



fresh start

week 1

fresh starts happen

~~each year~~

~~each month~~

~~each week~~

~~each day~~

~~each hour~~

each moment

# 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





What do you hope to get out of  
this workshop?

Raise your Zoom hand or put your  
answer in the chat.

# Housekeeping

This book and classes are for education and inspiration. This is not therapy and participating does not constitute a therapeutic relationship.

Be kind, positive and respectful. Share solution-focused ideas about what works for you. Everyone is welcome here.

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

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The Modern Creative Woman



# Modern Creative Woman

- We are a fun, supportive learning community.
- We commit to creativity and creative thinking.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

The Modern Creative Woman



# Modern Creative Woman Timeline

**MINDSET**  
RELATIONSHIP  
TO YOUR  
THOUGHTS

WEEK  
**01**

**PRESENCE**  
PRESENT  
MOMENT  
AWARENESS

WEEK  
**02**

**PURPOSE**  
YOUR  
UNIQUE  
VALUES

WEEK  
**03**

# **Presence**

**(present moment awareness  
& self as context)**





# Present Moment Awareness

- Your ability to make contact with the present moment, separate from your thoughts and feelings about it.
- This means observing what is happening outside of you as well as observing your thoughts and feelings in the present moment.

# Mindful Moment





# Self as Context

- Seeing yourself as the context for your life.
- Self as context is your anchor.
- 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

- You might think of your "context" as your spirit, your core self, your essence, wise woman.
- Self as the context is the view of yourself as the person experiencing your life.
- You are the woman who has experienced every one of your days, survived your worst experiences, has seen it all.

# Self as Context Chess Board













## II. Meditation



# 3 minute meditation

## **Gyan Mudra**

improves concentration & sharpens  
memory

(embrace the observation  
of thoughts moving  
through your mind)





# What is Most Important?

Imagine what is most important to you in your day, week, month, year and life. What change do you want to make in this area of your life?













**Imagine your values are all hanging on a mobile.**



What is the value you want to work  
on and your current desire for  
change?

Raise your Zoom hand or put your answer in the chat.

# Emotional Cycle of Change



# Have you had any of these change thoughts?

1. Change is hard.
2. This work is too hard.
3. I tried but could not do it.
4. It is not worth all the effort.
5. I can't be consistent.
6. I'm scared to start.
7. What if I fail?
8. What will people think?
9. I don't like to do things where I am not instantly good at it.





# If you have struggled with change...you are in good company

- Our brains are hardwired to feel fear and uncomfortable when we consider change.
- “Stay safe” your brain says.
- “Better the devil you know than the devil you don’t.”
- “Quit. It’s too hard.” (Try something else or go back to the old behavior)

# Your 4 Behavioral Options

- Quit and discontinue the change process (only possible after we die).
- Abandon a project forever.
- Stop and start (same or different behavior).
- Keep going to goal and achieve without quitting and regardless of how you feel.



# Emotional Reactions to Change

Excited  
Optimistic  
Fearful  
Pessimistic  
Uncertain  
Bored  
Happy  
Energetic  
Insecure  
Not good enough  
Anxious  
Frozen/numb  
Annoyed  
Angry



# Emotional Cycle of Change

- Understanding this normalizes the range of emotion we feel in change.
- This applies to planned change.
- Does not apply to unplanned change where we go through shock/denial, anger/fear, acceptance, and commitment.

(Kelley and Conno, 1979)



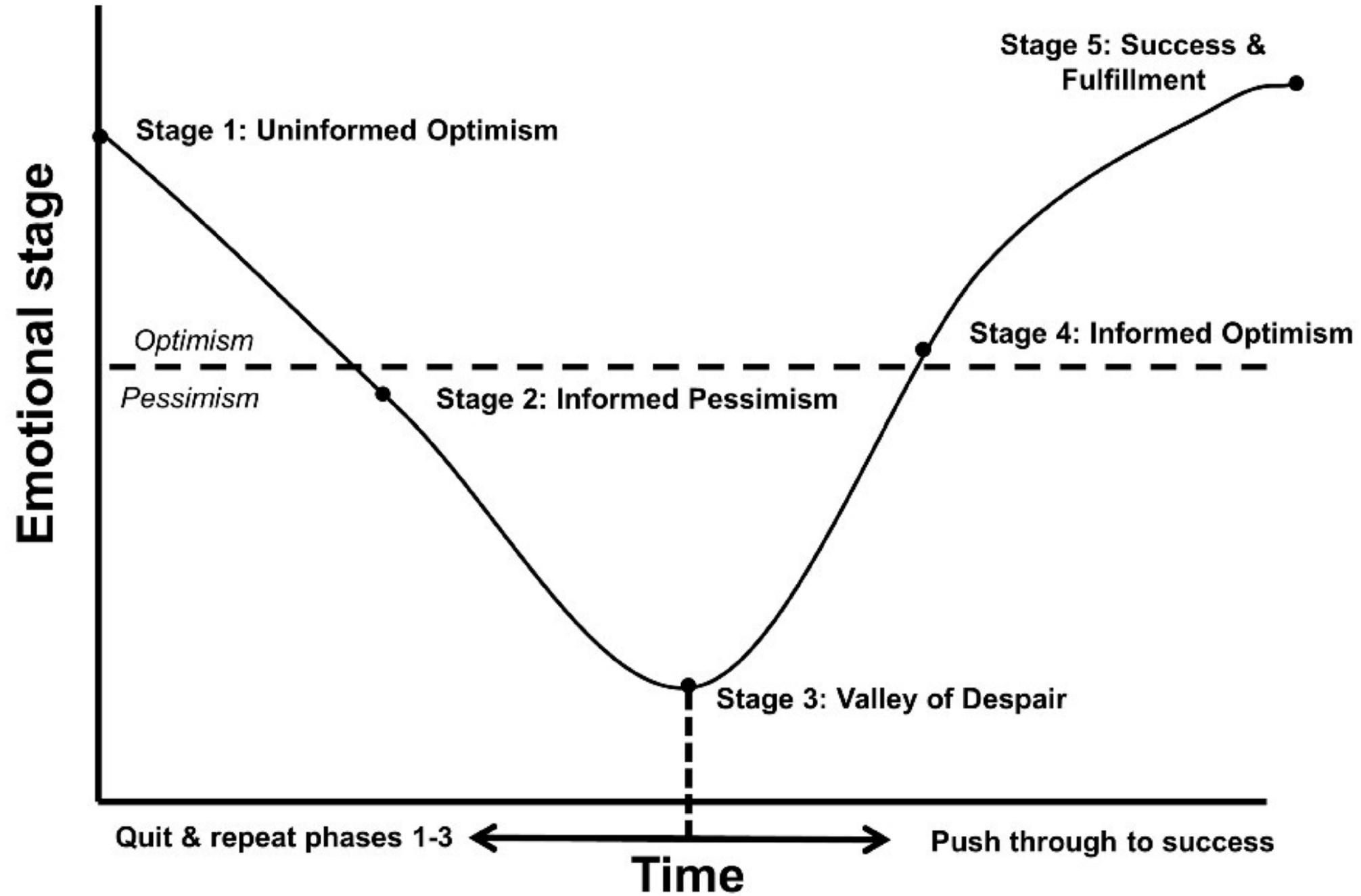
# Emotional Cycle of Change

- Keeps you, your family, relationships, work, from going “off the rails.”
- The cycle exists in all kinds of scenarios — creating your new strategy, the introduction of your new vision, a move from one type of situation to another, and when learning and trying your new behaviors.

(Kelley and Conno, 1979)



# The Emotional Cycle of Change



# Uninformed Optimism





## Uninformed Optimism

- You may be excited to get started, but your emotional response levels will be low, as you'll be focused on doing, rather than thinking.
- You may not be aware of the difficulties that you could face along the way.
- Jump in to change!

# Uninformed Optimism

## Tip



- Capitalize on your excitement: make a treasure map, and draw up a list of the benefits that you hope to achieve.
- Link your enthusiasm to your values and your why.
- Establish trust in your vision.
- These will motivate you later on.

# Uninformed Pessimism



# Uninformed Pessimism

- Start to feel some negative emotions about the project, especially if you hit problems.
- For example, you may become frustrated by challenges, or anxious about your ability to meet your goal.
- You may even want to quit altogether.
- This is the point at which many projects fail and people quit.



# Uninformed Pessimism

- The point at which many people "check out" of a project.
- Kelley and Conner noted that this can happen in two ways: public & private.
- Publicly, you may voice criticism, or point out objections.
- Privately, you lose interest, become ambivalent about the situation, and reduce your involvement. It's harder to spot this kind of checking out, because it may be subconscious.





# Uninformed Pessimism

## Tips

- Procrastinating or feeling negative at this point? You may be checking out. Revisit your goals to make sure that they're still achievable, or adjust them to match your new understanding of your situation.
- Find a Mentor or a support network to deal with challenges and self sabotaging thoughts.
- Keep a journal to express fears and doubts. Acceptance of them and normalizing them is essential.

# Hopeful Realism





# Hopeful Realism

- Once you've pushed past doubt, your pessimism should start to decline.
- You may still feel anxious, but you're more likely to be able to solve problems, because you're now more familiar with your situation.



# Hopeful Realism Tips

- Use action plans or project management tools to keep on top of each task.
- Look for ways to build habits that support the change that you've made.
- For example, if you've signed up to a new class, set aside regular times for study, and ask friends or colleagues to check in with you to see how you're doing, recruit a friend who is also changing.

# Informed Optimism



# Informed Optimism

- Start to feel confident that you've made the right choice.
- Look at the change with more experienced eyes.
- Feel less anxious about problems.





# Informed Optimism Tips

- Use affirmations to stay positive. Helps you later too.
- Support others who are at an earlier stage of the change process.
- For example: Be a "study buddy" or mentor, share your new knowledge with colleagues.
- This cements new information, and you may inspire someone to embark on a similar change.
- My example of my Modern Creative Goal in the workbook.

# Completion



# Completion

- You'll probably feel very satisfied when you reach your goal.
- It might also feel anti-climatic as you realize you have been working towards the goal and success is not sudden.
- Your emotional reaction levels will have lowered, now that you've worked through the problems and brought about a change.



# Completion Tips

- Celebrate your success.
- Thank people who supported you during the change process.
- Reflect on what went well, and what you learned.
- This kind of project review will boost your self-confidence, and it can help you with similar projects in the future.
- Pay careful attention to the times it felt very difficult and what strategies you used to keep going.





What emotional area of change are you in  
now?

If unsure, where have you gotten stuck  
before?

Raise your Zoom hand or put your answer in the chat.

# Affirmations



**I am a woman who...**

- grows in the direction of my choosing.
- persists.



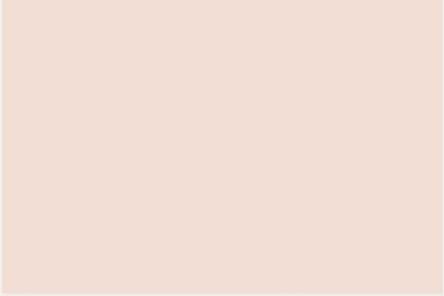


**Finish the sentence in the chat:**

**"I am a woman who..."**

# Your Reflections for the Week





# Your Inspired Action

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

1

**Intentions  
& Imagining a  
Fresh Start**

2

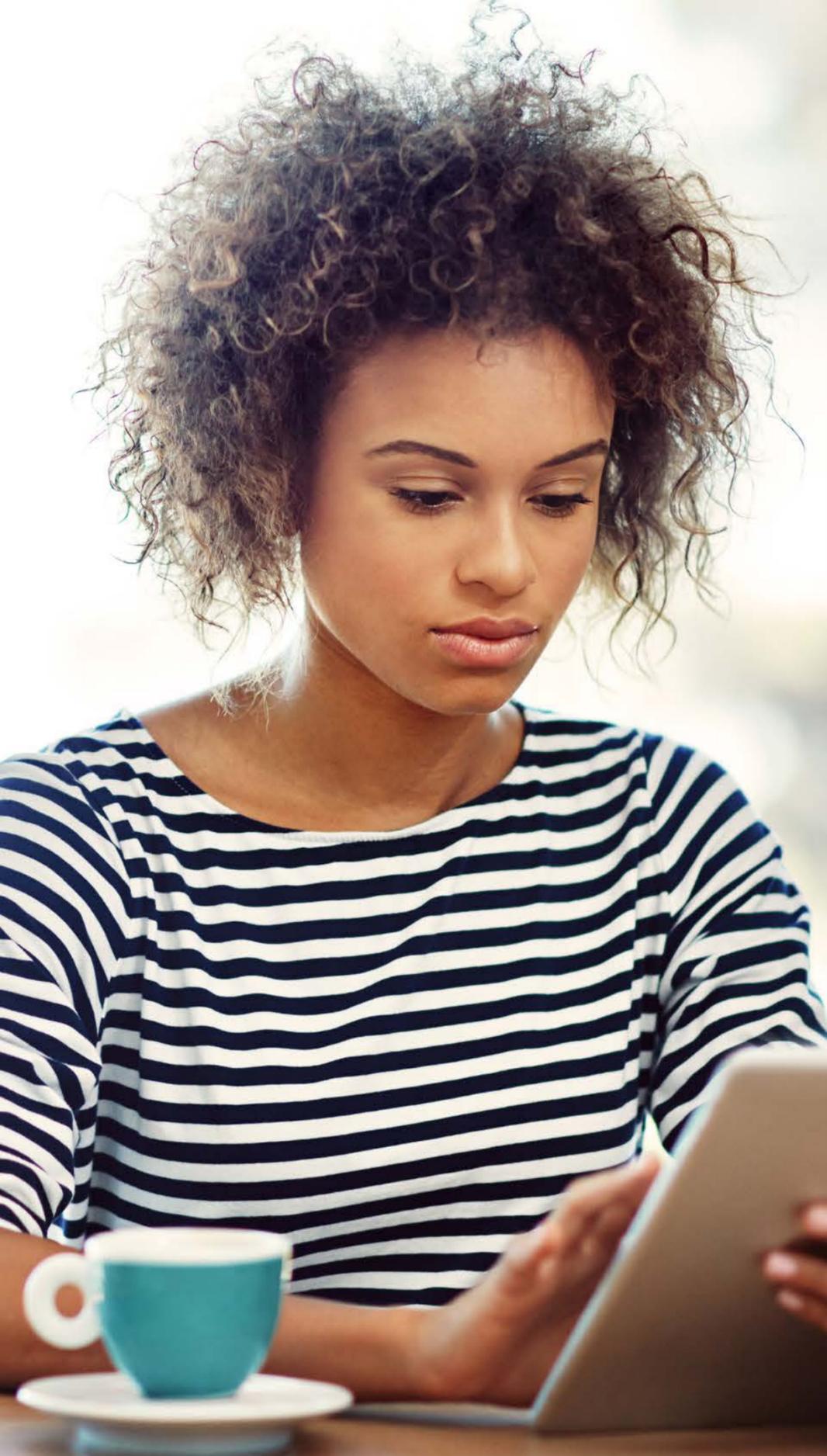
**What  
Matters  
Most**

3

**Your Modern  
Creative Why**

4

**Written  
Reflection**



# Intentions

- What are your intentions for this workshop?
- Be specific about what questions you would like for yourself about a planned fresh start.



# Imagining a Fresh Start

- Set your timer for 2 minutes, close your eyes and visualize your favorite time of year. Write down the details of your visualization.
- Create an image to reflect the fresh starts of your favorite season. It can be a drawing of the season or the feeling you get using lines, shapes and colors.
- Give your art work a title.



# What Matters Most

- Make a list of what is most important for you this month or in your life. Put a star next to three that are non-negotiable.
- Pick ONE you want to focus on for the next four months. Obviously all are important, just identify one for class. Why does this matter to you?
- Mind Map to see how your “Why” is related to many areas of your life.



# Written Response

- Reflect on your values and how they are interconnected in your life.
- How do you want to approach your values knowing they are all interconnected?
- What does it feel like to imagine your “Modern Creative Why” informing all aspects of your life?



**BREATH IT ALL IN.  
LOVE IT ALL OUT.**

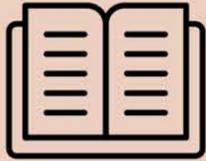


On a scale of 0 -10, how present are you  
right now?

What are your "before" and "after" scores?

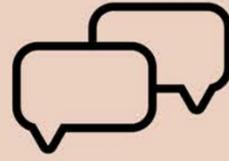
Put both numbers in the chat.

# What To Do Next



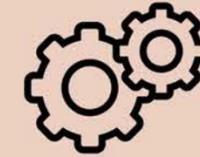
## **Review**

Review your orientation manual & workbook.



## **Make the commitment**

Schedule 20 minutes a day & put in your planner.



## **Exercises**

Read and complete the exercises for the week.



# Ready for More?

To continue the conversation about your values and each month's topic, let's chat each Friday at noon PST on IG live @dramybackos

Book your Autumn VIP day or weekend.

Find The Modern Creative Woman wherever you listen to podcasts.

[www.arttherapycentersf.com](http://www.arttherapycentersf.com)



What will you remember about  
today's class?

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



Thank  
you!