

## ✦ EVERY ICEBERG HAS A STORY...WHAT IS UNDER YOUR SURFACE? ---

To understand what has shaped your iceberg, it is important to tap your emotional and visual mind. First, imagine a picture or symbol of what you want to work on, such as procrastination. This picture will set off a chain of pictures that will flow freely, helping you to understand what has shaped your iceberg and, more importantly, which SMARTER skills will change your behavior and, as a result, change your life path.

Imagine a picture of _____ (the behavior you want to improve). Then...	
1. Draw a circle in the middle of a white sheet of paper. Put in, or draw in the circle, a picture of the behavior on which you are working.	2. Next, stare at the picture. As your mind wanders, a series of thoughts or key words emerge related to the picture in the circle.
3. Starting at the edge of the circle, draw a line and <i>print</i> key words or messages about your picture. Continue drawing lines from the circle's edge until there are no more key words coming to you.	4. One at a time, look at each of the lines with your key words. Staring at each line, key words will emerge again. Draw a line again, this time from your primary key word line, writing the key word about which you feel the strongest. Continue drawing lines until you have no more words coming to you.
5. Now stop and analyze the flow of words. Then write your story using the key words you have written concerning the subject on which you were working.	6. What part of this story are you ready to give up? What parts elevate your personal best and what parts derail your personal best?

### Sample circle activity drawing

