

IFA CONSULTATION NOTES

Onisa

LIFESTYLE ACADEMY

\\ TIWA N TIWA //

TIWA N TIWA

HOW TO USE THIS GUIDE

Ifa Consultation Notes is meant to be a working document, which means you should expect to revise it frequently. The results you produce are meant to point you into the right direction, not to provide conclusive, final answers. The objective is to help you balance and harmonize your own thinking with the directives of Ifa so that you come up with an Orisa Lifestyle Plan that both inspires and challenges you at the same time.

Instructions

1. Get a 3 ring binder, dividers and blank, college rule line paper
2. Print this guide and punch 3 holes
3. Place the guide inside the binder
4. Label the dividers as follows: Life Plan Notes, Ifa Consultation Notes, 201_, 201_, etc
5. Complete PART 1-3 of the activities
6. Consult Ifa 3 times annually and adjust the plan accordingly

Suggested Uses

There are several ways to approach this process. What follows are suggestions. Feel free to make use of them exactly as they are, or try something else that suits your particular life experience.

1. Complete PART 1, consult Ifa, Complete PART 2, consult Ifa, Complete PART 3, consult Ifa.
2. Complete PART 1-3, consult Ifa

Change is the only constant. This is why the Yoruba elders say, “Because yesterday was not like today and today is not like tomorrow, the babalawo consults Ifa every four days.” Of course, not everyone needs to consult Ifa every four days, but there are definitely times when you will feel like your life is adrift. At other times, you may just want to clarify your priorities or get help making an important decision. Either way, when you need direction and focus, it is wise to consult Ifa.

If done correctly, Ifa consultation will help you create a spiritual life plan. The beauty of your **Tiwa n Tiwa Membership** is that you can consult Ifa three times a year. Based upon these consultations, you can create a spiritual plan that will give structure to your life while also changing and growing as you do.

In the activities that follow, you can prepare yourself to optimize your three annual Ifa Consultations by making sure they guide and inform your **Orisa Lifestyle Plan**.

PART ONE

Step 1: DETERMINE YOUR PRIORITIES

Consider what roles you play in the present. Each day you play different roles, or give yourself different labels through your actions. These roles can include things like

TIWA N TIWA

‘daughter’, ‘painter’, ‘student’, ‘girlfriend’, ‘comedian’, etc. Create a list on a piece of paper. Which do you think are the most consistent roles?

- Examples of other roles include (but are certainly not limited to): chef, dog lover, brother, photographer, boss, mentor, traveler, grandchild, thinker, etc.

STEP 2: THINK ABOUT THE ROLES THAT YOU WANT TO PLAY IN YOUR FUTURE

Some of your present day roles might be the same ones you want to play in your future, such as ‘mother’ or ‘painter’. At the same time, you play certain roles that are more trouble than they’re worth. Think about the roles you are playing that are stressing you out or causing a negative impact on your life; perhaps those are roles you would like to eliminate going forward.

To help you form your list, think about things that you hope to achieve. Do you want to travel to another country because you’ve never left your home state? If so, ‘traveler’ would be added to the future list.

STEP 3: CONSIDER THE REASONS YOU PLAY, OR WANT TO PLAY, THESE ROLES

To create an Orisa Lifestyle Plan, you need to decide what your priorities are at this moment. To do this, consider the roles that you want to continue playing, or those you want to add to your life in the future. What is your motivation for playing a certain role? Maybe you have ‘father’ written on your future goals because you want to have children with your partner and give them an amazing life.

A helpful way to figure out your motivations is to imagine your own funeral. Who would be in attendance? What you want people to say about you? Perhaps the most important things you would want someone to say is that you were an amazing mother and changed the lives of thousands of children through the organization you volunteered with.

STEP 4: WRITE DOWN YOUR PRIORITIES

Once you have really considered the why behind the things you want to be and do in your life, make a list of them. Making a list will help you to stay organized when coming up with your plan.

For example, your list might include: I am ‘sister’ because I always want to be there to support my brother; I want to be ‘writer’ so I can write down my grandparents’ story, etc. You could also try writing your own eulogy. Think about what you would want people to remember about you and your life if you died tomorrow. This can greatly help you in figuring out your priorities.

TIWA N TIWA

STEP 5: THINK ABOUT YOUR PHYSICAL, EMOTIONAL, AND FINANCIAL NEEDS

What resources will you need to be the person you want to be? If one of the roles you want to play is 'World traveler', your physical needs might include staying fit and eating well. If one your roles is 'friend', your emotional needs might be met by surrounding yourself with loving people. If one of your financial goals is 'business owner,' you need ideas, capital and a business plan.

PART TWO

STEP 1: CONSIDER WHAT GOALS YOU WANT TO ACCOMPLISH DURING YOUR LIFETIME

Use your roles, priorities, and needs to help you solidify some things you want to achieve. Think of this list as your 'bucket list'. What do you want to do before you die? Remember, these are the goals you really want to achieve, not the goals you think others want you to have. If you need some extra help narrowing down your ideas, consider putting your goals into categories. Some example categories include:

- Career/Vocation; Social (family and friends); Finances; Health; Travel; Knowledge/Intellect; and Spirituality.
- Example goals (according to the order of categories): Become a renowned architect; get married and have two children; make enough money to comfortably send my children to college; maintain a weight of 160 pounds; visit every continent; earn my master's degree in Architecture; visit Osun Osogbo.

STEP 2: WRITE DOWN SPECIFIC GOALS WITH EXACT DATES

Once you have outlined the vague goals that you want to have in your life, such as earn your Masters, set out some defined goals and the dates that you want to reach them by. Here are some defined goals that are less vague than the ones written in the previous step:

- Lose 10 pounds by June of 2018.
- Be accepted to master's degrees programs in architecture by April 2019.
- Travel to Nigeria to visit Osun Osogbo by July 2018.

STEP 3: FIGURE OUT HOW YOU WILL ACCOMPLISH YOUR GOALS

This means assessing where you are right now. What steps are you going to need to do actually reach your goal from where you are right now. For instance, to continue with the goal of getting a Master's in Architecture:

- From now until April 2018, you will need to: A. Research graduate architecture programs. B. Write any necessary documents for the program's application. C. Fill out the rest of the application and submit it to the proper authorities. D. Wait

TIWA N TIWA

to hear back from the schools. E. Pick the program that you want to attend the programs that accepted you. F. Enroll!

- Think about any potential people and resources that you can use to help you achieve your goals. If you know someone you know works in an industry you want to get into, for example, reach out to them and ask them to mentor you.

PART THREE

STEP 1: WRITE DOWN THE STEPS TO REACH EACH GOAL

You can do this in any format you like handwrite it, type it in a Word document, print it on a large sheet, etc. Whatever format you choose to use, write the steps you will need to take to achieve each of your goals in chronological order.

- This is a good time to review the details of each step--like the names of the specific graduate programs you are going to apply to. Or, if one of your goals is simply to be happy, write out the details of what will make you most happy along the way.

STEP 2: REVIEW YOUR LIFE PLAN

One fact of life is that it always changes--and so do we. The goals and priorities that you had when you were 15 are probably not the same as the goals you will have when you are 25 or 45. It is important to consult Ifa and review your life plan every three months to make sure that you are following a plan that will truly give you a happy and satisfactory life.

- When you review your life plan, also assess the successes that you have achieved so far. It is important to keep track of your accomplishments.

STEP 3: ADJUST YOUR LIFE PLAN

When you do find that your priorities and the goals associated with those priorities have changed, it's time to rewrite at least part of your life plan. Consider what is different, what is more important to you now, and how you will achieve this new goal. Rewrite your life plan as much as you need to.

- Don't limit yourself to a certain number of goals. Your life plan is a fluid thing. Add goals as they become priorities in your life and remove those that aren't as important anymore.
- Failure at some points in your plan is inevitable. That doesn't mean it has to derail everything. Consider options and actions for when failure occurs. How you deal with setbacks can be the difference in whether or not you achieve your goals.