


# 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.

LifeShaping®  
How to Live Your Life  
Consciously

by James Donnelly

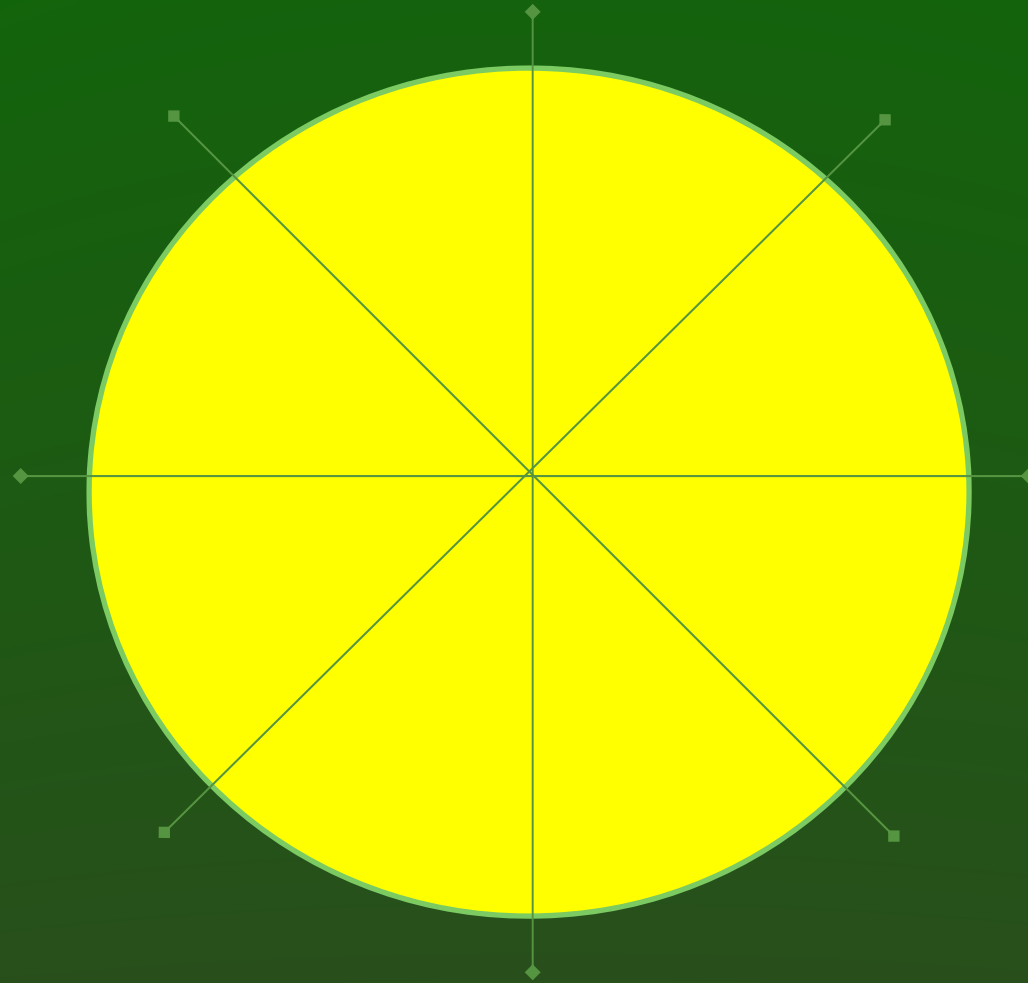
# It's Not Your Fault



# 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?

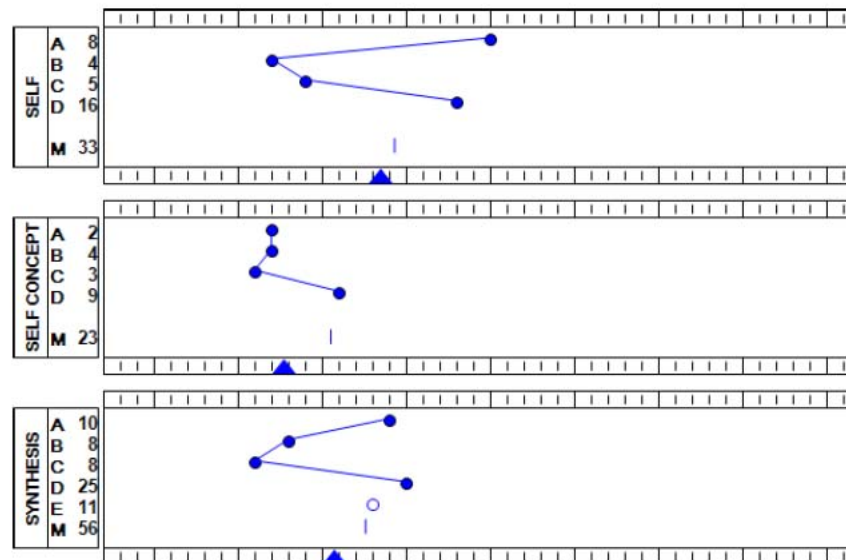


## Summary of Predictive Index® Results

**James Donnelly**

Survey Date : 1/30/2008

Report Date : 9/3/2014



# Energy



# Energy

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

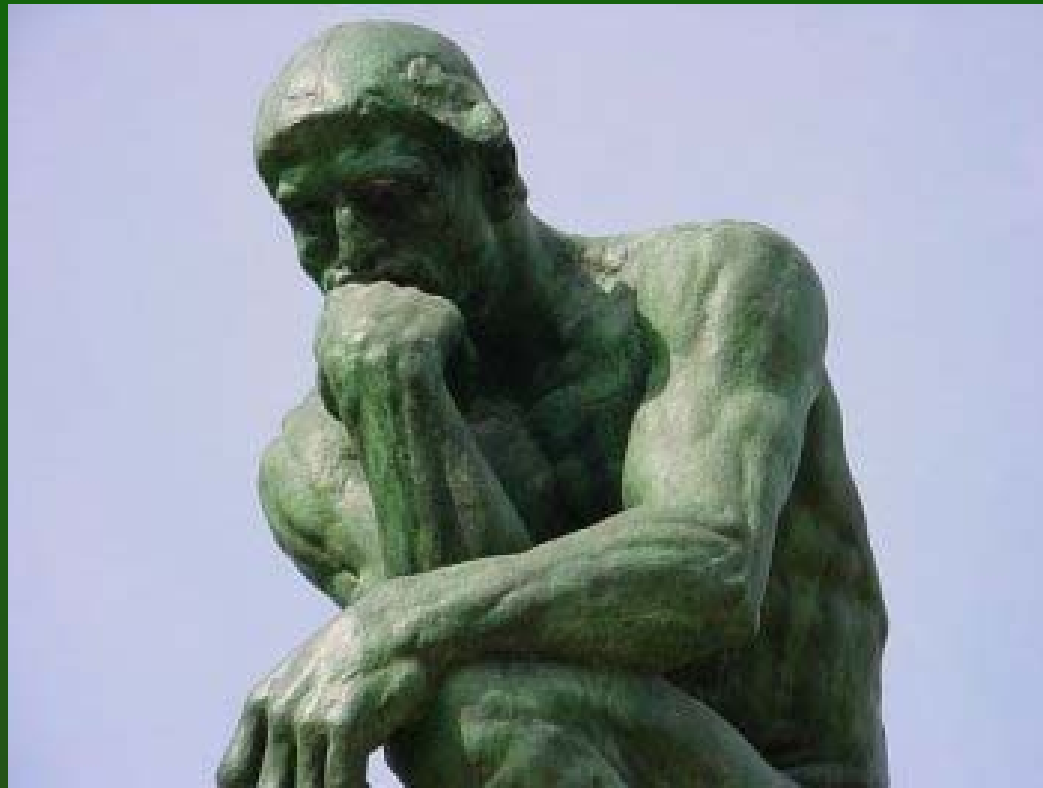
# People



# 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

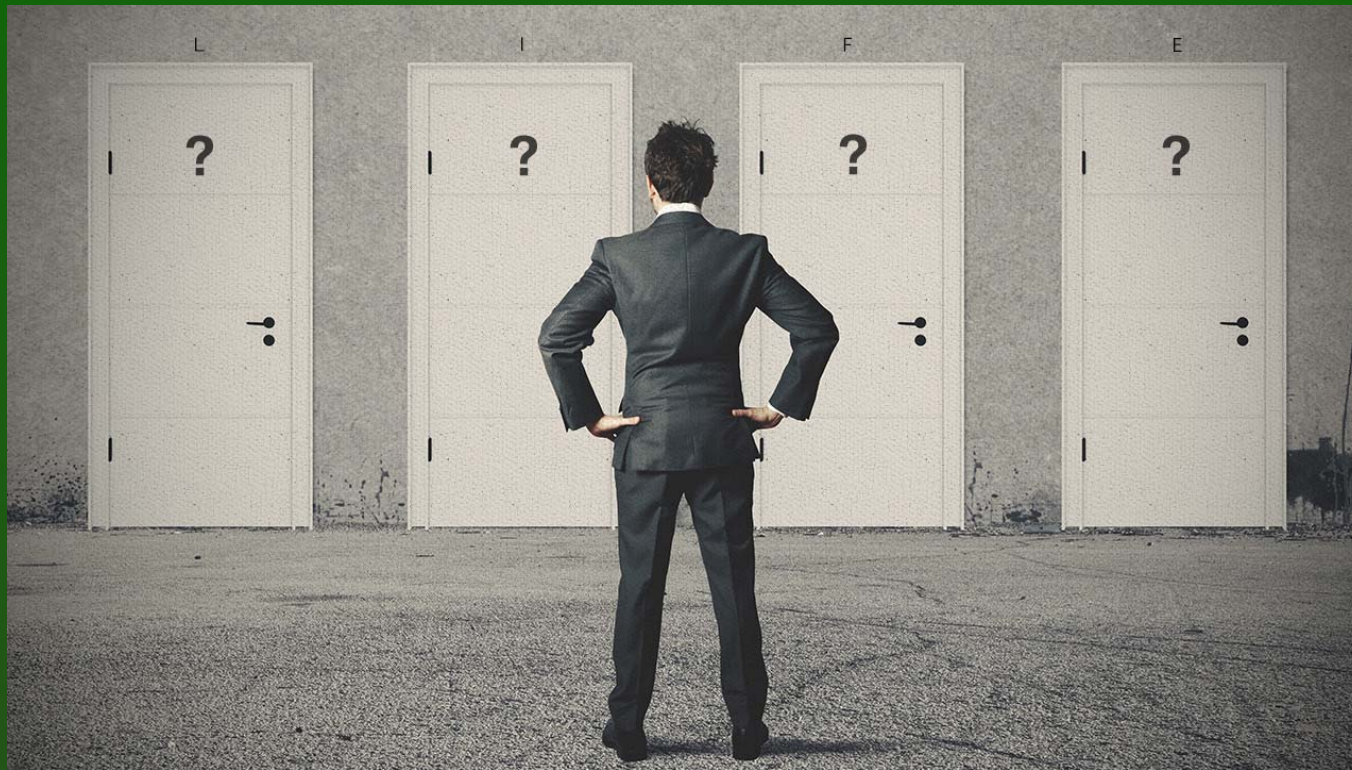
# Grow



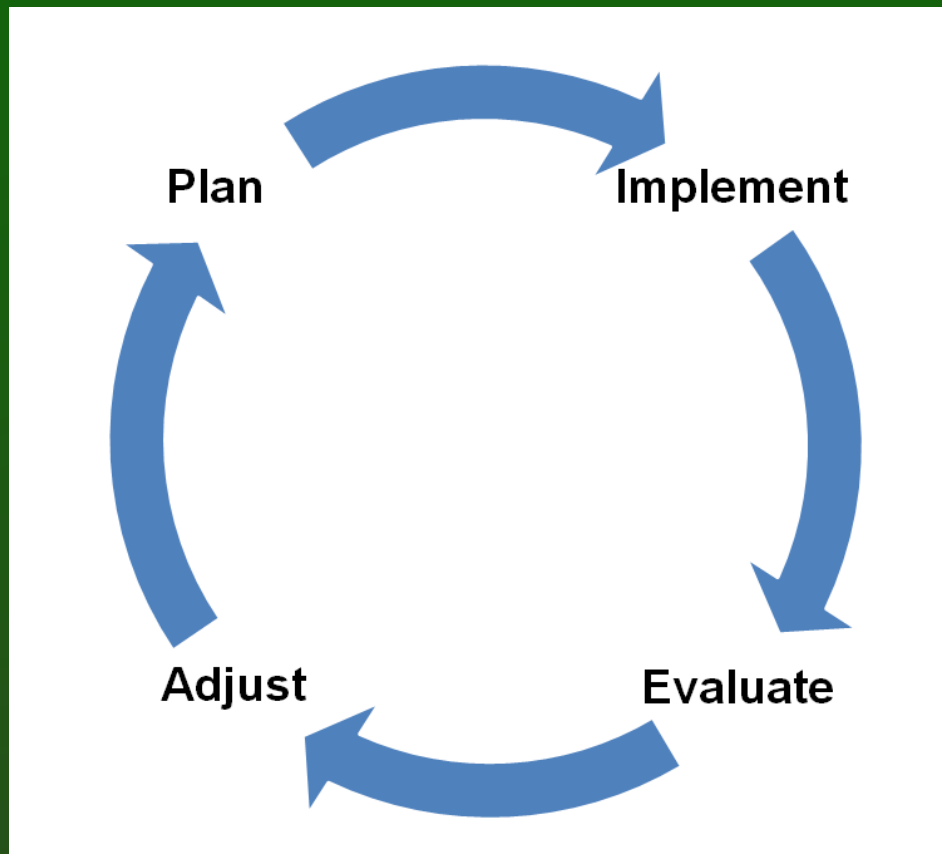
# Grow

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

# Decide



# Success Cycle



# Decide

- Quality of Your Life =
- Success Cycle
- LifeShaping<sup>SM</sup> Plan
- Clarity
- Criteria
- Alignment
- Standards
- Resource Allocation

Act



# Act

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







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