



# holistic love

## 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



owning our story and loving  
ourselves through that  
process is the bravest thing  
that we'll ever do.

— brene brown

# Housekeeping

The Modern Creative Woman is 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

- Supportive learning community
- Creativity
- Values, purpose, and aligned actions
- 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**

WEEK  
**03**

**PURPOSE**  
YOUR  
UNIQUE  
VALUES

# Holistic Love



# Holistic Love

- Practicing self-love for every part of yourself.
- Taking care of your mind, body and spirit by nurturing all aspects of your life.







# Categories

relationships

career

creativity

finances

health

mindset

beliefs (self/others/situations)

old beliefs about the self

habits

spirituality

sensuality

environment



# Brain Research

Neuroplasticity  
Neuro-generation



# Neuroplasticity

- Ability of the brain to change and adapt with input and repetitive use.
- Repetitive actions = connections between brain cells begin to fire repetitively, become stronger and faster *with regard to that particular action or piece of information.*





# Neuroplasticity

extremely important  
because  
it gives us direct  
ability to continuously  
learn over the course  
of our lives.

# Neuroplasticity

2 types

- **Structural neuroplasticity:** brain's capacity to change already existent neural connections.
- **Functional neuroplasticity:** the permanent changes in neurons as a result of learning and development.



# Neuroplasticity

- With every lesson, we are potentially connecting new neurons and rewiring our brain's structure.
- This process is stronger in children.
- Like most functions of the human body, it changes as we age.



# Neurogenesis

- Creation of new neurons, or brain cells.
- Old research believed this declines drastically shortly after birth.
- But we now understand neurogenesis does not cease after a certain age.





# Neurogenesis

- Neurogenesis is especially important in instances of injury or illness.
- Neurogenesis takes place throughout our lifetime and simply slows down as we age.



# Differences

- **Neuroplasticity** refers to the brain's own ability to reorganize itself by creating new connections.
- **Neurogenesis** describes the formation of new neurons.



# Change happens...

...when there is a new direction

- We need something new to learn.
- Some new thought, story, habit, or action to practice.
- Art and play make change happen faster.



# Choosing Your Story



# Old and New Stories

- We practice defusion to recognize our thoughts as just thoughts.
- And yet, old stories often still appear as “facts” in our brains.
- Takes time and patience to see old stories for what they are...just neurons firing.





## More Specifically...

- Old stories are neurons firing in a consistent, repeated pattern.
- They have fired so often that we believe them as facts.
- We have heard the story so many times in our head, we think it is fact because of repetition (remember repetition is a powerful way to learn!).
- Brain believes the stories, but we don't have to!

# The Development of Learning



# Learning: Assimilation

When a child learns the word for dog, they start to call all four-legged animals dogs.





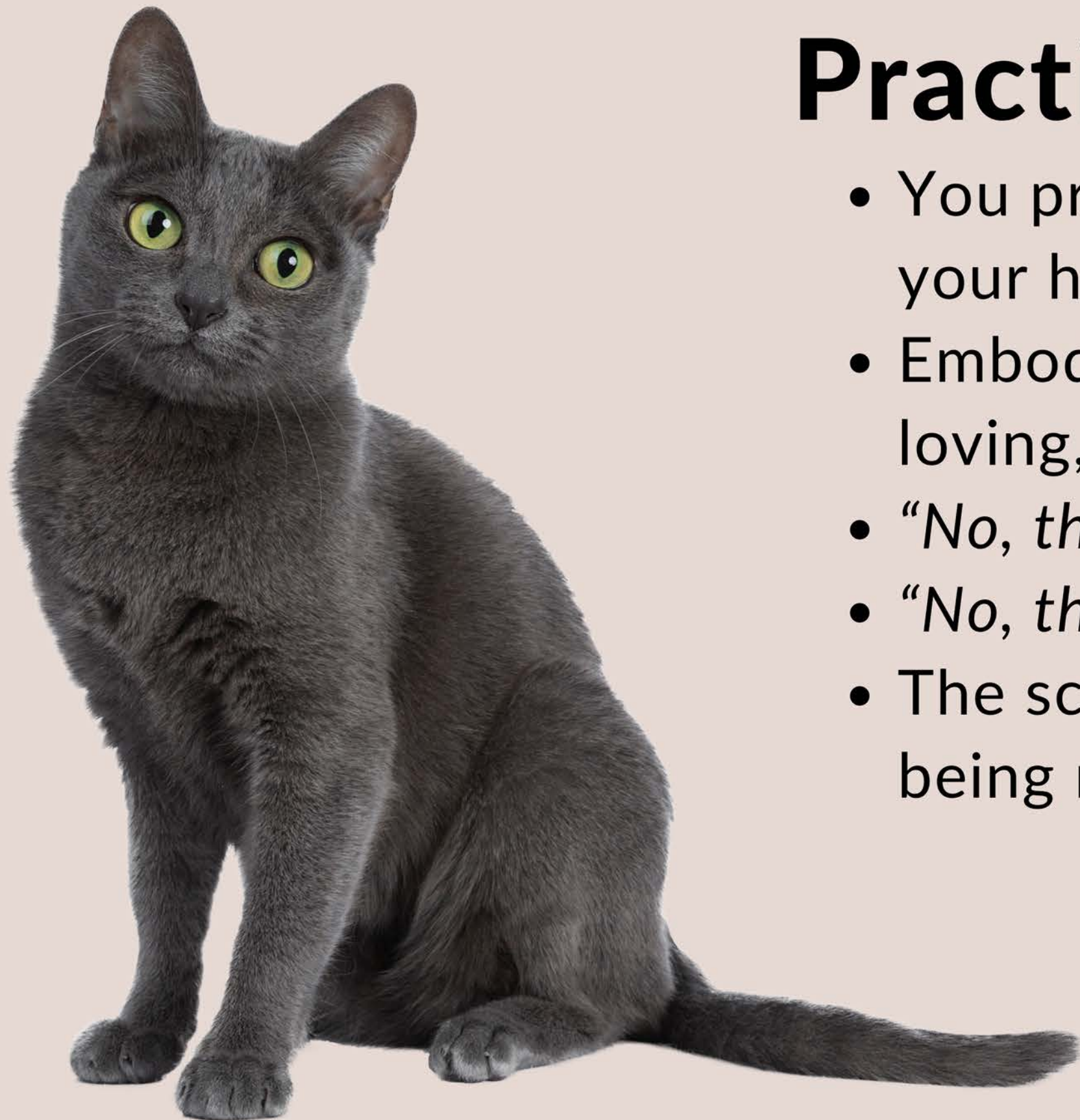


# Learning: Accommodation

People around them will say:

*“No, that's not a dog, it's a cat.”*

The schema for dog then gets modified to restrict it to only certain four-legged animals.



# Practicing Accommodation

- You probably have some negative stories in your head that you still believe.
- Embody your self as context/spirit/kind, loving, inner-mother/best friend.
- *“No, that's not a fact, it's an old story.”*
- *“No, that's not a fact, it's a thought.”*
- The schema for the old story then is open to being modified.

# Creating a New Story

- Remember your brain needs a new story to begin a new neural pathway.
- We can't just tell our brain that old story is not true.
- We need to give our brain direction.
- It needs lots of repetition!
- What will your new story be?



# Describe Yourself with an Uplifting Story



Past



Present



Future



Spirit



# Your Story

- Tell an uplifting story about yourself at each age.
- Use words, lines, shapes and colors to tell the story.
- Use growth mindset to be open to changing your old story.



# Your Story

- Be totally OK with the old story being untrue, outdated, and even just plain wrong.
- This week we will focus only past and present.



**Deep Breath**

# Your Story - PAST

beliefs  
predominant mood  
energy & vitality  
relationships  
education  
interests  
hobbies  
learning  
appearance  
love





A collection of vintage writing tools is arranged on a light-colored, textured surface. In the top left, a pair of tweezers lies diagonally. In the top right, a square glass inkwell is partially filled with dark ink. To its right is a crumpled ball of aged, yellowish paper. In the bottom right, a black fountain pen with a gold nib and a gold band is positioned diagonally. In the bottom left, a silver pocket watch with intricate engravings is partially visible. The central focus is a piece of aged, yellowish paper with the words "Breathe!" and "You are alive!" written in elegant cursive.

Breathe!

You are alive!

# Your Story - **PRESENT**

beliefs  
predominant mood  
energy & vitality  
relationships  
education  
interests  
hobbies  
learning  
appearance



B R E A T H E



*What did you notice?*

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

# Mindful Moment













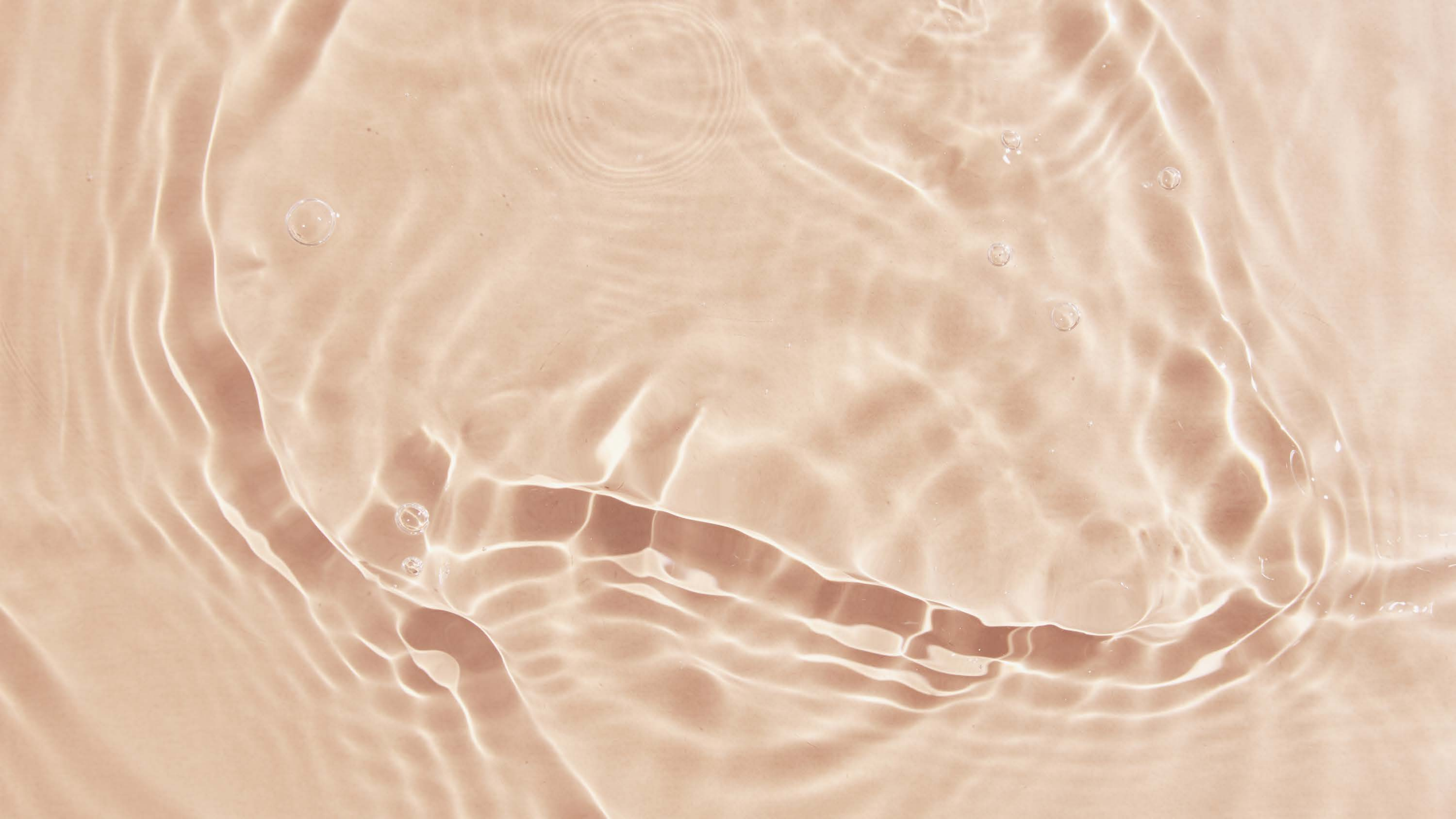






How do you feel after focusing on  
creating a flexible mindset?

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



# Affirmation



**I am a Modern  
Creative  
Woman  
who...  
is open to new  
possibilities.**

# 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

**Strengths**

2

**Aspirations**

3

**Rising Tide  
Lifts All Boats**

4

**Action Plan &  
Reflection**



# Strengths

- What is your favorite part of yourself?
- Describe yourself in the best possible terms.
- You will use this part of yourself to guide your way through all the other explorations this month.
- For example, you might write about how kind you are, your generosity, honesty, creativity, loving spirit, etc.



# Aspirations

- Write your aspirational beliefs about loving yourself in each area.
- For example, you might want to consider loving kindness, authenticity, safety, security, fun, strength, beauty, impact, love, compassion, energy, enjoyment, pleasure, engagement, aesthetics, intensity, change, accomplishment, newness, curiosity, etc.



# Rising Tide

- Review the list of Holistic Love categories.
- Choose one area you would like to strengthen.
- Brain storm 10 actions you could take. They can be realistic and a few should be fanciful and spontaneous.
- Remember, when you elevate one area, you elevate them all.



# Action Plan

- Answer the questions about how you might take action on your Holistic Love.
- Try a few experiments and report back at the end of the month.
- Enjoy!

# Written Reflection

- How was your exploration of Holistic Love this week?
- How did you use your strength this week?
- What was it like to work on an area that you want to strengthen?
- What surprised you?





**BREATHE 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?

Friday at noon PST on IG live  
@dramybackos

Book your VIP Creativity day or weekend

Podcast

New trip planned!  
Paris Retreat - September 8-14  
\$1000 Off for MCW members

The Modern Creative Woman



What will you remember about  
today's class?

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



Thank  
you!