



The Extended Self Program

Strategies for Life's 'Second Half'

The 4 Domains

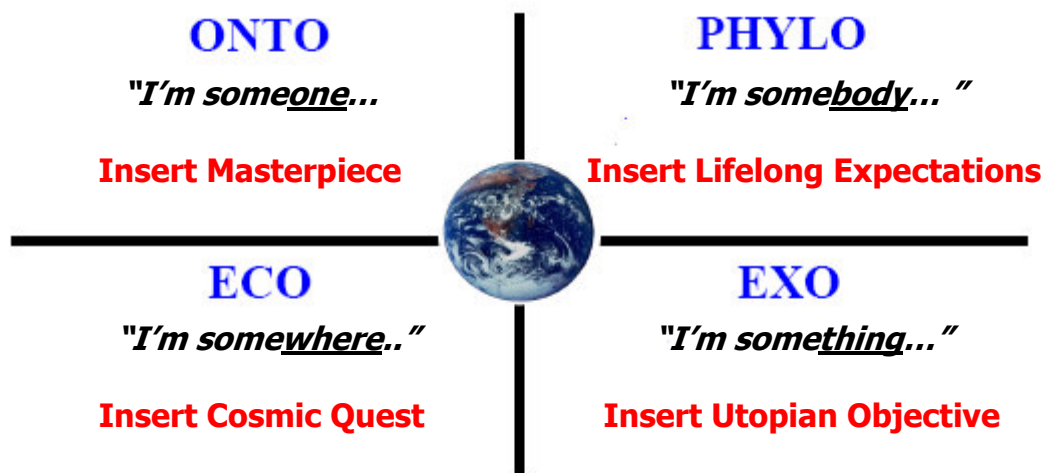
If you're reading this you already decided to learn something. So let's do it!

Life satisfaction comes from knowing what you're made of, not from who you *think* you are.

By the time you get to the bottom of this page, everyone you know and everything your experience from this point on adds to this major premise.

What am I?

Up until now, your answer would range from human being to an assortment of descriptors the world has labeled you. Your choices give you away! The way you choose to describe yourself reveals your 'closed identity', which is 80% hard-wired by the time you're 4 years old. This core is used to build the reality *only you* experience. When you ask yourself or any individual this question, their true colors will be revealed.



Wait for the keyword: ONE, BODY, WHERE, or THING. These are 4 distinct ways to view the world. The 'story' or narrative you tell yourself about your identity is filtered through these 4 domains. The other three are there for you to co-create with and share your uniqueness in ways that make life richer, fuller and more compelling to others. Just remember, whatever one stands out to you is only half of your identity. To develop the 'open' aspect of it, you need to discover ways to access those 'other three' domains that don't rely on those keywords at all. The 4 domains are present in every moment and we can learn to move in harmony within them as we discover what we're made of. Each domain contributes an integral component to the way we live, learn and love here.

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