

The Four Levels of Experience

A SIMPLE FRAMEWORK FOR RECOGNIZING
HOW YOU EXPERIENCE LIFE



AS ME



THROUGH ME



BY ME



TO ME

What is The Four Levels?

Most people spend years trying to change their circumstances.

The Four Levels begins somewhere different. It begins by noticing **how** you are experiencing your life.

The circumstances may remain the same for a time. But the way you experience them can change immediately.

The Four Levels is not a personality assessment. It is not a diagnosis. It is not a measure of success.

It is simply a framework for recognizing the perspective from which you are living.

Recognition does not change everything. But recognition is often where meaningful change begins.

The Four Levels at a Glance

Level	Experience	Reflection
TO ME	Life happens to me. Circumstances feel in control.	Where am I giving circumstances all the power?
BY ME	I begin creating. Responsibility replaces blame.	What choice is available to me today?
THROUGH ME	Life works with me. Trust replaces force.	What is life inviting me toward?
AS ME	I live from who I am. Greater presence and alignment.	Who am I becoming?

Understanding the Four Levels

The Four Levels describe four different ways we can experience the same life. They are not stages to master or labels to wear. We naturally move among them. The value is in recognizing where we are, because recognition creates the possibility for meaningful change.

TO ME - *Life happens to me.*

At this level, circumstances seem to determine how life feels. Attention naturally moves toward problems, other people, or situations that appear outside our control. The question is often, *Why is this happening to me?* There is no judgment here. Every person has experienced life from this perspective.

Reflection

Where in my life do I feel that circumstances have more influence than I do?

BY ME - *I begin creating.*

Responsibility begins to replace blame. Instead of waiting for circumstances to change, attention shifts toward what can be created through our own decisions, actions, and responses. The question becomes, *What can I do from here?* This is often where confidence and momentum begin to return.

Reflection

What choice is available to me today that I may not have been seeing?

THROUGH ME - *Life works with me.*

At this level, we begin to realize we are not creating life alone. We become more aware of intuition, guidance, timing, and opportunities that seem to arrive naturally when we are aligned.

Instead of forcing every outcome, we begin participating with life. We still take action, but it feels different. Less driven by struggle. More guided by clarity, trust, and purpose.

Reflection

Where in my life am I being invited to trust more than force?

AS ME - *I live from who I am becoming.*

Life becomes less about reacting and more about expressing. Choices increasingly reflect values, purpose, and intention rather than circumstance. This does not mean life becomes easier. It means we meet life differently.

Presence begins replacing reaction.

Reflection

Who am I becoming - and what would that version of me naturally choose?

Recognition

Recognition rarely arrives with fireworks.

More often it comes quietly: a new thought, a different question, a moment of unexpected clarity.

The Four Levels does not ask you to become someone else.

It simply invites you to recognize where you are - and notice what becomes possible from there.

*Recognition is not the destination.
It is where meaningful change begins.*

The Four Levels are not fixed stages. They are perspectives that come and go. The purpose is not to judge where you are. It is simply to notice.