



As you set about constructing your unique artful life, you can compare this process to building a durable and beautiful home to live in. Let this graphic serve as a reminder of the components that make up the collaboration between coach and client here at LifeArt Studio. Each one of us will create our house of artful living in a different style, with different kinds of rooms designed for varying purposes. But all of us aspire to create a structure that allows us to perform our best and give our highest efforts to our art and to the world that needs our art.



THE LOAD BEARING BEAMS

The upright beams that support the design and utility of a structure.

1) the conditions and systems of the life we construct to support our artful living

2) the habits of mind that enhance our artful endeavors (self-awareness, focused disciplines, and healthy attitudes)

3) the skills, knowledge, and experiences required to manifest our artful visions

THE FOUNDATION

The foundation of the house, the sturdy base upon which everything is built.

The daily practices that allow you to perform your very best, feeling focused, strong, healthy, and positive.