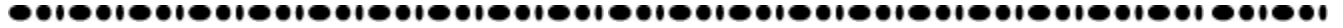


Week One
Morph Me

HEARTSTORMING



THE CHILD

The child picks up the coloring book. She grabs a crayon and flips to the desired page. She starts with purple, then blue, then orange. The strokes are broad and rarely refined. Yes, there are lines, but she seems to enjoy coloring outside these lines. In time, a picture hangs on the refrigerator. It's a beautiful picture, but it's not exactly neat. In truth, it's quite messy.

It's unlikely the exercise that follows will hang on any refrigerator, but there is an important parallel to the child's coloring. Yes, there are "lines" in this exercise, but this is an exercise where you'll be encouraged, in a sense, to color outside the lines. The pages that follow provide lines to color a picture. Not literal lines for a literal picture, but lines in the form of questions. You'll be asked to answer these questions, but these questions are not meant to limit your thinking. They are meant to stimulate your thinking. The exercise won't be complete by just getting through it, by just coloring neatly inside the lines. This exercise will serve its purpose if it assists and inspires you to truly draw the colors of your heart. Limit yourself to these questions and you'll limit the power of the exercise. Be bold. Use broad strokes.

So know this...

For this to work, make it messy. Color outside the lines.

By messy, we do not mean the orderliness or penmanship you bring. You may transcribe every thought with care. By messy we mean your willingness to put your heart on these pages and allow the questions to guide rather than restrict the colors you choose. As mentioned in the Reading, this exercise is not a fill-in-the-blank-with-all-the-right-answers exercise. This is an exercise where *real* trumps *right*.

FIRST STEP—UNLOAD

The first step is where we unload. It's all about answering a simple question: *What do I want?* You'll be encouraged to answer this question as many times as you possibly can and no less than thirty times.

I want to get along with my family.

I want to be healthy.

I want world peace.

I want to take a nap.

Answer with big desires and little desires. Answer with that major thing in your life that you really and truly want. And answer with that little thing you think about every now and then, and when you think about putting it down, you feel a bit foolish...put it down anyway.

Each time, introduce the desire with two words: *I want...*

HEARTSTORMING

Just get it out there. Put it all down. If you need more space, get additional pieces of paper and fill them up too. Staple them in if you want. Write all over the place.

Don't judge.

Don't censor.

Don't evaluate.

Just make a mess by unloading desires from your heart.

In time, the desires will not flow so readily. It will be harder to think of what to write. Be certain you have at least thirty statements, and when the pen is consistently resting, move to the second step: grouping.

SECOND STEP—GROUPING

Grouping is identifying related desires. For example, two of the following three could be grouped:

I want to be promoted at work.

I want to be in a job I really like and hope to do for the rest of my life.

I want to eat a plate of nachos.

As you identify each group, put the same symbol by each of the related topics. For example, you might put a \$ before anything having to do with money, or put an * by anything having to do with personal health. The symbols don't need to mean anything. They're simply a method of grouping related desires. You can use #, *, -, +, or any other symbol you create.

This takes you to the third step.

THIRD STEP—THEMING

The third step is something we call *theming*. Take a look at each group, and see if you can do two things. First, can you give the group a name? And second, can you pull the multiple desires into a single "I want..." statement, a single desire, a theme? For some groups, this will be simple. Other groups may come down to two or three desires. Either way, look for themes, and state the groups in as few desires as possible.

For example, consider the following group:

I want six weeks off every summer.

I want to own a lake house.

I want to sleep better at night.

I want to go to a movie.

I want to not go to work tomorrow.

Could this group be named? Is there a common desire uniting these desires, a theme? Any number of answers could be given to these questions, but the desires are likely to have something to do with rest or getting away from certain struggles in life. Space will be provided to do something like the following:

Group name: Escape

Group desire: I want rest.

This leads to the fourth step.

FOURTH STEP—BELOW THE SURFACE

The fourth step is where we pull out that powerful little word: *Why?* The space that follows this fourth step will be a place to state a group's theme, the single desire, and then ask the "*Why?*" question. If the group came down to two or three desires, write each of these desires separately. It's at this point we seek to go from the surface desire to as deep as we possibly can. For some areas, this will be challenging. For others, it will be clear. Some themes may take us to two or three deep desires. That's okay. Let it get messy. Write all over the page and color outside the lines. Don't let the templates provided restrict you. They're there to help, not hinder, the process. Just let the why question take you hand over hand, deeper and deeper, down into your heart. Let this give greater insight into the wellspring of your life, the deep desires that drive you.

FIFTH STEP—OBSERVATIONS

The fifth and final step is simply to make observations. Questions are provided to stimulate your thinking, but by this time you may already have a few growing observations. The observations might be simple and light, or they may be heavy and profound. Put them down either way. Simple observations may prove highly useful as this journey continues. Like a scenic view on a wooded trail, linger at this step. The heart is the wellspring of life. Yes, this exercise will ask you to be more reflective than some are accustomed to being, but becoming a student of our hearts will give critical clarity to realities at the street level of our lives.

In summary, the pages that follow walk through the following Heartstorming steps:

First Step—What Do I Want?

Answer the "*I want...*" question thirty or more times.

Second Step—Grouping

Place a simple symbol by related "*I want...*" statements.

Third Step—Theming

Identify any themes in each group and write this theme in a single "*I want...*" statement.

Fourth Step—Below the Surface

Take each theme statement and ask "*Why?*"

Fifth Step—Observations

Make observations about what you've uncovered.

**FIRST STEP
WHAT DO I WANT?**

HEARTSTORMING

Week 1, Morph Me, p. 30

SECOND STEP GROUPING

Take a look at the previous page, and identify related statements. Create a group by placing a common symbol by each statement that relates (*, #, @, etc.).

THIRD STEP THEMING

Use the following to write a theme statement for each grouping.

Group name Escape

I want (theme) Rest

Group name _____

I want (theme) _____

Group name _____

I want (theme) _____

Group name _____

I want (theme) _____

Group name _____

I want (theme) _____

Group name _____

I want (theme) _____

Group name _____

I want (theme) _____

Group name _____

I want (theme) _____

HEARTSTORMING

FOURTH STEP BELOW THE SURFACE

- Briefly restate each Group's theme statement (I want...) in the spaces provided.
- Take the desire as deep as you can with the "Why?" questions. It may take two "Why?" questions, or it may take twenty "Why?" questions. Let the templates provided guide you but not limit you.
- As best you can, in the space provided, describe the deep desire(s) under this group.

Theme statement:

I want _____

Why?

Why?

Why?

Why?

Why?

Why?

Why?

Deep desire:

Theme statement:

I want _____

Why?

Why?

Why?

Why?

Why?

Why?

Why?

Deep desire:

HEARTSTORMING

Theme statement:

I want _____

Why?

Why?

Why?

Why?

Why?

Why?

Why?

Deep desire:

Theme statement:

I want _____

Why?

Why?

Why?

Why?

Why?

Why?

Why?

Deep desire:

HEARTSTORMING

Theme statement:

I want _____

Why?

Why?

Why?

Why?

Why?

Why?

Why?

Deep desire:

Theme statement:

I want _____

Why?

Why?

Why?

Why?

Why?

Why?

Why?

Deep desire:

FIFTH STEP

OBSERVATIONS

What have you learned about yourself, your current season of life, your hopes and dreams? The questions that follow offer a way of holding each desire up to the light, turning it around, and seeing what you discover.

- Is there an overarching theme uniting all or several of the groups? If so, what is this theme?

- Consider a moment in recent days where you had a high degree of frustration. How might it have been related to any of the deep desires you have identified?

- Consider a moment in recent days where you had a high degree of satisfaction. How might it have been related to any of the deep desires you have identified?

- How do the desires of your heart influence your perspective of what you do with the greatest part of your day?

- How do the desires of your heart influence your perspective on God? Do the desires of your heart make you more or less interested in his will?

- What other observations have you made concerning your desires?

HEARTSTORMING

Week 1, Morph Me, p. 36