fulfilled in this area of life. *If your overall brilliance level is brilliant then life tends to feel very satisfying and in alignment to your core self.*

To find your overall brilliance level, simply add 1 for every facet you rated as DULL, 2 for every facet you rated as BRIGHT and 3 for every facet you rated as BRILLIANT.

If you have a score of 9 then your overall brilliance is DULL, 10-18 is BRIGHT and 19-27 is BRILLIANT.

Reflect. Release. Renew. Ritual & Review

Reflect, Release, Renew, Ritual & Review is a 5-step process for setting and accomplishing your goals and intentions. Each step of this process represents a different phase of the journey from start to finish. By following this particular pathway, you can easily identify where you are on each of the individual journeys (Jewel Quests) you are taking.



Reflect

Establish your needs, challenges and strengths



Release

Identify what you need to let go of



Renew

Determine what you need to acquire



Ritual

Create your plan of action and execute



Review

Evaluate your progress and refine your steps



The Facet Audit

Facet of Focus:

Date:

How would you currently rate this facet? Dull, bright or brilliant?

How do you feel when you think about this facet?

What do you want from this facet and why?

What can you do to make this facet shine more brilliantly?



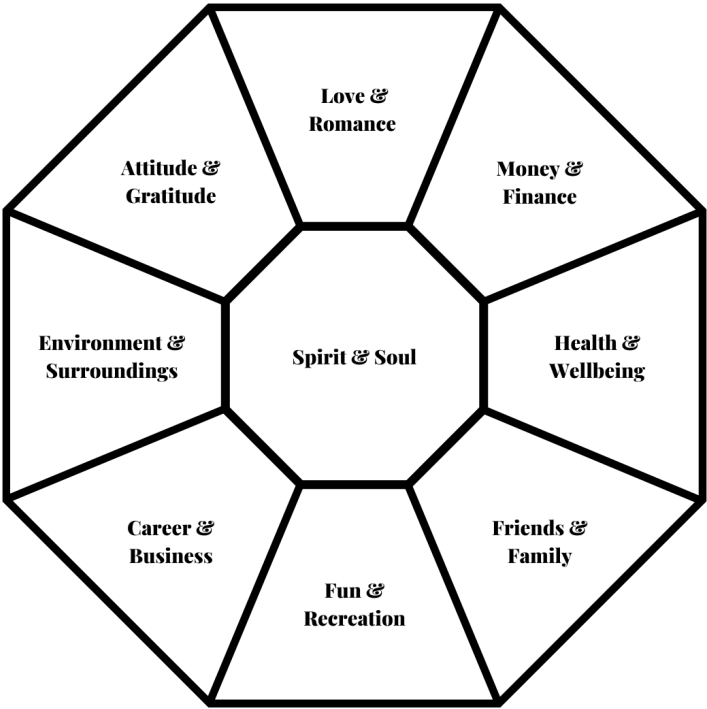
The Jewel of Life Brilliance Tracker

Date:

	Dull	Bright	Brilliant
Spirit & Soul			
Love & Romance			
Money & Finance			
Health & Wellbeing			
Friends & Family			
Fun & Recreation			
Career & Business			
Environment & Surroundings			
Attitude & Gratitude			
Overall Brilliance Level			



The Jewel of Life Facet Goal List



List your current goals for each of the 9 facets in the boxes below

Spirit & Soul	Love & Romance	Money & Finance
Health & Wellbeing	Friends & Family	Fun & Recreation
Career & Business	Environment & Surroundings	Attitude & Gratitude

** This can also be used as a colouring sheet. Simply assign a different colour for each of the brilliance levels (dull, bright and brilliant) and then colour in the individual facets in the Jewel of Life in accordance to how you currently rate each one.*



Reflect

1

The Reflect stage is all about establishing what you need and want to accomplish, as well as any potential strengths and challenges that may affect the outcome of your goals.

What do you want to achieve and why?

How do you currently feel about your goal and how do you want to feel once you have achieved it?

*What advantages do you have and what strengths do you possess that can help your progress?
How can you use them to achieve your goal?*

*What challenges might you face and what weaknesses do you have that might hinder your progress?
How do you think you can overcome them to achieve your goal?*

Affirmation: I give myself permission to connect and reflect on my goals and intentions with love and honesty



Release

2

The Release phase is all about identifying what you need to let go of in order to accomplish your goals.

Use the space below to brainstorm any thoughts, beliefs, habits, behaviours, possessions, situations and people you need to release and make a commitment to let each one go.

Affirmation: I give myself permission to lovingly let go of anything that will hold me back from achieving my goals and intentions



Renew

3

The Renew phase is all about determining what you need to acquire in order to successfully achieve your goals.

What knowledge do you need to gain?

What skills do you need to learn?

What tools do you need to obtain?

Who do you need to contact for help or guidance?

Affirmation: I give myself permission to obtain what I need to make my goals and intentions a reality



Use the space below to identify all of the tasks you need to accomplish as well as the date you need to complete them by.



Review

5

The Review stage is all about evaluating your progress so far and refining your steps so that you can successfully complete your goals.

How do you currently feel about your goal? Does it still feel valid or do you need to adjust or let it go?

What has been going well so far and why do you think this is?

What has not been going well so far and why do you think this is?

What steps do you now need to take in order to complete your goal?

Affirmation: I give myself permission to check in with my progress and realign with my goals and intentions



Jewel Quest Map

Goal:



Identify any significant milestones along your quest and mark them with a ♦ on the map, then plot out the route of action steps between each milestone that will help take your goal from start to finish.

