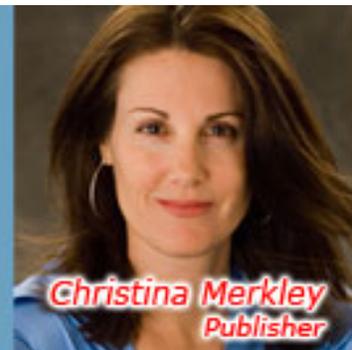




# The SHIFT-IT e-Zine



Christina Merkley  
Publisher

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## A Note From Christina:

Dear Erin,

Hope you are having a nice July.

For my fellow North Americans, a belated Happy Canada Day and Happy 4th!

I spent my holiday down in Seattle, attended an Abraham-Hicks workshop, then toured around the area - took a fantastic helicopter ride over Mount St. Helens which had a severe eruption back in 1980 (amazing the power of mother nature, truly awesome). I've posted a synopsis of some of

## Welcome to your July SHIFT-IT e-Zine.

1. A Note From Christina
2. Events Schedule
3. SHIFT-IT Tele-Class
4. Article: See Yourself Thru a Life Wheel
5. Recent Blog Entries
6. More Links & Resources

## EVENTS CALENDAR:

### Sept. 16-Oct. 28, 2007: SHIFT-IT Tele-CLASS:

Virtual coaching group. Work step-by-step thru the SHIFT-IT Coaching Process via 7 tele-calls: includes Home Retreat Kit. [More Info](#).

### Oct. 18-21, 2007: Int'l Forum of Visual Practitioners Annual Conference, Santa Fe, New Mexico.

Workshop presentation: SHIFT-IT: Graphic Coaching and Law of Attraction Basics ( 3 hour session either Fri. or Sat.). [More Info](#).

### Oct. 31-Nov. 1, 2007: MEETING GRAPHICS 101

**WORKSHOP (level 1):** Introductory graphic recording

the key points from the workshop, plus some shots of my travels on the [blog](#), if you care to browse.

On Sunday, my vacation continues, as I head off on another [Abraham-Hicks Well-Being Adventure Cruise](#). I had such a good time on the Hawaiian one back in January that I'm off again - this time to Alaska. Depart from Seattle, do Glacier Bay cruising, and then pop into Juneau, Sitka and Ketchikan. Last port of call is my own little city, Victoria, B.C. - so I get to disembark early instead of returning to Seattle.

And, sprinkled in between will be 14 hours of Abraham sessions. So I will get my fill of new insights, guidance and wisdom from my favorite Law of Attraction teachers.

Yippee!

July is also my birthday (I'm 39 and holding (forever!) on the 21st). In the spirit

and graphic facilitation skills for facilitators, consultants, trainers, coaches, managers and other process leaders and assistants. Foundational basics for the beginner. [More Info](#).

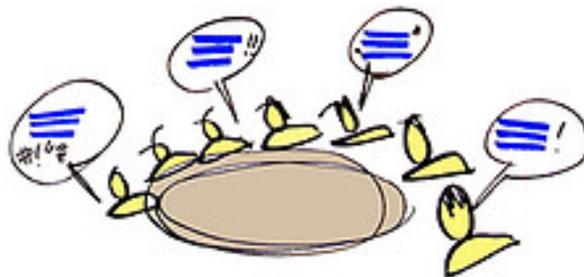
### **Nov. 2-3, 2007: GRAPHIC BOOTCAMP (level 2):**

Continued instruction and experiential practice. At-the-wall drills. Demos. Template construction. Recording and facilitation practice. Advance icon library. Marketing and business development. [More Info](#).

### **Ongoing: Private Mentoring and In-house**

**Workshop Training:** One-to-one graphic recording and graphic facilitation training for yourself or for your company/group. [More Info](#).

## SHIFT-IT TELE-GROUP



Next SHIFT-IT Tele-group starts up in September. Great way to get access to the SHIFT-IT Graphic

Coaching Process and my direct coaching - from wherever you are in the world. Conducted via 7 tele-sessions, with special webpage for downloads and sharing. Includes The SHIFT-IT Home Retreat Kit plus private one-to-one time with me.

Clarify your vision, break through self-limiting beliefs, attitudes and self-sabotage. Learn powerful Law of Attraction techniques to Become Your Next Self. Last session we had folks from Canada, U.S., New Zealand, Holland and England. Join us Sundays, September 16 - October 28.

**More Info.**

of giving, I have a little gift for you, if you are interested in trying out one of my SHIFT- IT graphic coaching tools - a handy process called the **Focus on Me** map. It's a Life Wheel tool that helps you see how satisfied (or not!), you are in your current life. Helps you really SEE what is going on, so you can then bring some needed attention to those areas that really need it.

See this month's featured article for more details and for how you can download your own complimentary copy (plus I've created a [Google Video](#) where I facilitate my client Alan through this helpful exercise, so you get even more of an idea of how to do your own).

Have a great month. Enjoy your graphic coaching gift. Yours in SHIFTING IT,

Christina Merkley

## ARTICLE: SEE YOURSELF THROUGH A LIFE WHEEL



Feeling kind of off? Energy being sapped? Not as satisfied as you used to be? Chances are one (or several) of the eight main areas of your life

are not functioning as well as they could be. As a first step to realignment, may I suggest doing a Life Wheel on yourself. A handy little tool that will help you quickly and easily pinpoint what areas are out of whack and provide the inspiration and motivation to get you back on track.

**What's a Life Wheel?** A Life Wheel (or what I call a '**Focus on Me**' map) is a simple yet rewarding exercise I use with my own coaching clients. It is a visual tool that is broken into eight areas: each area represents a certain aspect of your life. You use it to literally SEE how satisfied you currently are in these eight main areas of your life. As seeing where you are is a first step in understanding your current crossroads and ultimately making the needed adjustments to bring more satisfaction, pleasure and enjoyment to your life.

**The Eight Main Areas of Life:** The eight sections to the Life Wheel are (in no particular order):

- 1. Health
- 2. Fun & Recreation
- 3. Finances
- 4. Career (right livelihood, business, etc)
- 5. Personal Development
- 6. Relationship
- 7. Family/Friends
- 8. Environment

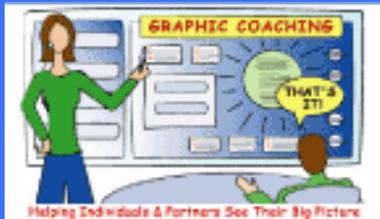
**Work Your Way Around the Map:** You work your way

The SHIFT-IT Coach

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## Coaching Services:

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Private one-to-one coaching sessions - by phone or in-person. Very unique and powerful Graphic Coaching and Law of Attraction methods. A powerful one-two combination to see what and how you are currently creating your world - and to shift your thoughts and vibration for the better - so you can get the results you really want.

**More Info:**

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around the map, asking yourself how satisfied you currently are in each area (your answer is based on a 1-10 scale, with a 10 being fully satisfied and a 1 being totally dissatisfied). In the map there is a built-in visual, to help you SEE the significance of your score --- your low and high scores will jump out at you, making it easy to see what is working in your life and what isn't.

For example, take Finances. How satisfied are you currently with the state of finances in your life? If you felt you were somewhat satisfied or neutral about the state of your finances, you would score 5. If you felt your satisfaction was pretty high, you'd give yourself an 8, 9, or 10. If you felt your satisfaction was really low, you'd probably rank yourself at a 1, 2 or 3.

**You Don't Have to 'Have' to Be Satisfied:** One quick thing to note. The Focus on Me map is a satisfaction gauge not a 'having' gauge. You could have several areas in your map where you don't 'have' and you are very satisfied with that. For example, in the financial question outlined above, you might not have much in the way of money or financial abundance, but you could be quite satisfied with that situation (some people just aren't materially motivated). Or, to give another example - in the area of 'relationship". You might not 'have' a primary relationship (spouse, significant other, mate, lover, bed buddy - however you define it) - and, you could be completely satisfied with that situation. So, your score would be quite high, even though you don't technically 'have' that thing in your life (make sense? - hope so, as it's an important distinction!).

**How Satisfied Are You?!** So go ahead and consider your answers for the eight areas (how satisfied are you?). You can get good mileage from this exercise by just considering the areas for a moment and figuring out a quick answer (but if you want the map as an aid, see below on details on how to receive a complementary one).

- How satisfied are you in this area?

"Christina, this has been a life changing weekend - brought me the Law of Attraction tools I have been looking for to assist me in my evolutionary process. The visual materials were very powerful and knowing I had The SHIFT-IT Retreat Kit to return to again and again, made me relax and not worry that I had to 'get it all and get it now'. "

**Kerry Chalmers,**  
**Realtor, Salt Spring Island, BC**

"After 2.5 days I have a clear vision for my future and the tools, skills and resources to attract it. The location, group members, graphic work, the safe space - all were wonderful. I so appreciate your SHIFT-IT process as I now have the scaffolding I need to expand into my Future Self. I am leaving my SHIFT-IT Weekend Intensive completely inspired." **Terry Ash, Facilitator/ Inter-cultural Communication**

- What satisfaction score do you give it? (1-10)
- What is your rationale for giving it this score?
- What's working in this area?
- What's not working in this area?

**Step Back and Consider the Big Picture:** After you have completed your Life Wheel, step back and take a look at it holistically.

- What do you notice about your scores?
- What areas of life have high scores?
- What areas of life have low scores?
- What do your answers tell you about the state of your current life?
- How is your overall balance?

Whatever your answers, this is your present state. This is the place from which your visioning and planning will be launched and built from. If you've got a nice balanced, high score then congratulate yourself on pulling together a life that basically already works for you. Your adjusting from here is going to be a matter of sustaining and refining the great life you have already got going.

If you have a lower or more chaotic score, don't fret, anything can be shifted and changed when the motivation and inspiration is there. Looking at and seeing things for what they are is the first step in transmuting them. Seeing your current situation accurately and really 'taking it in' is a god thing. This contrast will help you get clear about what you really do want - and that is the key to good personal visioning and planning work - getting off of what you don't want and onto what you do.

**Complimentary Map and Workbook:** Do your own Life Wheel. To help you do your own Life Wheel I've made my Focus on Me map and its companion workbook available as a f-r-e-e download. Simply [click here](#) and you can also check out the [Google Video](#) that demos me facilitating my client Alan through his Focus on Me map - a good teaching tool to help you do your

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own. Enjoy!

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**WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE?** You can, as long as you include this blurb with it:

Christina Merkley, "The SHIFT-IT Coach" and creator of the SHIFT-IT Graphic Coaching Process® is a Visioning and Planning Expert specializing in Graphic Facilitation and Law of Attraction techniques. Based in charming Victoria, British Columbia, Canada, she works deeply with individuals, couples and groups in defining and getting what they really want in work and life. For more information visit: [www.shift-it-coach.com](http://www.shift-it-coach.com) and [www.makemark.co m](http://www.makemark.co m)

## BLOG POSTS & EZINE ARCHIVES

Check out the new posts since you've last read the [SHIFT-IT Blog](#). Graphic ramblings, insights and other tidbits - -- the new blog where you can participate by leaving messages and reading what others think about SHIFT-IT related stuff.

- Seattle / Abraham Trip
- New Video: Graphic Coaching In Action
- My A-H Addiction
- Holosync Meditation Technology
- Speaking at the IFVP Conference
- How to Deal With the Bad Stuff

Besides the Blog, there are plenty of articles to read in the Ezine Archives. [Browse past issues here](#).

**Click Here to Read SHIFT-IT Blog:**

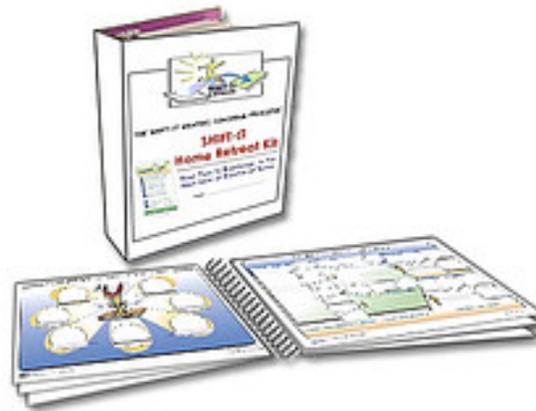
**Private SHIFT-IT Coaching:**

Ready to bust out of your status quo? Not getting what you want out of life and work? Want to really apply those Law of Attraction principles you have been hearing about for REAL effect?

Let's work together - we'll privately work by phone or in- person (in my cute Victoria BC studio). I'll help you define what you really want (create a personal vision) and break thru the blocks and limiting beliefs that you currently have in place. You get clarity, you feel better and best of all, you attract and get what you want (better work, improved relationships, healthier body, enhanced prosperity - whatever it is that you want to shift for the better!).

**Info on Coaching Options:**

## The SHIFT-IT HOME RETREAT KIT



Can't travel to me? Want to experiment with the SHIFT-IT work on your own? Now Graphic Coaching tools right at your fingertips.

Conduct your own SHIFT-IT Graphic Coaching Retreat® - from the privacy of your own home.

Your life isn't a dress rehearsal. In fact, its happening right NOW. Is it going the way you want it to? Do you know what you next want? Are you sure you can do it? Get organized and confident with the step-by-step SHIFT-IT Graphic Coaching system.

In this innovative kit, I walk you through your past, present and desired future, so you can plot out your directions and strategies. You also pinpoint and flip the

negative beliefs, assumptions and mindsets that stand in your way - to stop sabotaging yourself and your dreams. SHIFT-IT has already helped hundreds live life by design, not by accident. Learn how it can help you too!

**More Info**

## **Make Your Mark Graphic Facilitation**

Christina's other site, chock full of information on working graphically with groups and organizations (custom chart work, graphic recording and graphic facilitation). Visioning and strategic planning meetings that literally get everyone on the same page - all using invigorating large scale graphics that get your thinking up on the wall so you can see clearly, make decisions and resolve your conflicts.

**[www.makemark.com](http://www.makemark.com)**

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**Click to Learn More:**

## **About Christina, The SHIFT-IT Graphic Coach:**



Christina Merkley, M.A. is a Graphic Facilitator and Coach specializing in Strategic Planning and Visioning. Having worked for such notable companies as BBC, Readers Digest Funds, eBay and Stanford University, she uses interactive, visual thinking processes to literally draw the best thinking out of organizations, groups and individuals. Creator of the SHIFT-IT Graphic Coaching Process®, after years in San Francisco, she is now based in charming Victoria, British Columbia, Canada.

**Full Bio**

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4-1054 Southgate Street, Victoria, British Columbia, V8V 2Z2, Canada