

Embracing Your *Shiftshow!*

Week 1



Embracing Your Shiftshow!

Pre-Shift Questions

What is my intent for this course?

(What do I wish to get out of it? What do I hope will be accomplished? Doesn't have to be transformative, it can be something simple.)

What can I do during it, to step out of my comfort zone?

(You may not be able to answer this right away... you may think of something during it. But try now, knowing what it is, to think of one thing.)

If I knew I couldn't fail and if I had unlimited money, what would I do in my life right now?

(Take some time and really think about this one. It may tie into the following question, too!)

What is one thing I can do over the next four weeks that will bring me absolute joy and fun?

(This is another one that may be challenging to answer. Some women don't know the answer, but try to. What brings you pleasure?)



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Breathing - Find Your Foundation



Some call it mindfulness or meditating. I call it breathing.

This week, practice breathing. Just do it for 5-10 minutes each morning:

- Sit on a straight-backed chair. If you wish, get one or two cushions and sit closer to the floor. Do whatever makes you feel the most comfortable, even laying down on your bed.
- Plant your feet firmly on the ground (unless you're in bed ;-). If you're not able to do that, connect some part of your body with a chair or the ground. Something solid.
- Close your eyes and focus on your breath. Focus on the sensations of air flowing into your nose and out of your mouth or focus on your belly rising and falling as you inhale and exhale.
- If you're able to, breathe deeply. Count to four as you inhale through your nose. Count to eight as you exhale through your mouth, making the exhale longer than the inhale. When you're exhaling, empty your "home" of all the air, so that fresh air can enter on the inhale.
- If your mind starts to think of something else or race, embrace the thought without judging. Don't beat yourself up because you can't stay focused on "nothing." Just gently bring your mind back to your breathing and return your focus to your breath. Remember, permission to be human.



Fear is Our Friend

Fear is there to alert us to things. But she can also get in the way of being our true selves.

How do you know if fear is in your life?

Here are some of the symptoms. If you feel...

<i>Depressed</i>	<i>Overwhelmed</i>	<i>Ashamed</i>	<i>Confused</i>
<i>Exhausted</i>	<i>Paranoid</i>	<i>Defeated</i>	<i>Misunderstood</i>
<i>Impatient</i>	<i>Paralyzed</i>	<i>Out of Control</i>	<i>Victimized</i>

All of these things could be because you are feeling fearful of something...



What are you most fearful of?

Is there something that you keep coming back to that frightens you?

Give your fear a name

The fear you listed above... close your eyes and just imagine that fear is actually a little girl or boy coming toward you. Describe her/him in your mind. Is she cute? How old is she? Imagine her as that little kid down the street that you found really annoying.

What does she look like?

When she walks up to you, you smile. You love her for who she is. She just wants to tell you something. She just wants to be heard. Listen to her with kindness. Acknowledge her, tell her you understand what she's trying to say.

Now, if you could give that little girl or boy a name, what would it be? Close your eyes and think. What name popped up in your mind? Write her/his name below:

That's your annoying little "fear" friend. She'll be back and that's okay. You now know how to send her on her way.



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Gratitude and Benefit Finding

Two Kinds of People: Fault-finder and the Benefit-finder

Besides breathing deeply, one way to help with fear is to focus on the things that bring joy.

Two people can experience the exact same thing and experience it differently. To one it is a disaster, to one it is a growth experience.

There are two kinds of people: Fault-finders and Benefit-finders.

Fault-finder

- Always looks at the problem. Always finds things to complain about.
- “The fault-finder will find faults even in paradise.” – Henry David Thoreau
- The world is just a bad, negative place.
- If you find yourself in a conversation with a fault-finder, try to help them find the positive about the situation. If they are too steeped in the negative, end the conversation and move on.
- In times of a stressful situation, if you find yourself looking more towards the bad vs. the good, try to shift to becoming a benefit finder more often.

Benefit-finder

- Tries to look on the bright side of life.
- The benefit-finder finds the good things in their lives. They experience bad feelings, too, but there’s a balance.

There will always be things that happen. How we fight fear and tap into our power more often is by finding something good about the bad. You can train yourself to be a benefit-finder:

- At the end of the day, write down something “bad” that happened during the day.
- Then write down 1-3 things that are “good” about that situation - something good that you learned, something that came out of the situation that is positive.
- Do this for a week or more. You will soon find yourself finding the benefit more and more.

The more you focus on something good about a situation, the more positive you will become about life in general, the more the fear will start to fade away.

Every moment in our lives we have a choice... a choice to look at the negative or focus on the positive. You can always find a benefit in something... looking at the “bright side” just 51% can tip the scale.



Practice Gratitude

Write 3-5 things that you are grateful for in your life:

The Practice of Gratitude

- Increases self-esteem, enhances willpower, strengthens relationships, deepens spirituality, boosts creativity, helps relieve fear.
- You do not need to do it every day. Studies have shown that those who wrote down what they were grateful for, just once a week, were happier, less fearful.

The Best way to Practice Gratitude

- Maintain freshness, do it as if you're doing it for the first time.
- Do it daily or weekly or when it feels right.
- Make it heartfelt. If you just write it, you're just going through the motion – you must "feel" it.
- Visualize it when you write it.

Tips and Tools

- Buy a gratitude journal.
- Whether you like writing your gratitudes in the morning or night, it's your choice. There's no right or wrong time.
- Carry a small notebook in your purse or pocket... or use your smart phone. When something happens that you are grateful for, write it down immediately.

Be a Benefit Finder

Write one thing that went wrong today:

Now, write down at least one good thing regarding the above. If you can think of 2-3, great, but write down at least one.

Write one thing that went wrong today:

Now, write down at least one good thing regarding the above. If you can think of 2-3, great, but write down at least one.

