Many times over the years I have been prompted to encourage others that the greatest need in their life was for some kind of personal vision or life map. What was being shown to me was that much of the confusion and chaos we experience in our lives are due to the lack of vision and clarity of who and what one is and what one is living for.

Then I came across a sermon on the life of Jesus in regards to him refusing to partake in a particular course of action because “It was against his personal constitution he constructed for himself”, as soon as I read that statement I knew that I also was need of my own personal constitution.
Introduction

After I finally completed my first draft I knew immediately that this would be no idle document but a transformative and healing agent. Only after one week of the completion of my first draft I was experiencing and feeling the results of my life unfolding under the framework I established in my constitution.

I found a job that allowed me to earn cash using a skill that I could perform with joy and passion exactly as I described in my constitution. In another few weeks there was a complete shift in my social interactions and exchanges that begin to resemble exactly what I declared in my constitution.

I have written this “how to” worksheet with the hopes that it will bring clarity of purpose, inspiration and determination to live the life you have been called to life.

I want to offer a special thanks to Tonya Person, Ayango “Yah Lynn” Brown and the Raise Your Vibration of Atlanta Meetup Group for their contributions and support in helping me make this available to be shared with you.

Adam. T. Melvin
The Structure

- The Preamble
- Statement of Existence
- Article 1: Making a Living
- Article 2: Interpersonal Interactions & Associations
- Article 3: Character and Health Fitness.
- Article 4: Limitations and Hardships.
Harnessing the power of personal vision and the written word, a personal constitution is a document that sets into motion a basic framework upon which your life can unfold according to your needs and requirements for peace, purpose and progress.

Like the written constitution of the United States a personal constitution includes a Preamble, Articles and Sections.

Although this workbook doesn’t guide you through creating sections for each articles I have however attached an example of an extended personal constitution for those who are up for the challenge.
### Instructions

#### What You Will Need:
- Your favorite and most inspirational personal development literature and quotes. (Many of the words I used were inspired by Ralph Waldo Emerson’s “Self Reliance Essay”)
- A blank WORD document
- A Commitment to complete the workbook with 100% effort.
- The process I lay out in this workbooks makes it possible to finish your first draft in one sitting and in less than an hour.

#### What You Will Do:
- Answer the questions as honest and truly as you know how drawing upon your favorite or most inspiring sources of inspiration and insight.
- Insert the answers to your questions in the appropriate statements for each corresponding Article.
Example

Preamble

I, Adam Melvin in order to become a more mature individual and personality, to maintain my inner peace of mind, and uphold and fulfill my reason for existence, do ordain and establish this constitution.

Statement of Existence

Because, I am in truth a born again Son Of God, manifesting in the flesh, I am living this life on earth devoted to the spiritual progress of the planet. When this life on earth is terminated I will return to my true home, the spiritual paradise of the Universe.

Article I. Making A Living

I will seek to make a living by using my skills and talent I have for teaching history, teaching religious studies, intuitive readings, spiritual guidance counseling, and creative writing.

The suitable environment and conditions I will choose to perform my skills and talents under will be spaces and places that are appreciative and respectable of my skills and talents as well as conducive for my creativity and expansion.

I will seek to receive in exchange for my skills a value equal or more than the use value that others will receive from my service.

Article II. Interpersonal Interactions and Associations.

In all Interpersonal interactions and associations always and in all ways I will seek to give others an experience of myself that makes them feel good about being alive and on the earth at this time.

I will not hurt others and myself by hypocritical attentions. If others are in the truth but not the same truth with me, let them have their path and community; I will seek my own.

Article III Character and Health Fitness

I will be myself, what I must do is all that shall concern me. I will be myself and do my work and let my work and my existence reinforce and justify my self.

I will do strongly before the sun and moon whatever brings me joy and expands my heart with courage and consideration of others and consideration of the natural laws of nature and the universe.

I will honor and respect my body by seeking to provide for its proper nutrition, rest, and recreation. I will choose to consume nourishment not stuff. I will seek to keep my body strong and able through regular exercise and recreation.

I will seek expand and refresh my mind through seeking intellectual companionship, personal study, and proper expression of my thoughts and ides.

Article IV. Life Limitations and Hardships

When life hardships and limitations, real and imagined, overwhelm me I will remember that God has not caused my misfortune or hardships but that God can use these hardships and misfortunes to work in a way that will bring me to my highest joy and my greatest soul satisfaction.

I will act when action is needed and required knowing that the act is mine and God will help me stand under whatever come what may.

I will remember I am loved, respected, appreciated and forgiven even in the midst of my limitation and powerlessness.
Preamble

I, (insert your name here) in order to become a more mature individual and personality, to maintain my inner peace of mind, and uphold and fulfill my reason for existence, do ordain and establish this constitution.
Part 1

Statement of Existence.
Question 1:

How do you view yourself spiritually?

This is a very important but often overlooked part of personal clarity and purpose. I encourage you to not skimp time here or to be tempted to choose a title that doesn’t really resonates with you.

Examples from others

- Co-Creator of the Universe
- Word of God in Flesh
- Spiritual Being having a Human Experience
- Born Again Spiritual Personality
- Child of God
- Disciple of Christ
- ?
- ?
- ?
**Question 2**

**Consider this . . .**

- What Higher Spiritual Reality are you devoted to?

As you live your life on earth, what spiritual truth are you living to realize?

**Examples.**

- The Spiritual Progress of the Earth
- Service of awakening Mankind
- Raising the vibration of the planet
- Sharing Love
- Realizing Oneness with the Divine Mind
- Spreading love and light of the God
- Helping others realize the truth
- ?
- ?
- ?
Question 3

What's is Your Final Spiritual Destination?

We live in a culture that is not comfortable with thinking about death, the only experience that we are guaranteed to have. The sooner we accept and embrace this reality the sooner we can’t start to really live and enjoy life.

Examples:
- Return to the Source
- Freedom from the Flesh
- Another Life In a New Realm
- Continual Spiritual Progression and Education
- Return to your true Home
- Return to the Spiritual Paradise
- Full self-realization of yourself as all that is
- ?
- ?
- ?
Statement Of Existence

- Because, I am in truth (insert answer to question 1 )
- I am living this life on earth Devoted to (insert answer to question 2)
- When this life on earth is terminated I will (insert answer to question 3)
Part II

Making a Living
A New Approach

Many people waste time trying to figure out what it is they love to do or what it is they are passionate about. A better solution is to recall what it is you can do, and do with love and passion.

I’m passionate about taking road trips in sexy cars with ‘sexy’ people to places I’ve never been before. What I love to do is sit in my home all day and read books and watch movies. But these passions and loves will not pay the bills or server the earth.

I do not wake up with a burning passion to offer spiritual counseling, nor do I love to teach others about spiritual truths and concepts, but I have been given these skills and talents and I can execute them with love and with passion.

There are other skills and talents I have learned or developed but for whatever reason I can’t execute them with love and passion, such as marketing and sales, acting, and rapping (just kidding on the rapping).

What most important is not if you are doing what you love to do, but finding out what CAN you do WITH love and passion.

What Are Your Skills

Take time now to list the skills and talents that you can perform with love and passion.

- Are they Social Services Skills: Ex Teaching, Counseling, Preaching, People Management, Coaching, Marketing, Organizing, healing /medical (Be specific as to what you can teach, or counsel or preach with love and passion)
- Are they Physical Labor Skills: Construction, Repair, Mechanical, Agriculture, Horticulture, Landscaping,
- Are they Mental Skills : Technicians, scientist, information system specialist, engineers, Problem solving, numbers, wealth management. Financial advising.
- A combination of many?
Question 1

What are your top five skills and talents that you want to exchange for goods and money?

Remember your top five skill should be the ones that you are able to perform with and love and passion the most, rather you like doing it or not.

1.
2.
3.
4.
5.
Question 2

What is the ideal suitable Environment you are able to perform your skills or talents in?

Think about the ideal conditions you want to work and perform in. Consider conditions and environments in which you did not enjoy or felt stifled. What was missing or what was needed?
Question 3

- How will your govern the value exchange for your skill and talent? In other words how much in cash value do you want to take for your performing your skill and talent?
Article 1: Making a Living

- I will seek to make a living for myself by using my skills and talent of, (insert answer to question 1 from part 2)
- The suitable environment and conditions I will choose to perform my skills and talents under are (Insert answer to question 2 from part 2 here)
- I will seek to receive in exchange for my skills a value equal to (Insert answer to question 3 from part 2 here)
Part III

Interpersonal Interactions and Associations
Question 1:

What is your guiding intention in all interpersonal interactions and associations. What is the overall feeling, experience that you want to impress upon others whom you interact and associate with?

Examples:
- Make others feel good about life
- Help give increase to others
- Feel the Love of God
- Acceptance for who they are
- Cared for
- Respect and Honor
- ?
- ?
- ?
Question 2:

- What are some personal rules to guide your behavior in your interpersonal exchanges and associations?

- Examples:
  - Tell truth in all interactions
  - Never compromise your truth, values, and calling
  - Seek a win-win in all situations.
Article II: Interpersonal Interactions and Associations

- In all interactions in all ways and always I will seek to (Insert answer to question 1 part 3 here)
- I will remember to (Insert answer to question 2 part 3 here)
Part IV

Character and Health Fitness
A powerful and impactful life requires you to be your true self at all times in all ways with as much courage and consideration you can offer.

• How will you seek to live daily as your authentic self?
How will you guide yourself in seeking your personal satisfactions and enjoyments?
Question 3

- How will you respond and support the physical body needs for proper nutrition, rest, recreation, and exercise.
Question 4

- Mental Fitness: How will you respond and support the minds need for intellectual stimulation, expression, and expansion.
Article III: Character & Health Fitness

- I will live authentically through choosing (insert answer to question 1 part 4)
- I will seek personal satisfaction and personal enjoyment with (insert answer to question 2)
- I will honor and respect my body through (insert answer to question 2 part 4)
- I will respect and develop my mind through (insert answer to question 3 part 4)
Part v

Article IV: Life Limitations and Hardships
Misfortunes and hardships are a natural part of this life on earth. How you choose to respond during these times are critical for continual progress and evolution.

- How will you choose to respond to life hardships and struggles? In other words, when you feel powerless, what will you believe?
Question 2

- When you feel powerless what will you refuse to beleive?
Question 3

- When you feel powerless, what will you choose to do?
Article IV: Life Limitations and Hardships.

• When life problems and hardships real and imagined overwhelm me I will resolve to believe (Insert answer to question 1 part 5)
• I will refuse to (Insert answer to question 2 part 5)
• I will do (Insert answer to question 3 part 5 here)
Lessons & Amendments

- Keep an open space in your document titled “lessons and amendments”
- This is an open and ongoing part of your personal constitution as you learn new life lessons during your journey.
- Example: “Never let friends borrow books that I care about. Buy them a copy instead.”
Final Instructions

• Now that you have got the wording for your personal constitution its time to clean up the wording in a way that you can read it with ease and grace.

• The wording of your constitution may change but the basic ideas and thoughts they addressed should remain the same.

• Print out your document, frame it and keep it in a sacred space in your home that you retreat to during moments you need to be reminded.