

# Essential Best versus Drama Map

*“Drama happens. Struggle is optional.”-Karen Tax*

*“When viewed positively, Drama is always an opportunity to learn. Suddenly you are able to move yourself from Drama to your Essential Best.” – John Berkley*



## **Explanation:**

The Orange Circle represents your Essential Best, when you are in “the groove” and feeling strong and on track. It includes knowledge of your values, strengths, and motivation of who you are. It represents a high level of emotional intelligence. An image might be like looking into the sun...powerful. How can you occupy this territory more frequently?



The Purple Cloud represents drama. It also represents an opportunity to learn...the territory of growth. Drama happens (the universe will give you a “push”). Struggle is optional (i.e. you can move out of drama by learning what you need to and being done with it). Thus drama is an opportunity to move deeper into self knowing (higher emotional intelligence). It is like signposts along the road guiding you deeper into awareness. An image may be like a tornado sucking you in.



There are two ways people get tripped up:

1. They try to get to their Essential Best, bypassing the drama, losing the lessons drama has to teach about their best/real self.
2. They unconsciously identify with their drama; they can't see the possibilities of the best self and are resigned to the drama.

## **Questions to ask yourself or others:**

- Where would you place yourself on this map?
- How do you feel about where you placed yourself?
- Are you okay with that?
- Where do you want to be?
- If you want to be elsewhere, what can you do about that?
- Invite yourself/them to be their Essential Best.