



Get more of what you want and less of what you don't, both personally and professionally.

## Interview with Francis Cholle

### ***“A New Way of BEING for a New Way of DOING”***

- **SQUIRCLE is a simple concept: the coming together of SQUARE (Rational Thinking, Logical Mind) with CIRCLE (Intuition, Fluidity, Creativity).**
  - Text “SQUIRCLE” to 484848 to receive a link to a *Squiracle Test* to discover what your preference to making decisions and approaching situations in life. What are your results? Keep this in mind.
- **Francis describes our intuition as our personal search engine that goes much further and deeper than where the rational mind can go.**
  - Reflect on a time when you had a gut feeling about something. Remember how that felt to see beyond if something was just “right” or “wrong”.
  - The next time you have this feeling, remember that it is your CIRCLE that is adding nuances and shades of color showing you how you can approach situations in life.
- **Francis explains that Squiracle is not something we have to *learn*; in fact, we must unlearn! He reminds us as children, before education all we had was our intuition.**
  - Learning to balance the circle and the square, and “Squircling” is important. After taking the assessment, what have you learned about yourself? Are you more of a circle or a square? Knowing this will help you better understand how to navigate your mind and the complexities of the world around us.
- **Francis explains that it is important to have synergy between the square and the circle, and that both need the other to balance each other equally.**
  - If you are a square, who are the circles in your life? If you are a circle, who are the squares in your life? How can you embrace those people to inspire you and help you achieve balance?
  - Remember that both the square and the circle are needed equally, whereas the circle provides the freedom and the square provides the structure.
- **Francis reminds us that to be more comfortable with uncertainty is to remember that the one thing we know for *certain* is that we will have to deal with *uncertainty*. We are natural born adaptors and we can learn to move through fear by taking action.**
  - Reflect on a time in your life where you were scared to act, but you did it anyway. How did you feel afterwards? Did you feel accomplished and brave? Remember that feeling the next time you need to move through fear by taking action.
  - What is one small thing you can do today to switch up your daily routine and walk you through uncertainty?
- **Being in tune and present within our bodies is incredibly important to being connected to our intuition.**
  - Close your eyes and focus on your breathing. Do this for a few minutes until you feel ready to come back and open your eyes.

- Sit up straight and focus on your five senses. What do you feel, and how does it make you feel? Look around the room and let it send you cues. Rather than seeing it, receive it. See how the different colors impact you. Do the same with the sounds around you and all of your other senses.
- **Letting teams naturally converge and accepting diversity and diverging opinions and points of views within the team is incredibly important.**
  - Reflect on a time when you worked on a diverse team. How did this make your team stronger as a whole? What did you learn that you didn't know before?
  - Embrace the diversity!
- **In the mist of chaos there is a place of stillness where we all converge, and the paradox is that within the stillness all the differences can happen, and they are the richness of the moment that produce the solution we cannot get to otherwise.**
  - This is the SQUIRCLE Attitude! Receive the energy being offered to us by our surroundings. Embrace uncertainty, highlight diversity, and balance your intuition with structure equally.
  - Remember that it is all within in you. The circle will provide the energy, the square will provide the structure.
- **Francis's recipe for a successful meeting:**
  - You do not have to dominate the experience
  - You do not have to have the answer
  - You do not have to agree with people
  - Accept diversity, as it is a known factor for creativity and innovation

My personal favorite quote from the interview:

*"Rather than seeing it, Receive it!"*

## **Connect with Francis Cholle and SQUIRCLE!**

Text "SQUIRCLE" to 484848

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