

## 5

## Are you feeling root-bound?



It may be time for a bigger pot!

“Repotting” describes how 21st Century women are creating new identities for themselves and bringing more meaning and a greater sense of fulfillment into their lives.

If you feel overwhelmed or stuck about what to do next—this book is for you. *Repotting: 10 Steps for Redesigning Your Life* provides tests and exercises to help you change, identify your goals and priorities, and create a strategy to make it happen.

Authors Diana Holman and Ginger Pape answer the question: "How do I change my life?" Diana Holman is an entrepreneur and well-known trends expert who speaks

worldwide to corporate audiences on lifestyle. Ginger Pape is a former Wall Street executive and repotting consultant. Both women are keynote speakers on redesigning your life.

The book will be released through Hay House in March 2007. Here is an excerpt from the book, with a fun and revealing quiz.

For your freedom,

T. Harv Eker

Excerpted from the book  
*Repotting: 10 Steps for Redesigning Your Life* (March 2007)  
By Diana Holman & Ginger Pape

### QUIZ— How Close Are You to Having A Meltdown?

To help you determine if you're ready to repot, we've developed this Quiz. As hard as it may be to take an honest look at your life, it's important for you to set aside some time to answer these questions. This exercise will give you a reality check on how you spend your time, something you'll need to be aware of if you want to redesign your landscape.

## february

Nurturing Your Dream. [Read Harv's Intro...](#)

Plant Your Dream Seeds for an Abundant Future. [Read More...](#)

Past Newsletters... [Catch Up Here...](#)

## a peak inside

Quit Wasting Your Time! [Read More...](#)

Who Ya Gonna Call? Peak's Philosophy in the Workplace. [Read More...](#)

Where are Harv and the Trainers this Month? [Check it out Here...](#)

Looking for a Change in Life? [Check Out Peak Potentials Training Courses...](#)

## harv recommends

Do you Need to be Repotted? [Take the Quiz Now...](#)

Turning Dreams into Reality. [Read about the Seven Steps...](#)

## ask the coach

Coach Wendy Robbins Answers Your Questions. [Read More...](#)

Colorful, Affecting and Charismatic. [Meet February Coach of the Month...](#)

Nurturing Your Dream – Free

If three or more of your answers are *yes* (whether you answer *yes daily*; *yes weekly*; or even just *yes monthly*), you're probably ready to repot.

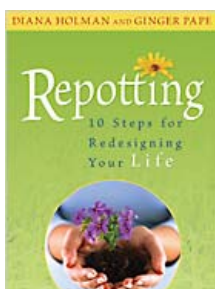
Answer each question below with: *No*; *Yes monthly*; *Yes weekly*; or *Yes daily*.

1. When you have moments of downtime for reflection, do you have a lingering sense of unease about the direction of your life?
2. Do you spend a disproportionate amount of time on activities that aren't rewarding or that deplete your energy level?
3. Do you feel you're shortchanging key relationships (with friends, husband, children, parents, other family members, colleagues, pets, and so on)?
4. Do you sometimes wish that a greater percentage of your busy schedule could be devoted to activities that would make your life feel more meaningful (such as supporting a cause, helping an elderly parent or a friend in need, spending time in your garden, and the like)?
5. Do you feel that time is passing and you're missing opportunities because your day-to-day focus is too narrow?
6. Do you feel as if your internal clock is frozen in time because you've given up on growing and learning new things?
7. Does it seem as though you have no time for yourself: for maintaining your personal health, managing projects (such as organizing your home office, closets, or photo collections), travel, or educational pursuits?
8. If you have a career, is it still meeting your needs? For example, do you enjoy the work, do you feel valued, is there opportunity for advancement, does it fit with your overall lifestyle, and so on?

(For questions 9 and 10, just answer *Yes* or *No*.)

9. If you don't have a career, is your life still meeting your needs? For example, are you interested in working on a meaningful project (volunteering, writing, painting, and the like)? Do you have time to work from home or outside the home, start a business or franchise, embark on a spiritual or cultural journey, or some other similar venture?
10. Do you feel that you never get enough sleep? Do you wake up tired or lack energy during the day? Is sleep the first thing to be sacrificed and last thing to be checked off your list?
11. Is your overall sense that whatever the components of your life are, the current mix isn't fulfilling for you?
12. Do you feel overwhelmed? Does it seem as though there's too much pressure on you and you're ready for a meltdown?

**How did you do?** How many *Yes* answers did you have? Because these questions raise such key issues, even one affirmative response may be cause for you to reflect on your personal landscape. Although there's no magic number that indicates you definitely must repot, if you answered *Yes* to three or more questions—even if it was only *Yes monthly*—your personal garden may need attention now. Your daily life may not be in sync with your values. If so, there's a disconnect between your interior self and your external life. It's time to put your schedule under the microscope.



**REPOTTING: 10 Steps to Redesigning Your Life**  
By Ginger Pape and Diana Holman (March 2007)  
<http://www.hayhouse.com/details.php?id=2971>

For further information, please contact Carina Sammartino, Publicist, [csammartino@hayhouse.com](mailto:csammartino@hayhouse.com), 800/654-5126 ext. 133.

Teleseminar. [Sign Up Here...](#)

on a roll

Romance Blossoms at MMI. [Read More...](#)

did you know?

Monkey See, Monkey Do. [Did You Know...](#)

share the wealth!  
peak ambassador program



open lines  
our turn to listen



SuccessTracs  
coaching program  
Members Sign in Here



[Anti Spam Policy](#)

Course titles and program information © T. Harv Eker, 1993; revised © T. Harv Eker, 2006.