



Diamond of Life

What is most familiar can be the hardest to recognize



Robyn on Purpose
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The Diamond of Life

What is most familiar can be the hardest to recognize

The patterns that shape our lives often operate outside of conscious awareness.. What once served as protection, stability, or belonging can become so familiar that it simply feels like who we are. When these patterns no longer support growth, life will bring forward experiences that make them impossible to ignore.

How the Diamond Works

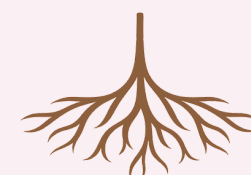
The Diamond of Life unfolds across 36 phases spanning your lifetime. Each Diamond represents approximately two years, marking distinct seasons of growth and experience. Together, they illuminate what life is bringing forward, what lies beneath the surface, and the opportunities for growth within each cycle.



Challenge

The experiences shaping this season.

Recurring themes that challenge familiar ways of thinking, relating, or moving through life.



Root Cause

The core tension at the heart of the cycle.

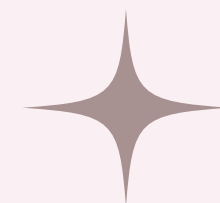
What you've been carrying, why it won't release, and the lesson it's inviting you to finally integrate.



Action Key

How to work with the rhythm of the season.

The specific energy, qualities, and strengths that allow you to shift the pattern from tension to possibility.



Outcome

The potential results.

The natural resolution, insight, or change available if you embrace the lessons — offering growth and a deeper sense of alignment.

2025-2026

Diamond of Life - Challenge 1

Theme: Identity and Autonomy

A Challenge Number of 1 brings experiences related to identity, independence, leadership, and personal direction. This challenge often presents situations that require self-reliance, decision-making, and the willingness to stand apart from the expectations or influence of others.

Life may repeatedly bring circumstances that highlight questions of autonomy, individuality, and personal authority. Situations involving leadership, initiative, visibility, or self-definition may become recurring themes throughout the cycle.

Common experiences may include:

- Situations requiring independent decision-making
- Experiences involving leadership, authority, or initiative
- Circumstances that require self-reliance
- Periods of acting without external guidance or support
- Opportunities to define personal direction or identity
- Experiences that highlight the balance between independence and collaboration

Diamond of Life - Root Cause 9

Theme: Attachment and Letting Go

What you've been carrying:

A tendency to hold onto people, identities, expectations, or experiences beyond their natural season. There may be an underlying difficulty releasing what has ended, what could have been, or what no longer aligns with who you are becoming.

Why it won't release:

Holding on can preserve connection, meaning, identity, or hope, reinforcing the belief that letting go means losing something important or irreplaceable. Unresolved emotions, unmet expectations, or unfinished chapters may continue to seek closure long after an experience has ended.

What it's inviting you to integrate:

Life moves in cycles of beginnings, endings, and renewal. Letting go is not the same as forgetting, abandoning, or losing what mattered—it creates space for new growth and alignment. Some chapters are not meant to be carried forever.

2025-2026

Diamond of Life - Action Key 3

Theme: Expression and Authenticity

When 3 appears as the Action Key in the Diamond of Life chart, the way forward is through communication, creativity, and honest emotional expression. This number encourages lightness, vulnerability, and the willingness to say what needs to be said—especially if it's been held in for too long.

Rather than overthinking or holding back, 3 invites you to speak from the heart, create without over-editing, and bring more joy and emotional transparency into your interactions. Growth comes from using your voice—not to control, but to connect.

Key Dynamics:

- Open up—say what you feel, even if it's imperfect
- Use creative outlets to move emotional energy
- Lean into humour, storytelling, or connection to soften tension
- Allow space for play, even amidst difficulty
- Prioritize expression over perfection

Action Key 3 – Alignment Practices

With an Action Key of 3, the call is to express — to release what's inside through words, creativity, and honest emotion. These practices help you bring lightness and connection into daily life:

- Say it out loud. Share one thought or feeling each day without rehearsing or polishing — just as it is.
- Create to release. Use journaling, painting, music, or movement to let emotions flow instead of bottling them up.
- Add play to your day. Watch something funny, tell a story, or find a moment of humour — lightness is healing, not frivolous.
- Initiate connection. Reach out to a friend or co-worker with honesty, even a small “this is how I really feel” moment.
- Practice imperfection. Share something before it feels “ready.” Trust that authenticity matters more than polish.

Reminder: An Action Key of 3 isn't about performing — it's about being real. Joy, humour, and vulnerability aren't distractions; they're the doorway to healing and connection.

Diamond of Life - Outcome 3

Theme: Joyful Expression, Emotional Lightness, and Creative Renewal

When 3 appears as the Outcome in the Diamond of Life chart, resolution arrives through authentic expression, emotional release, and reconnection with joy. After a period of challenge or tension, the soul lands in a place of lightness, clarity, and renewed creativity. There is a sense of having found your voice—or having reclaimed the courage to use it.

This outcome reflects emotional healing not through analysis, but through truthful expression, vulnerability, and play. Whether through communication, art, or simple presence, the energy is no longer heavy—it's moving, flowing, and open.

Key Dynamics:

- Emotional clarity through expression and communication
- Reconnection with play, joy, and inner lightness
- Resolution through truth-telling, not silence
- A desire to share, connect, and create
- Humour, levity, or beauty returns as part of the healing

Soul Growth Indicators:

- A willingness to be seen and heard more authentically
- Freedom from emotional suppression or perfectionism
- Increased creativity or inspiration
- More openness in relationships or self-expression
- A new story being written—no longer defined by the past

Summary:

Outcome 3 signals a breakthrough in joy, voice, and emotional presence. The soul completes this cycle not just wiser—but lighter. By speaking truth, sharing emotion, and allowing space for joy, the path forward is infused with creativity, clarity, and connection. The weight has lifted—and expression becomes liberation.

2027-2028

Diamond of Life - Challenge 5

Theme: Freedom and Change

A Challenge Number of 5 brings experiences related to freedom, change, movement, and adaptability. This challenge often presents situations that highlight the tension between stability and flexibility, commitment and exploration, or familiarity and new experiences.

Life may repeatedly bring circumstances involving transitions, unexpected shifts, changing environments, or opportunities for growth and exploration. Themes related to choice, independence, risk, and personal freedom may become recurring throughout the cycle.

Common experiences may include:

- Periods of change, transition, or uncertainty
- Situations involving choice, flexibility, or adaptation
- Experiences that disrupt routines, expectations, or established paths
- Circumstances involving travel, movement, or changing environments
- Opportunities that require exploration, experimentation, or risk-taking
- Situations that highlight the balance between freedom and responsibility
- Recurring themes related to independence, variety, or personal choice

Diamond of Life - Root Cause 9

Theme: Attachment and Letting Go

What you've been carrying:

A tendency to hold onto people, identities, expectations, or experiences beyond their natural season. There may be an underlying difficulty releasing what has ended, what could have been, or what no longer aligns with who you are becoming.

Why it won't release:

Holding on can preserve connection, meaning, identity, or hope, reinforcing the belief that letting go means losing something important or irreplaceable. Unresolved emotions, unmet expectations, or unfinished chapters may continue to seek closure long after an experience has ended.

What it's inviting you to integrate:

Life moves in cycles of beginnings, endings, and renewal. Letting go is not the same as forgetting, abandoning, or losing what mattered—it creates space for new growth and alignment. Some chapters are not meant to be carried forever.

2027-2028

Diamond of Life - Action Key 4

Theme: Ground, Organize, and Build with Intention

When 4 appears as the Action Key in the Diamond of Life chart, the way forward is through stability, structure, and practical effort. This is not the time for shortcuts or impulsive moves—it's a call to slow down, create a plan, and build something that lasts.

Rather than reacting emotionally or seeking immediate results, 4 asks for consistency, discipline, and trust in the long game. Progress may feel slow, but it will be steady—and deeply rooted in integrity.

Key Dynamics:

- Establish solid routines, boundaries, or systems
- Break larger goals into manageable, realistic steps
- Focus on what can be controlled and tended to now
- Take responsibility with patience and persistence
- Create a foundation that supports long-term success

Action Key 4 – Alignment Practices

With an Action Key of 4, the call is to build—slow, steady, and on purpose. These practices turn stability and structure into daily action:

- Set anchor routines. Choose simple bookends (a start-work ritual and a shut-down ritual). Repeat them daily to cue focus and closure.
- Work in bricks. Break big goals into small, repeatable “bricks.” Commit to finishing 1–3 bricks per day—no more.
- Create one system a week. A checklist, template, or calendar block that you'll reuse. Systems reduce decision fatigue and keep you consistent.
- Make it visible. Use a “Now / Next / Later” board (paper or digital). Move one item forward each day so progress is trackable, not just felt.
- Add guardrails. Set office hours, buffer time, and scope boundaries. Try: “I can do X by [date]. To add Y, we'll need to move Z.”
- Do a weekly review. Fifteen minutes to close loops, tidy your board, and plan the next step. Consistency rebuilds trust—in yourself and with others.

Reminder: An Action Key of 4 isn't flashy—it's faithful. Brick by brick, your discipline becomes momentum, and momentum becomes lasting change.

Diamond of Life - Outcome 13

Theme: Transformation Through Commitment, Structure, and Inner Maturity

When 13 appears as the Outcome in the Diamond of Life chart, resolution is reached not through dramatic change—but through steady, earned transformation. This is an ending that reflects the soul's willingness to do the work, face resistance, and rise through personal responsibility.

The outcome of 13 is lasting change—not a quick fix. It shows that something essential has been rebuilt from the ground up, often after cycles of instability, avoidance, or fragmentation. What emerges is a stronger, wiser, more grounded version of self.

Key Dynamics:

- Growth achieved through persistence and consistency
- A new foundation is laid—emotional, physical, or spiritual
- Patterns of avoidance or chaos have been confronted and transformed
- A deeper capacity for discipline, structure, and long-term thinking
- Internal stability replaces external striving

Soul Growth Indicators:

- Confidence in the ability to maintain progress, not just start it
- Pride in what's been built through hard-earned effort
- Inner transformation grounded in sustainable habits or mindset shifts
- A new relationship to time, patience, and responsibility
- Trust in one's own ability to evolve—step by step

Summary:

Outcome 13 represents true transformation born of discipline and perseverance. The soul didn't just change direction—it rebuilt itself through commitment and grounded effort. This is evolution made real. A hard-won ending that paves the way for solid, sustainable new beginnings.