



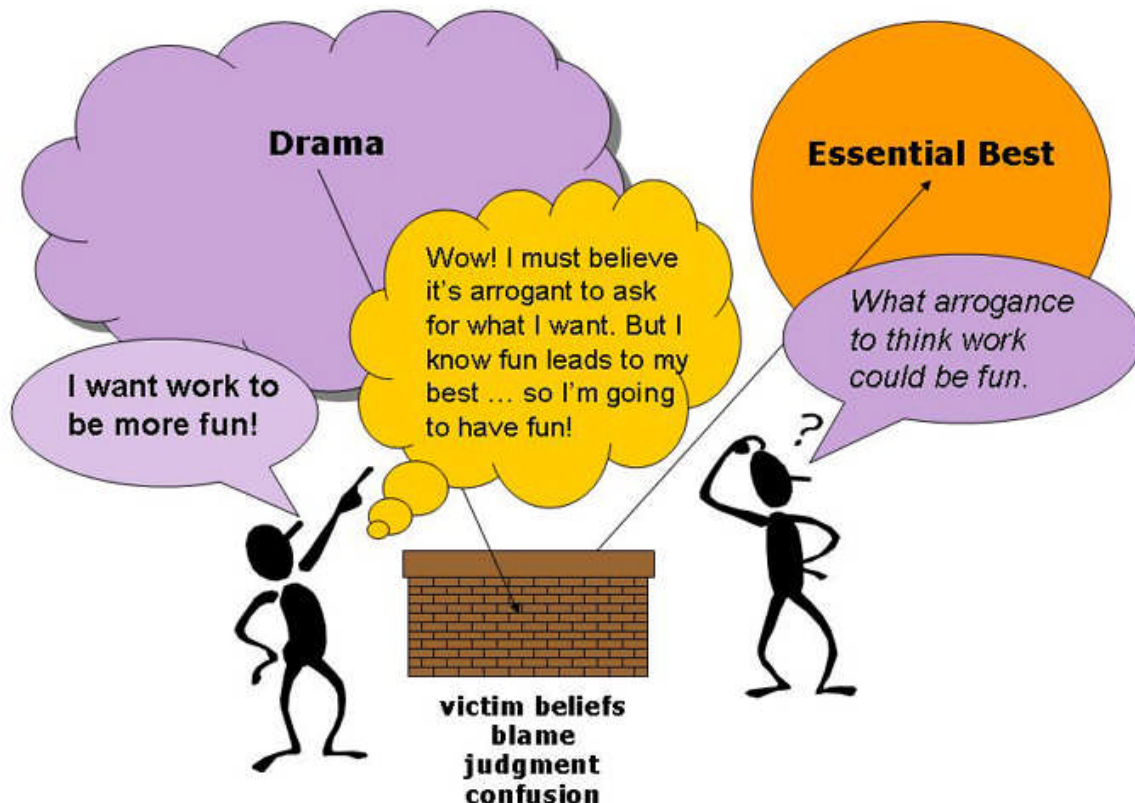
## IAM Touchstone #5: We're Always Working For Each Other

Our goal for IAM learning participants is for you to be continually exploring and enjoying your *Essential Best* and the *Essential Best* of others. With the **Energy Map™** we offer the idea that a 'Spark' of energy is a good indicator of whether or not you are investing your self in ways that bring out your best.

When we experience **Drama** with other people, instead of a Spark of energy we may instead 'Trigger' behaviors in each other that are not effective and/or emotions that don't feel good. One of our tendencies can be to make these people and situations around us bad or wrong.

We may want to avoid **Drama** because it doesn't feel good and that's mostly appropriate... except for when **Drama** is useful!

When creating the **Essence Map™**, Karen purposefully chose purple, her favorite color, for **Drama** – to give it honor and respect. When it's hard to see the brick walls we put between ourselves and our *Essential Best*, the people around us can be exactly the mirrors we need to see our **Drama** patterns – how we get in our own way.



The quickest way to discover the next level of your *Essential Best* is to know that the people around you are always working for you especially those who have triggered something big for you!

Noticing how we see others or how others see us can be a great way to identify our brick wall thoughts.

We are constantly either sparking or triggering each other. We have control over how we see and use these experiences.

By playing with the statement:

### **We are always working for each other**

we can instantly shift from being controlled by **Drama** to being in charge of **Drama** – leveraging the mirror **Drama** gives us on those pesky brick walls.

One of our favorite sayings as we're working through a bit of **Drama** is to ask:

### **How's s/he working for you?**

in a playful and challenging way. You never know. The person that 'caused' your **Drama** may be **exactly** the key to the next step in your career, the catalyst to help you clarify your wants, or the thorn in your side that unleashes your passions.

We're always working for each other is the key thought needed to maximize the learning and development we can achieve from simple, affordable, everyday situations.

Please know that we are **not** encouraging you to seek out or purposefully cause **Drama**, or to make fun of people of in the midst of **Drama**.

We **are** challenging you to become, more and more, the ultimate cause of everything you experience. The ability to see the benefits of our humanity to each other allows the conditions and situations around us to become gifts in discovering the *Essential Best* in ourselves.