

Aligning Your Goals & Passions



Week 1



Rate Yourself

On a scale of 0-10, how present are you right now?

0-1-2-3-4-5-6-7-8-9-10

- 0 = completely checked out, not present
- 3 = mostly not present, many thoughts about the past or the future
- 5 = neutral, half here, half distracted
- 7 = mostly present, some thoughts about the past, future or distracted by thoughts
- 10 = completely present

We need to reshape our own
perception of how we view
ourselves. We have to step up
as women and take the lead.

– Beyoncé

About your instructor

Amy Backos PhD, ATR-BC

- Modern Creative Woman
- Creativity Expert
- Registered and Board Certified Art Therapist
- Licensed psychologist in CA
- Author

-What I enjoy: watching the sun rise, authentic self-expression, art museums, textile art.

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Modern Creative Woman

We have...

An open attitude towards modernizing our thinking and behavior.

A commitment to creativity and creative thinking.

A positive way of relating to our thoughts and our lives.

A focus on our values and purpose and aligned actions.

A fun, supportive learning community.

What's New...

Access to all the past classes on membership page.

Interactive classes - get feedback & support.

Focus on Presence, Mindset & Purpose plus action.

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Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS.

PURPOSE
UNIQUE VALUES.

WEEK
01

WEEK
02

WEEK
03

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS.

Housekeeping

Be kind, positive and respectful. Share solution-focused ideas about what works for you. Avoid negative venting, complaining, or problem-focused sharing. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your Zoom image does not appear there..if you talk, your voice/image will appear on the video.

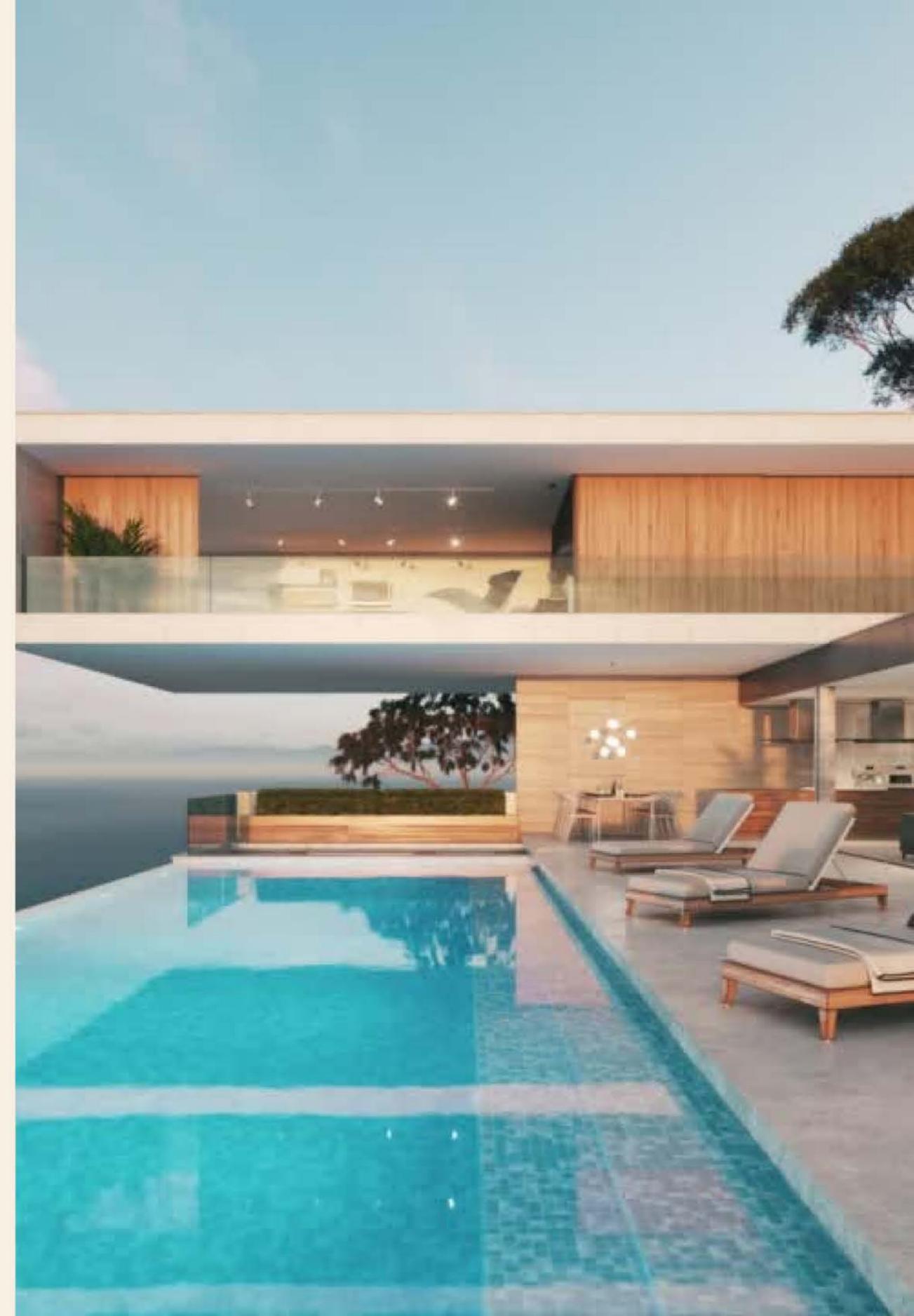
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Enjoy!

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Presence

- Present moment awareness.
- Higher self (self as context).



Mindset

- Acceptance of what is (internally and externally).
- Relationship to your thoughts/beliefs.
- Defusing of thoughts & perspective.



Purpose

- Your unique values.
- Committed actions that demonstrate your values.



What do you hope to get out of this
workshop?

Put your answer in the chat
or raise your Zoom hand.



*Aligning your
Passions and your
Goals*



Alignment

- **Not** about changing your work or home situation.
- **Not** about going back to school, quitting your job, or changing your relationship status.
- **IS** a way of generating excitement for your life and what you are doing.
- **IS** focused on internal change (inside out) as well as external expression your values (outside in).



What is Presence?



Presence

- Ability to make contact with the present moment, separate from your thoughts and feelings about it.
- Observing what is happening outside of you as well as observing your thoughts and feelings in the present moment.
- An open, non judgmental stance.



Be here now.

-Ram Dass



Candle exercise





Why Presence Matters

without presence...

- Miss what is said or happening around you.
- Miss your exit, chances, opportunities, connections, and social cues.
- Unhappiness.
- Lose touch with ourselves.
- Anxiety/depression.
- Dissociation.



Presence- however you do it is great.

- Self judging thoughts like "I am doing this wrong" are just part of your awareness when you are in the present.
- Nothing has gone wrong when you dip in and out of presence.
- The moment you notice is the moment to celebrate.



Self as Context



Self as Context

requires presence and objective observation

- You are the context of all your experiences.
- Whatever happens inside of you (thoughts, feelings, bodily sensations) as well as whatever happens outside of you (people, places, circumstances) is separate from your experience as a human being.



Self as Context

Self as context goes by many names.

- Spirit
- Core self
- Essence

In other words, you as the context is the view of yourself as the person experiencing your life.



Self as Context

Instead of saying/thinking...

"I am sad"

We are aware of ourselves as the
context when we say..

"I am aware that I am experiencing
sadness."



For example

You are the creator of your
life.

Instead of being the canvas,
brush, paint, design or the
texture, you accurately see
yourself as the artist.



Exercise

Imagine yourself in the present, without attachment to the past, future, your self concept or your roles.



1. let go of self concept

2. connect to self as
context

3. add back the
things you love



Reflect on what
you decided to
add back to your
sense of self.
Make whatever
adjustments &
edits you like.
Make a list of
what was most
exciting to add
back.



What did you want to return first?

What surprised you?

*Put your answer in the chat
or raise your Zoom hand.*



Remember, it is important to keep wanting what you have that you like and are grateful for in your life.

You may have things in your life that you dislike, but they are valuable.



**We can become detached
from our passions and
desires**

Why?

Over-attached to the role we are playing, perceive lack of choice, hopeless/helpless thoughts, over-emphasis on ego, wonder what others think, self conscious, forgot, have yet to explore new passions.



How do you know what is exciting for you?

- Interested, curious, focused
- Excited, happy, energetic
- Flow
- Nervous, fearful, avoidant



What are you most excited about?

What are your passions?

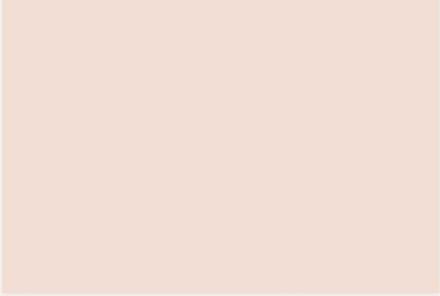
How do you know?

*Put your answer in the chat
or raise your Zoom hand.*



Reflection
this week

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Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

Intention

2

**Get Present &
Observe Yourself**

3

**Self as Context
&
Passions**

4

**Creative
Expression
& Reflection**



Intentions

This is a rough draft...

- What are your goals for this class?
- What are you planning to accomplish this year?

A vertical strip on the left side of the slide shows a close-up of pink grasses with small, delicate flowers, slightly out of focus, against a bright, soft background.

Getting Present

- These are a series of exercises and questions to get you in the present moment.
- Find a few you like and keep practicing them.



Observing Yourself

- How do you describe yourself?
- What are the roles you most identify with?
- What are your external and internal features?
- Identify the ones you like most or that you feel are most important to your identity.



Seeing Yourself as the Context for Your Life

- **Not** your roles (worker, parent, friend, significant other, volunteer, community member).
- **Not** how you describe yourself externally (gender, race, sexual orientation, age, ability, etc.).
- **Not** what happened to you (went to school, remained single/got married/got divorced, experienced trauma, etc.)
- **Not** how you describe yourself on the inside (introvert/extrovert, kind, anxious, loving, perfectionist, procrastinator, etc.).

A close-up photograph of two hands, palms facing each other, holding a horizontal strip of white paper. The word "LIFE" is printed in large, bold, dark red capital letters on the paper. The background is dark, making the hands and the paper stand out.

LIFE

Seeing Yourself as the Context for your Life

- Self as Context is you and your awareness.
- Create a list of what you are if you are not your roles, your attributes, personality or experiences.
- For example - you are a human being.
- What else are you?



Your Passions

- Make a list of things you enjoy, get you excited, or hold your attention.
- **Judgements?** frivolous or unproductive, feel guilty about enjoying things which lack financial gain or are outside of the values we were taught as children.
- Take your time and write what makes your essence/spirit or core self happy.
- For example: dancing, writing, reading, swimming, baking, hiking, painting, watching people, participating in fashion, talking to strangers, brushing your hair, singing, etc.



Response Art

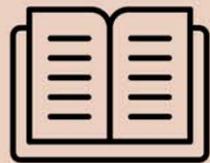
- Imagine your self as context: essence, spirit, or core self engaging in her passions.
- Imagine what your essence looks like using lines, shapes and colors.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Avoid thinking too long about it and just be spontaneous.
- However you do it will be great!



Note your "before" and "after" scores for
gratitude.

Put your answers in the chat.

What To Do Next



Review

Review your orientation manual and bonus material.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Week 1

Read and complete Presence exercises.



Looking for More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live @dramybackos

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What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.

