

# Letter 1-P -- Path and Plan



## Your Life Boundaries

A "boundary" is a set of limits you establish to protect yourself from being violated, used or manipulated by others. Boundaries allow you to separate what you think, do and feel and separate who you are, from the thoughts, actions and feelings of others.



## Your Minor Life Boundaries

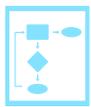
Your set of "minor life boundaries" exist within the limits of your major life boundary include your own individual *internal and external physical, emotional, psychological and spiritual* boundaries.



## Your Real Life

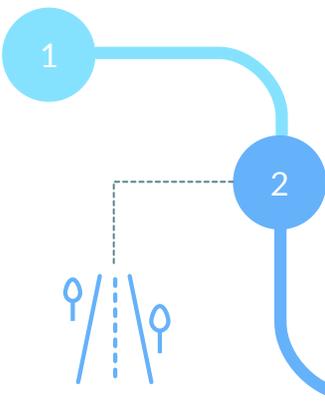
Your "real life," the life you truly desire, exists beyond your current set of *life boundaries*. Your real life is the sum total of ALL of your experiences, not just those you experience inside your current life boundaries.

Life's most "exhilarating" experiences always occur just beyond the edges of your *life boundaries*.



## Your Soul Plan

We are all here to accomplish something *extraordinary* based on our own *unique* soul plan.



## Your Soul Path

Your individual *soul plan* and your *soul path* is something that you were meant to accomplish and only you can accomplish in your own *unique* way.



## Your Life Journey

For each of you to execute your own soul plan, you choose a path and journey through life on that path defined by a set of *life boundaries*.



## Your Major Life Boundary

Your "major life boundary" is an outer boundary that you operate within during your daily life. Your major life boundary is also your "comfort zone," a zone in which you feel safe, secure, at ease, in control, without stress and where all things are familiar.



## How You Behave

Your *major life boundary* and your *minor life boundaries* are actually a set of "behavioral constructs" that define and predict how you will react to and behave in every situation you encounter in your daily life.



## Empower Yourself

Operating *outside* your current life boundaries allows you to experience *transitions, transformations, expansions and personal growth*.

You live in an "empowered" personal state. Do you have the *courage* to cross over current life boundaries?