

THE ONLYNESS® CANVAS

Onlyness. Centering that spot in the world, only one stands—the source of ideas. A function of one's history and experience, visions and hopes. That place of power is distinctly one's own that—when connected with others—allows you to do what you could once do. The Onlyness Canvas shows who you are—fully alive—so you can connect meaningfully with others.

What Has Formed You?

Share five key stories from your life experiences and how they inform who you are today. (Write about a *specific* moment; 2-3 paragraphs per story. X happened and has shaped you in Y way.)

1. Story 1
2. Story 2
3. Story 3
4. Story 4
5. Story 5

What Do You Care About?

Name 1 thing you would fix if you could fix absolutely *anything*.

What Makes You Come Fully Alive?

Reflect on the above to draw a throughline. This throughline is your Onlyness®. We often take it for granted as "it's just something we always do." It is your small-p purpose (what brings you fully alive) and ties to your big-P purpose (how your aliveness serves the world.)

My throughline is...