

DAILY JOURNAL

28 DAYS

TO MORE

CONFIDENCE
& CLARITY



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T H E I N T A K E

"How you spend your days, is how you spend your life."

~Annie Dillard

First Law of Self-Worth:

Before moving ahead and raising our self-worth it is necessary to become fully aware of our present reality and the forces of our past that have held us back.

You can't give energy forward and backward at the same time. ~Sharon W. Cruse

Our journey together begins with an honest reflection on where you are today. Find a quiet space away from work, screens, and any other distractions. Close your eyes, slow down your thoughts, and relax your shoulders. Answer the following questions:

1) How do I want to feel in my life?

Examples: Calm. Courageous. Successful. Joyful. Confident. Peaceful. Abundant. Free.

2) What do I want to achieve?

3) What am I doing to get it?

4) What is blocking my way?

5) Who put the blocks there?

6) Why have I waited for a crisis to take action?

7) Where will I go from here?

Pay attention to the way your answers land on the page. Are you stiff-handed, fearful, or feeling stuck? It's not uncommon to feel emotionally stuck, especially living in a culture that glamorizes a fast-paced, over-committed, screen-addicted life. We're all guilty of becoming human "doings" first, long forgetting how to simply "be."

Jon Kabbat-Zin once said that the atmospheric conditions of our mind, often consumed with self-criticism, endless to-do lists, and fear, keep us from breathing properly and connecting with our emotions. However, if like the ocean we can learn to travel ten or twenty feet beneath the surface, there is only a gentle undulation. All is well and calm, even when the surface is agitated.

Confidence lives beneath the surface of anger, sadness, and judgment. It's never found in the next big purchase, the next new relationship, or exciting trip. It is found only in stillness, where you are most connected to your true powerful self.

WEEK 1



D E S I R E

"Small deliberate actions inspired by your
true desires create a life you love"

~Danielle Laporte

DAY 1: DESIRE CHECK

"When all your desires are distilled; You will cast just two votes: To love more, and to be happy. " ~Rumi

How you "desire" is everything. Some people desire with extreme caution, uninterested in love, things, or relationships for fear of disappointment. This mindset reaches back to a history of emotional setbacks, a traumatic event, or a highly anxious and unpredictable childhood that painted the world as a scary, untrustworthy place.

Others will say "I want it all" and yet never find satisfaction in anything. This mindset stems from a childhood rich in resources, but poor in emotional attachment. Nothing seems to please this person, yet they pursue relationships and things with a ravenous sense of entitlement.

And there are those in the middle, who aren't after all the bells and whistles, they just want to be happy and enjoy the simple pleasures in life.

Which person are you?

___Person A. Avoider -Stays away from love, material things, new experiences, that may lead to greater danger and disappointment. Carries an overall fear-based outlook on life.

___Person B. Pursuer - Strives to acquire things, jumps from one opportunity to the next, easily engages new people, relationships, etc. Highly trusting and believes that there is always more to gain. Nothing is ever quite enough.

___Person C. Realist - Maintains a realistic happiness set-point. This person goes for things in life, but isn't overly reliant on people or things for happiness.

Ask yourself the following questions:

1) How has this approach been working for me?

2) Am I currently living a full and satisfied life? If not, what's missing?

DAY 2: DESIRE CHART

Imagine a perfect world in which all of your heart's desires came true. The mystic poet Rumi asks "what if we lived life as if everything were rigged in our favor?" If life could look and feel exactly as you wish, what requests would you make in the following areas?

Relationships

Example: "I'd like a partner who is funny, smart, tall"
"I'd like to have friends who accept and get me."

Material & Experiences

Example: "I'd like a 4-bedroom house, near the beach."
"I'd like to be able to travel to Paris with my family. "

Health & Wellness

Example: "I'd like a body that is 5lbs lighter, more energetic, and toned." "I'd like to get massages weekly."

Profession & Education

Example: "I'd like to get a 10% raise at work."
"I'd like to finish college or start my own business"

DAY 3: DESIRE KILLING BELIEFS

Now that you have listed your desires, it's time to get honest about beliefs that are blocking you. Write down the biggest lies that you tell yourself in each category:

Relationships

Example: "I will never meet anyone." "I never really fit in." "People will never understand me."

Material & Experiences

Example: "I never have time for myself." "I would like to (go on a trip, join a gym, etc.) but will never have the money." "I don't really deserve to have more."

Health & Wellness

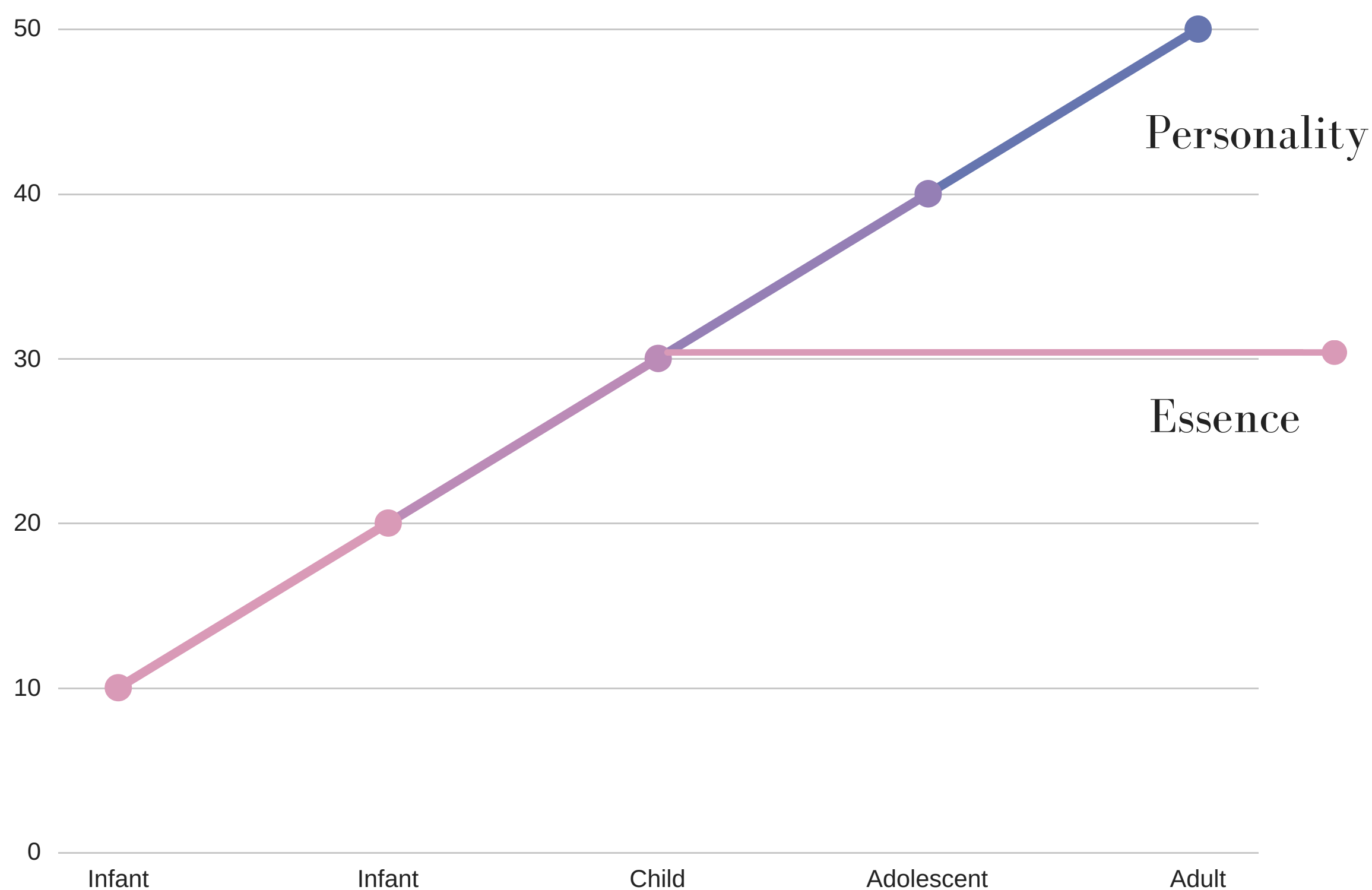
Example: "No one thinks I'm attractive." "I need to lose 10 lbs before I even think about dating."

Profession & Education

Example: "I should be making more money or be in a higher position right now." "I'm not smart enough for..."

DAY 4: ESSENCE VS. PERSONALITY

*"I didn't lose myself all at once. I rubbed out my face over the years. The same way carvings on a stone are worn down by water."
~Amy Tan*



Do you remember a time as a child when your heart was filled with joy? You laughed, played, forgave in exchange for a handful of candy. You weren't as concerned with the opinions of others, and you spent hours conjuring up imaginary worlds. You were love. You were courage. You were hope. You were *Essence*.

Then one day someone said something awful on the playground that crushed your spirit, or a teacher embarrassed you in front of the class. Perhaps your mom or dad missed one too many special moments. And you looked to the media and its swirl of conflicting messages for validation. Over time, your *Essence* began to fade, and your personality with its bruised perceptions began to develop a thick unfamiliar skin. This "personality" wasn't really you and it's not who you are to this day.

Pursuing a life with confidence requires a reunion with *Essence*. The practice of reconnecting with your *Essence* begins with stillness. Through stillness we are able to dive beneath the noise of labels and expectations and recall pieces of our true nature.

EXERCISE (20 minutes): Find a comfortable and quiet place to sit. Take a few deep breaths, slow your thoughts, and begin to reflect on your childhood, eventually working your way all the way to the present moment. Recall significant moments, distinct smells, sounds, statements, interactions that left an imprint on you. You may write them down or talk aloud with a trusted friend if it's too much to contain.

DAY 5: A NEW NARRATIVE

"The real voyage of discovery consists not in seeking new landscapes but in having new eyes." ~Proust

When you think about your childhood, what recurring thoughts or messages come up for you around the following:

Material/Money_____

Relationships_____

Health/Wellness_____

Profession/Education_____

Are you holding on to old beliefs that aren't serving you? Are you willing to adopt new ones?

Reflection Questions:

If you were given one more year to live, what would you immediately change in your life?

Who would you need to forgive in order to let go and move forward?

What memories would you hold on to or let go of?

What evidence do you have to support old beliefs that you have carried into adulthood?

What goals would you pursue and most importantly what would you start saying NO to?

EXERCISE (20 minutes):

Using these questions to guide you, start to write a new story for you life. One that doesn't consist of old limiting beliefs that no longer describe you. What new experiences and qualities about yourself would you like to promote? How might you change the tone and delivery of your story to one that is more positive and empowering?

Day 6 - 7

R E S T O R E

Week #1 in Review:



BE OPEN AND HONEST ABOUT YOUR DESIRES
AND THE BELIEFS THAT KEEP YOU STUCK

PULL THE VEIL BACK ON YOUR
PERSONALITY
TO SEE YOUR TRUE ESSENCE



TELL A NEW STORY

R E S O U R C E :

Finding the storytelling exercise to be a challenge? Download The Moth podcast on your phone. You can hear regular people share their funniest, darkest and most vulnerable moments. Good storytelling is a craft that requires practice. Listen, learn, and know that you're not alone.

WEEK 2



F L O W

"May what I do flow from me like a river, no forcing and no holding back, the way it is with children." ~*Rainer Marie Rilke*

DAY 8: FLOW

Have you ever been engaged in something (playing an instrument, solving a problem, writing a story) so much that you couldn't stop? Psychologist Mihaly Csikszentmihalyi calls this experience of "being in the zone" *Flow*. *Flow* is a necessary part of our happiness and well-being. It leads to a sense of mastery over something, a "can-do" attitude that can be applied to all areas of your life.

Discovering your strengths and experiencing moments of *Flow* is critical to having more confidence. To determine your *Flow* reflect on the questions below:

1) List tasks, projects, experiences that you love doing where time or excessive worry stop. (for example, planning an event, solving a math problem, speaking on a stage):

2) List your strengths, skills and superpowers below:

3) Complete the following sentence. People have always told me that I'm really good at...

4) List something that you love doing regardless of money, success, or failure:



Step 1. The *Flow* formula starts with getting to know your **strengths**. A quick and easy way to learn about your strengths is to start with the people you know. Write an e-mail to ten friends or family members asking them to respond with what they believe are your three greatest strengths. Tell them you're working on a project and need this information by a specific date. Notice any patterns in the answers you receive. This exercise offers great insight into what makes you special and unique. You can also take the Gallup Strengths Center assessment online, which takes about 20-minutes. Another helpful tool is the Myers Briggs free personality test at www.16personalities.com.

Step 2. Surrounding yourself with **positive energy** is key to experiencing more *Flow* and satisfaction in your life. You can't solve problems from the same place that created them. If you find yourself in a toxic situation, surrounded by toxic people, you'll need to make some immediate changes wherever possible. Seek relationships and environments that value your strengths and allow you to function as your best self. A positive mood leads to greater focus, increased productivity, and ultimately more confidence.

Step 3. **Practice** makes perfect! It also makes for more fun in your life. Once you have mastered a skill or task, it eventually becomes effortless. You can put the task on mental autopilot, which means having more time to create and play in other areas of your life. It's not always easy getting there, in fact it often requires a great deal of persistence. Mastery, according to Daniel Pink, is one of the three factors of motivation. Autonomy and purpose are the other two.

DAY 10: AVOIDING BURNOUT

*There is virtue in work and there is virtue in rest.
Use both and overlook neither. ~Alex Cohen*

A great misconception is that "productivity" means being able to juggle ten things at the same time. According to Gary Keller, author of *The One Thing*, multi-tasking not only leads to burnout, but it is highly inefficient.

On average it takes 20 minutes to recover from a distraction. Your workday is probably 80% distractions, 20% work leaving you feeling drained and unproductive. You may also need to get off the YES train taking on more things than you really care to do. Bringing more discipline into your day and seeing at least ONE task to the end will leave you feeling so much better.

A helpful technique to avoid burnout is called the *Pomodoro Technique* first created by Francesco Cirillo. It works like this:

- 1) Decide on a clear task that you want to focus on that will take at least 25 minutes to do.
- 2) Start a timer for 25 minutes and start working on the task. This time block is known as a Pomodoro. It is an indivisible unit of time. You can never do half a Pomodoro. Do not work on anything else. If you get distracted, gently bring yourself back to work. It happens. Relax. If your distraction pulls you away from the task at hand, cancel the Pomodoro by resetting the timer to zero. Over time, this technique will condition you to focus exclusively on the task at hand, and will increase your productivity and discipline.
- 3) Once the timer ends, time for a mini-celebration! Get up, stretch, get some water, do a happy dance. You have a 5-minute break time until you start the next Pomodoro.
- 4) Check off every Pomodoro that you complete for the day.

Set a goal for the number of Pomodoros you'd like to complete in a day. Choose a number that feels right and effective for you. The process of checking off completed tasks will give you a greater sense of accomplishment.

* For more guidance on using the *Pomodoro Technique* daily check out www.productivityplanner.com

DAY 11: CONFIDENCE IN A BOX

"You wander from room to room, hunting for the diamond necklace that is already around your neck." ~Rumi

"In his book *The Power of Now*, Eckhart Tolle tells the story of a beggar who had been sitting by the side of a road for over thirty years. One day a stranger walked by. 'Spare some change?' mumbled the beggar, mechanically holding out his baseball cap. 'I have nothing to give you,' said the stranger. Then he asked, 'What's that you are sitting on?' 'Nothing,' replied the beggar, 'Just an old box. I have been sitting on it for as long as I can remember.' 'Ever looked inside?' insisted the stranger. The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold."

I revisit this story quite often. It reminds me to stop looking outside of myself for validation and purpose. There is already deep inside my soul a knowingness of my worth and potential. I am already filled with Love, Confidence, and Power, and so are YOU.

Take some time today to get still. Pay attention to your breath, feel your mind land on one singular thought, moving away from the loud noise of criticism and expectations. Trust that all of the resources you need to make changes in your life are already within.

Repeat the following mantras:

"I am not stuck by any means. I have the power to change the course of events in my life at any given moment."

"I trust that I already know the right thing to do and will take action immediately."

"I give myself permission to feel anger, sadness, and fear and will use these emotions to transform not only my life, but the lives of other people."



EXERCISE: Watch Gary Zukav describe the soul and what happens when we stray too far away from it. The segment is found about 2 minutes in at <http://bit.ly/2oOiZTm>

DAY 12: MIRACLE MORNING

"On the one hand, we all want to be happy. On the other hand, we all know the things that make us happy. But we don't do those things? Why? We are too busy trying to be happy."
~Matthew Kelly

Hal Elrod, author of *The Miracle Morning*, states that "we all want level 10 success, in every area of our lives, health, happiness, finances, relationships, career, spirituality, you name it, but if our levels of personal development in any given area are not at a level 10, then life is always going to be a struggle." It takes consistent intentional effort to be great. It requires getting honest about habits in your life that are keeping you stuck, and being willing to break them.

The Miracle Morning consists of a morning ritual that will forever change your life. It has become a national movement that you can join on Facebook and is practiced by some of the most successful people in the world.

According to Elrod, a set of morning practices called *Life S.A.V.E.R.S* are essential to bringing more joy, love, and productivity into your life. The recommended times for each practice are listed for a total of 60 minutes but you can modify the routine to as little as 6 minutes. Lets tackle two today:

S - Silence (5 minutes) - What's the first thing you grab for in the morning? For most of us it's our phone. We plug into the world and its flood of opinions and negativity before we tune into ourselves. We keep chargers in every room, in our cars, in the office to stay plugged in but expend little effort to plugging into ourselves. Starting your day with five minutes of silence can significantly change your life. Silence can consist of meditation, prayer, deep breathing, gratitude, or reflection. It is recommended to find a quiet place in your home, away from your bed, to practice your morning silence.

A-Affirmations (5 minutes) - Negative self-talk can kill happiness and success in your life. What you focus on, you become. Affirmations are a powerful way to reprogram negative self-talk and start stepping into who you want to be and what you want to accomplish. To help determine your affirmations consider:

- 1) What you really want
- 2) Why you want it
- 3) Whom you are committed to being to create it
- 4) What you're committed to doing to attain it
- 5) Inspirational quotes and philosophies that can help you get there.

EXERCISE: Let's keep it simple. Practice sitting in silence for 5 minutes today. Try using an app such as Insight Timer to help guide you. Follow this with an affirmation or inspirational quote.

Day 12: Miracle Morning Part II

Now that you have mastered the first two *Life S.A.V.E.R.S* let's move on to the next!

V- Visualization (5 minutes) - Many successful people have used the power of visualization to manifest their dreams. I remember seeing Jim Carey on Oprah share how he wrote himself a check for 10 million dollars in 1987 and cashed a 10 million dollar check for his role in *Dumb and Dumber* in 1994. Reflect back to your Desire Chart from Day 2 where you listed your greatest desires. Now take it to the next level. Write out your desires in detail and read them every morning. You can also complete a vision board and spend a few minutes every morning looking at your vision board.

E - Exercise (20 minutes)- I have personally seen the impact of starting my day with exercise. Getting the blood flowing, stretching tight muscles, getting the heart rate up gives you more energy and mental clarity. There are a number of apps such as Sworkit and Pocket Yoga that offer brief personalized workouts that you can do at home.

R - Reading (20 minutes) - Whether it's reading the Bible, a personal development book, or special interest magazine, reading keeps the mind curious and interesting. Reading is a great way to invest in your growth whether it's learning to communicate better or honing your craft.

S - Scribing (5 minutes) - We often wake up with the same cluster of thoughts in the morning. It helps to release our thoughts onto paper, especially thoughts that aren't really serving us. Julia Cameron calls this practice the Morning Pages, which consists of **scribing** three pages of longhand, stream of consciousness writing, done first thing in the morning. There is no wrong way to do and it consists of anything and everything that crosses your mind. The *5-minute Journal* is also great for expressing gratitude and setting your intentions for the day.


EXERCISE: Use your Desire Chart from Day 2 to write out your 3-year vision. Describe in detail the things you want to experience, feel, have three years from now. Imagine where you're living, the sounds you hear, the location of your home, where you're working, who is in your friend circle, how much money you're making, how you are contributing to society, etc. Now share your vision with someone who can support and cheer you along.

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Day 13-14

R E S T O R E

Week #2 in Review:



EXPERIENCING MOMENTS OF FLOW
INCREASES
JOY, CONFIDENCE, AND PRODUCTIVITY

USE THE POMODORO TECHNIQUE TO AVOID
MENTAL BURNOUT

COMMIT TO ONE WEEK OF THE
MIRACLE MORNING PRACTICES



R E S O U R C E :

Download the Miracle Morning App on your phone to help keep you on track with your morning practice. Invite your friends, family, etc. to join in on a Miracle Morning 30 day challenge. At the end reflect on any changes you've seen in how you think and feel.

WEEK 3



R E L A T I O N S H I P S

"The type of human being we prefer reveals
the contours of our heart."

~Jose Ortega y Gasset

DAY 15: TRUST & THE SACRED CIRCLE

"Trust is like a marble jar, it's the small gestures that people do that deposit marbles into their jar and build our ability to trust them." ~ Brene Brown

Brene Brown suggests that we should share our hard stuff with people whose jars are full. People who have over time done the small things that have helped us believe they are worth our story. Who are the people in your life with full jars?

Using Brown's components of trust below, who should be placed in the sacred circle of trust and who should be relegated to the outer circle. Who are the people with whom you are willing to BRAVE connections?

B - Boundaries. You respect and honor my boundaries.

R - Reliability. You do what you say you're going to do.

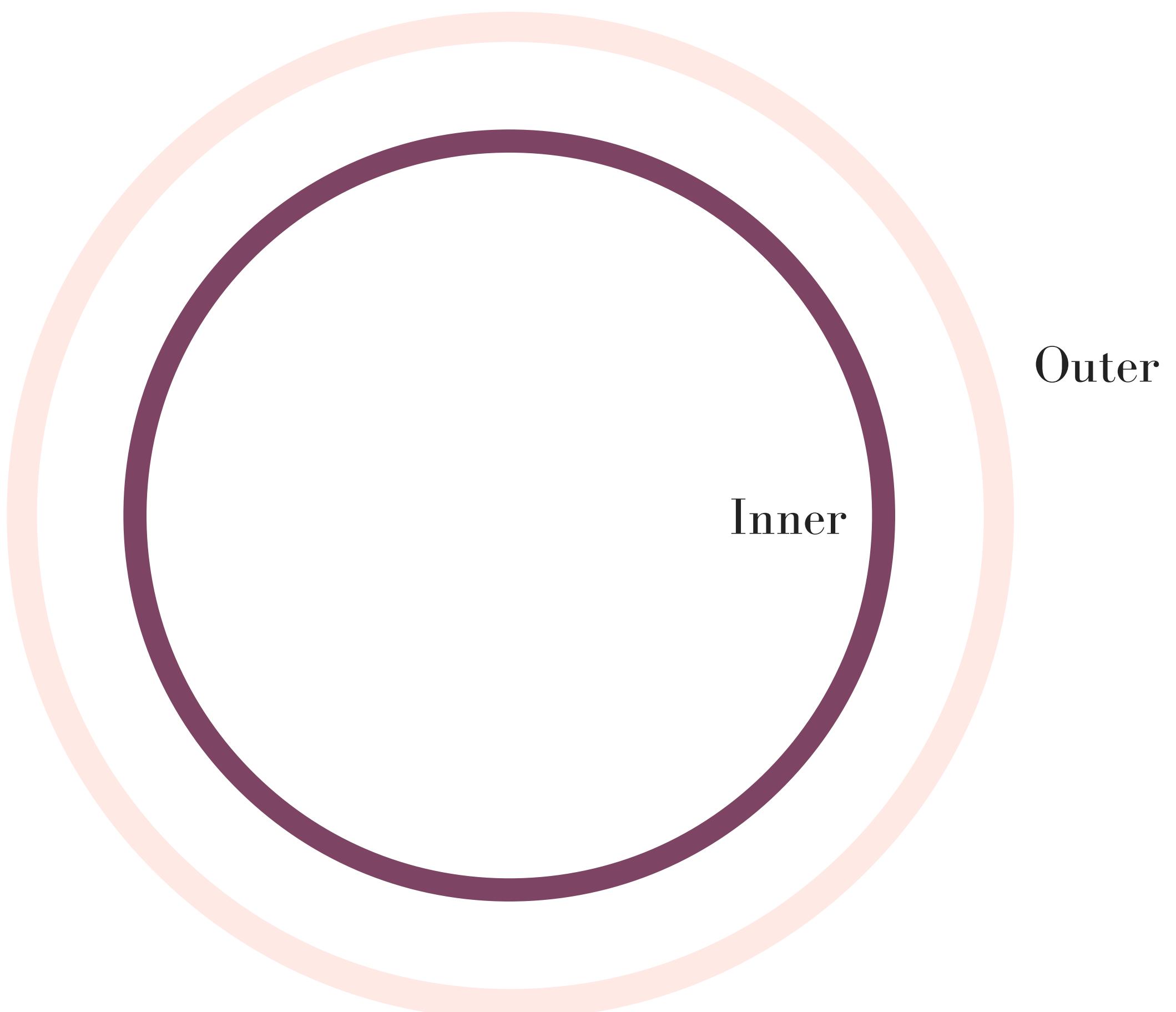
A - Accountability. When you make a mistake, you're willing to own it apologize for it and make amends.

V - Vault. You hold what I share with you in confidence. I hold what you share in confidence.

I - Integrity. You choose courage over comfort, what's right over fun, fast, and easy.

N - Non-judgment. I can fall apart without being judged by you and vice versa

G - Generosity. You assume the best of me especially when I make mistakes. You're giving of your time and support as I am with you.



DAY 16: SIX STAGES OF ATTACHMENT

In his acclaimed book *Hold on to Your Kids*, psychologist Gordon Neufeld describes six stages of attachment that are critical to a child enjoying healthy relationships with their parents, peers, and adulthood partners. Take a look at the six stages below. Rate each category on a scale of 1 to 10. 1 being little to non-existent 10 being highly present. Descriptions of each category are below. This exercise uncovers strengths, weakness, and areas for growth in your core relationships. You can use this mini assessment with any relationship you choose.

	Mom	Dad	Sibling	Sig Other
Proximity	_____	_____	_____	_____
Sameness	_____	_____	_____	_____
Belonging/Loyalty	_____	_____	_____	_____
Significance	_____	_____	_____	_____
Love	_____	_____	_____	_____
Being Known	_____	_____	_____	_____

1) Proximity. Also known as affection. This is the first and most primary need that begins in infancy. The feeling of being close, touched, and in contact starts the foundation for attachment.

2) Sameness. The next important stage is having something in common with this significant other. Our children usually want to be like us because this “sameness” fuels attachment and security, thus they naturally seek out ways to be like us.

3) Belonging or Loyalty. This third stage of Attachment strengthens the relationship bond by demonstrating that we’ve got their “back”. If children feel that their parents are in their corner, ready to support and guide them, they will feel more securely attached.

4) Significance. Unconditional love is the greatest gift we can give our children. It doesn’t mean that we become permissive “jelly fish” parents that give our children everything they want, in order that they are seemingly never distressed, it means that we accept our children for who they are and support them in their passions.

5) Love. There is a progression to these stages and with each stage comes more depth. The fifth stage of love in a deeply connected relationship is not the same as “love at first sight”. This is the kind of love that can be conveyed through a hug, a squeeze on the shoulder, a smile and a wink. Again, if a child or teenager does not feel this kind of love from their parents they will look to friends to fill this void, and often these peers are not the ones who have demonstrated the previous four stages.

6) Being Known. The final and deepest stage of attachment. To share oneself at this level requires deep trust to be open and vulnerable. This level of attachment requires the previous five stages of attachment to be demonstrated on a regular and consistent basis. I believe that teenagers and parents often drift apart because there is a belief that they don’t really need or want to be around their parents anymore.

DAY 17: 5-POINT RELATIONSHIP TUNE-UP

"What is your partner, friend, parent, etc. doing to cause you to lose respect, admiration, and affinity?" ~Allison Armstrong

Relationship expert Allison Armstrong suggests that the most common causes of conflict in relationships are:

- >>>Not communicating your needs until it's too late
- >>>Being a peacemaker instead of looking at the cost of not getting what you need
- >>>Not allowing ample time, mental, and physical space to hash out disagreements

Think about the relationships that trouble you the most and ask yourself the following 5 critical questions:

- 1) Is there anything that I need that I've given up on getting in this relationship?
- 2) Is there anything that I need that's too hard to get?
- 3) How long am I willing to go without it?
- 4) If I were getting it what would it look like, and what would it provide me if I got it?
- 5) If I had it all my way....?

So often we stay stuck in relationships too afraid to ask the difficult questions. If you're tolerating behavior that you don't respect in someone, and you remain silent, you are choosing resentment over truth in your relationships. As Carrie Fisher always said, "resentment is like drinking poison and waiting for the other person to die."

It's difficult to speak up, but it's possible to have very difficult conversations with love. Think of someone you've been needing to talk to. Practice compassion both for yourself and this person. Arrange a time to speak with him/her. Before your meeting consider the following:

- ♥ Remember why you loved this person. Try to see the person behind the crime.
- ♥ Be clear with yourself on what you need and be flexible on how you'll get those needs met. You can't tell someone both what you need AND how to provide it.
- ♥ Pick a time of day when you are at your best. Maybe after work isn't the best time. You want to be fresh, alert, and present.
- ♥ Avoid attacking the obstacles that get in the way of your needs being met as well as awfulizing statements like "You never..." or "You always..."
- ♥ Represent YOURself, YOUR needs, and what that would provide for YOU. In other words, stick with the classic "I" statements.
- ♥ Let the person know they're not in trouble. This will break down any defenses.

“Would you rather be right, or would you rather be loved?”

John Gottman, one of the leading experts on relationships, found these four communication styles to be highly toxic in relationships. Are any of the following communication habits present in your relationships? If so how are your relationships being affected?

Criticism

When you criticize your partner you are basically implying that there is something wrong with them. You have taken a problem between you and put it inside your partner's body. Using the words: “You always” or “you never” are common ways to criticize. Your partner is most likely to feel under attack and to respond defensively. This is a dangerous pattern to get into because neither person feels heard and both may begin to feel bad about themselves in the presence of the other. The antidote to criticism is to make a direct complaint that is not a global attack on your partner's personality.

Defensiveness

When you attempt to defend yourself from a perceived attack with a counter complaint you are being defensive. Another way to be defensive is to whine like an innocent victim. Unfortunately, defensiveness keeps partners from taking responsibility for problems and escalates negative communication. The antidote to defensiveness is to try to hear your partner's complaint and to take some responsibility for the problem.

Contempt

Contempt is any statement or nonverbal behavior that puts yourself on a higher ground than your partner. Mocking your partner, calling them names, rolling your eyes and sneering in disgust are all examples of contempt. Of all the horsemen, contempt is the most serious. Couples have to realize that these types of put downs will destroy the fondness and admiration between them. The antidote to contempt is to lower your tolerance for contemptuous statements and behaviors and to actively work on building a culture of appreciation in the relationship.

Stonewalling

Stonewalling happens when the listener withdraws from the conversation. The Stonewaller might actually physically leave or they might just stop tracking the conversation and appear to shut down. The Stonewaller may look like he doesn't care (80% are men) but that usually isn't the case. Typically they are overwhelmed and are trying to calm themselves. The antidote is to learn to identify the signs that you or your partner is starting to feel emotionally overwhelmed and to agree together to take a break. If the problem still needs to be discussed then pick it up when you are calmer.

DAY 19: SELF-COMPASSION

According to Kristen Neff, leading researcher on self-compassion, the goal of self-compassion is to respond to ourselves with kindness and support when we notice that we are suffering. We ask ourselves, "What do I need right now to take care of myself? The simplest approach is to explore how you already care for yourself, and then remind yourself to do these things when things become difficult.

EXERCISE (20 minutes): In your journal complete the following self-care check.

- 1) How do you care for yourself physically?
- 2) Can you think of new ways to release the tension and stress that has built up in your body?
- 3) How do you care for your mind, especially when you're under stress?
- 4) Is there a new strategy you'd like to try to let your thoughts come and go more easily?
- 5) How do you care for yourself emotionally?
- 6) Is there something new you'd like to try?
- 7) How or when do you relate to others in a way that brings you genuine happiness?
- 8) Is there any way you'd like to strengthen those connections?
- 9) What do you do to care for yourself spiritually?
- 10) If you've been neglecting your spiritual side, is there anything you'd like to remember to do?



Neff suggests that we practice the **mammalian care giving system** for comfort and self-compassion. The following experiences help to activate the parasympathetic nervous system, which calms us down.

Physical Warmth - Cozy up under a blanket, embrace a loved one tightly, get into a warm bath or jacuzzi

Gentle Touch -- Find a go-to touch that soothes and physically comforts you. It could be cupping your hands over your heart, or massaging your belly with warm gentle pressure. Or place one hand over the other and squeeze tightly. Cradle your the back of your neck in your hands, gently stroke your arms or rub your ears.

Soothing Vocalization - Listen to soft music, a guided meditation, or the ocean to disarm the alarmed reactive brain.

Day 20-21

R E S T O R E

Week #3 in Review:



GET CLEAR ON YOUR MOST VALUED RELATIONSHIPS
AND FEED THEM ABOVE ALL OTHERS

APPLY THE 5-POINT TUNE UP TO RELATIONSHIPS
AT LEAST ONCE A QUARTER

INCREASE YOUR CAPACITY TO LOVE OTHERS BY
PRACTICING SELF-LOVE AND COMPASSION



R E S O U R C E :

For a deeper look into the practice of self-compassion check out Kristen Neff's book "Self-Compassion: The Proven Power of Being Kind to Yourself"

WEEK 4



S H I N E T H E O R Y

"I don't shine if you don't shine"

"Set your life on fire. Seek those who fan your flames." ~Rumi

Shine Theory first coined by Ann Friedman at The Cut, means the following:

"When you meet a woman who is intimidatingly witty, stylish, beautiful, and professionally accomplished, befriend her. Surrounding yourself with the best people doesn't make you look worse by comparison. It makes you better."

According to Friedman, when we hate on women who we perceive to be more "together" than we are, we're really just expressing the negative feelings we have about our own careers, or bodies, or relationships.

Let's clear the air. On a piece of paper answer the following questions:

- 1) Is there anyone you secretly hate or envy?
- 2) What do they have that you feel you are missing?
- 3) What is the script that plays in your head about you in comparison to this person?
- 4) If you could have it your way, what would it look like?

Once you have written your answers down, walk over to the nearest trash can, rip your paper up and toss it in. Take out a fresh piece of paper and write the following Confident Girl Manifesto:

I will stop hiding behind insecurity, and begin moving towards my power.

People know me by the company I keep. Therefore, I will befriend smart, confident, talented women who remind me of my worth and potential.

I am strong, beautiful, and fabulous.

I will no longer say Yes to things I really don't want to do and that don't reflect who I really am.

I will make requests for the things I desire in my career and personal relationships.

I will ask for what I'm worth and live a plentiful and abundant life.

DAY 23: LIVING YOUR TRUTH

"Go confidently in the direction of your dreams! Live the life you've imagined. As you simplify your life, the laws of the universe will be simpler." ~Henry David Thoreau

One of the most significant books of all time is *The Top Five Regrets of the Dying*. After spending eight years as a live-in caretaker for the terminally ill, Bonnie Ware collected some of her patients deepest and most vulnerable thoughts. She noticed that they all shared the same regrets. Can you relate to any of these? If so, how can you fix it today?

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

"This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honored even half of their dreams and had to die knowing that it was due to choices they had made, or not made. Health brings a freedom very few realize, until they no longer have it."

2. I wish I hadn't worked so hard.

"This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret, but as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence."

3. I wish I'd had the courage to express my feelings.

"Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result."

4. I wish I had stayed in touch with my friends.

"Often they would not truly realize the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying."

5. I wish that I had let myself be happier.

"This is a surprisingly common one. Many did not realize until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content, when deep within, they longed to laugh properly and have silliness in their life again."