

SUMMER of SELF REGARD
THE BEFORE PICTURE

ACTIVITY 1: DISLIKE Solo Process

Please write down the things you don't like about yourself or you wish you could change:

ACTIVITY 2: LIKE Solo Process

Please write down the things you like or love about yourself; in what ways are you proud of who you are?

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ACTIVITY 3: BARRIER Solo Process

Imagine stepping fully into your gifts, talents, and self-regard. Picture putting yourself out there in all your glory...what, if any, fear arises?

I'm afraid that...

If you're stuck or after you complete this activity, look to page 4 for additional insights and examples.

ACTIVITY 4: CORE BELIEF Solo Process

Fear is often a product of something we believe to be true about ourselves or the world. What do you believe to be true about yourself (or the world) that could be creating that fear?

Deep down, I believe that...

If you're stuck or after you complete this activity, look to page 4 for additional insights and examples.

ACTIVITY 5: SOURCE Solo Process

Where did you first get the idea that the belief above was true?

I remember feeling that same way when...

If you're stuck or after you complete this activity, look to page 4 for additional insights and examples.



SUMMER of SELF REGARD THE AFTER PICTURE

ACTIVITY 6: LIVING VISION Solo Process

It's 18 months from now and you have fully stepped into your gifts, talents, and self-regard. You've just run into another NAWBO member who went through this same exercise. You're having a spirited time sharing about all that's happened in the past year or so...all the amazing opportunities you've said yes to, all the new success you've experienced personally and professionally...share with pride and enthusiasm about what you've just created (as if it's already happened). Have fun with this - you'll need extra paper for this one for sure.

Either write or say this process aloud. "You'll never believe what's happened in this past year. It's been amazing..."

ACTIVITY 7: INTENTIONS Solo Process

Identify 1-3 intentions for the year ahead in relation to stepping into your self-regard. What would you like to have created by the end of the 2019/2020 year?

In intend to...

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Additional Insights & Examples

ACTIVITY 3: **BARRIER Solo Process**

Common fears include:

- I'll be judged as boastful, egotistical, selfish, a bad person, etc.
- I will fail
- I'll be laughed at
- I'll be rejected
- I'll make a fool of myself
- I'll feel exposed and vulnerable

ACTIVITY 4: **CORE BELIEF Solo Process**

Common beliefs include:

- I'm not good enough
- I'm not worthy
- I'm not lovable
- I don't belong
- I'm a fraud
- I'm not safe

ACTIVITY 5: **SOURCE Solo Process**

Let's look at some full examples:

Classic Example:

- Fear: I will fail
- Belief: I'm not good enough
- Source: My parent had high standards. Whenever I did something, there was another level or fix I was told about. Nothing I did was good enough. I brought home an A and s/he said - "Why wasn't this an A+?" Resulted in child/adult trying to be perfect or achieve at all costs.

Laura's Personal Example:

- Fear: I'll make an ass of myself
- Belief: I'm good - I just don't belong out there with the people
- Source: Mother was a hoarder. Big secret to keep. Raised to feel good about herself but knew she was very different from others. Shame from house became shame of her Self. Resulted in child/adult playing small, being super private and closed - not venturing outside safety zone.

The thing is...

Your little-kid-mind came up with *great* strategies based on your early life experiences. You had very sound thinking that helped you remain safe and secure. There are only two problems...

1. You've held onto that old strategy long after it became outdated (you're not in that home anymore) AND,
2. It was based on a misunderstanding in the first place. You ARE good enough <or fill in opposite of belief here> and Laura DOES belong out there with the people...we just picked up different, incorrect, ideas when we were small.