**‘Cycle of Excellence’ –** Steps to help increase life satisfaction

Developed by Dr. Edward Hallowell for individuals, then businesses, then as a therapeutic tool

**1. Connectedness** - Creating a feeling of being part of something positive, larger than yourself.

* Examples- family, friends, community, school, work, activities, arts, groups, teams, organizations, pets, nature, ideas, information, spiritual world, the past, yourself *(Comment: All these other connections also increase a sense of connectedness to yourself!)*
* A sense of connectedness creates safety and security and is a good foundation for Play
* Universally recognized as basis for wellness and healing and is ‘the secret’ of La Cheim

**2. Play** - Any activity in which you become imaginatively deeply involved

**3. Practice** – Doing the activity over + over

**4. Mastery** – Getting better (outcome of practice)

* A sense of progress improves self-esteem, confidence, and motivation
* These areas of activity/play create ever-growing ‘islands of competence’

**5. Recognition** – Noticing and valuing what you’re doing

* From others and from yourself
* **Connects**/ increases connection with the persons who give you recognition

COMMENT: All of these elements 1-5 tend to increase a sense of connectedness to oneself

Questions:

1. Who or what are you feeling connected to?
2. What are some actions you can take to increase connections and connectedness in your life?
3. What are some things you enjoy doing, or activities you can get immersed in?
4. What are some actions you can take to increase play in your life?