

self leadership

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



a modern creative woman
who is a self-leader is
unapologetically authentic;
fearlessly pursuing her
passions; and empowering
others to do the same.

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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T h e M o d e r n C r e a t i v e W o m a n



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

WEEK
03

PURPOSE
YOUR
UNIQUE
VALUES

Self-Leadership



Self-Leadership (presence)

- Being self aware.
- Taking time to know yourself.
- Make contact with the present moment.
- Taking responsibility for your thoughts, feelings, and behaviors.



Self-Leadership (mindset)

- Self confidence - not that you will always be successful but confident that you will persevere.
- Resilient mindset: See challenges as part of the process.
- Using positive mental strategies.
- Consciously deciding on boundaries, goals and values.
- Managing emotions and a healthy work-life balance.



Self-Leadership (purpose)

- Taking actions based on your values.
- Ability to take ownership of your personal and professional development, decisions, and actions.
- Inspire and support others.
- Taking charge of your actions and what you do with your potential, time, and energy.



you can do it like it's a
great weight on you; or you
can do it like it's part of the
dance.

ram dass



What does self-leadership mean
to you?

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

Presence



Presence in the MCW

1. Making contact with the
present moment
2. Self as Context



What is it like to make contact with the Present Moment?

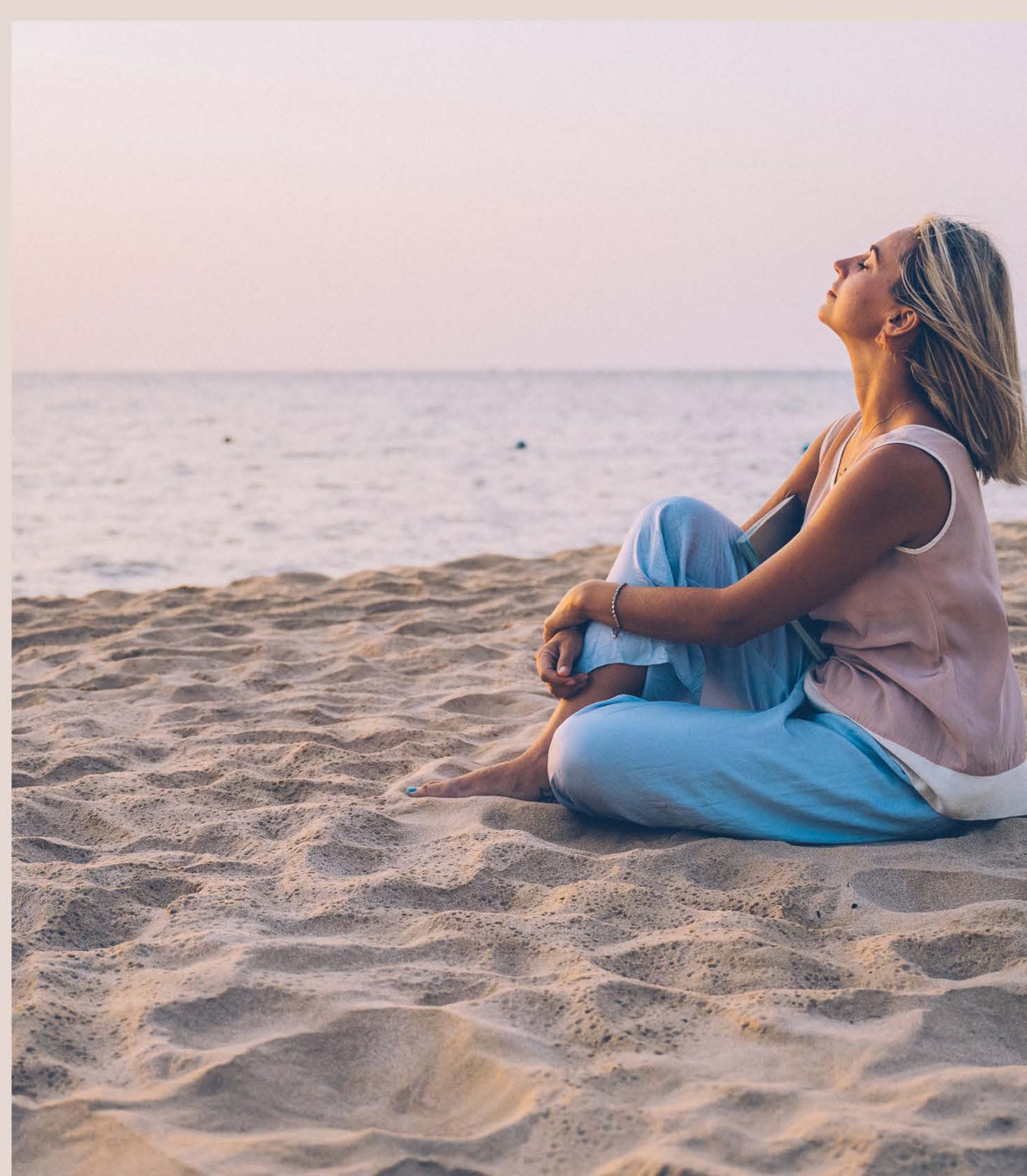
- Fully conscious of and engaged with our current experience.
- “The ever present now.”
- Making contact with the present moment.



Presence

“For the perfect accomplishment of any art,” you must get this feeling of the eternal present into your bones — for it is the secret of proper timing. No rush. No dawdle. Just the sense of flowing with the course of events in the same way that you dance to music, neither trying to outpace it nor lagging behind. Hurrying and delaying are alike ways of trying to resist the present.”

Alan Watts



Presence

- Lessen our depression and anxiety by getting clear on these two concepts.
- The **past** is a “present trace” of the past (Watts).
- The **future** is not a part of our experienced reality until it becomes the present.
- Awareness that the present is all there is and the past and future are **only constructs in our mind.**



Why Presence Matters

- Here and now is where we make contact with ourselves and others.
- Here and now is where we make contact with our spirit and higher power.
- Here and now is where behavior happens.



Mindful Moment



The Captain is Ready to Drop Anchor

**Connect with the world around
you.**

**Practice it throughout the day,
especially any time you find
yourself getting caught up in
your thoughts and feelings.**











1. Plant your feet into the floor.
2. Push them down—notice the floor beneath you, supporting you.
3. Notice the muscle tension in your legs as you push your feet down.
4. Notice your entire body—and the feeling of gravity flowing down through your head, spine, and legs into your feet.
5. Now look around and notice what you can see and hear around you. Notice where you are and what you're doing.



How do you feel now?
(1 - 2 words)

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

Three Paths for the Future (imagination in the present moment)



**Anxiety or worries
about the future?
This powerful exercise
can help you make
contact with present
moment while you plan
for the future.**



GOOD CHOICE

BAD CHOICE



THE CHOICE

IS

YOURS



Examples

Choosing your school major.

Choosing/changing your profession.

Being in a relationship.

Managing worries.

What to eat for dinner.

How you want to feel today.

Join a gym or workout at home.



Choosing Your School Major, Career.

- Thousands of options.
- Narrowed down by the ones you know about.
- Narrowed further by geography, language, skill, interest, beliefs.
- When you decide on 3 options, you have already done a lot of work to narrow the decision.
- Big picture: Your top three choices are probably all good fits for you.
- Big picture: This is not a “right or wrong” decision.
- If you need more information, get it.
- If not, decide and then back yourself.











- 1. Identify an area where you feel conflicted, stuck, confused, unsure, etc.**
- 2. Write and draw three options for overcoming the challenge.**



- 3. Focus for 2-10 minutes on the first path. Imagine you choose that path. Walk that path to the end and see what the results are.**
- 4. Write down the results and create a doodle or drawing.**
- 5. Repeat for each path.**







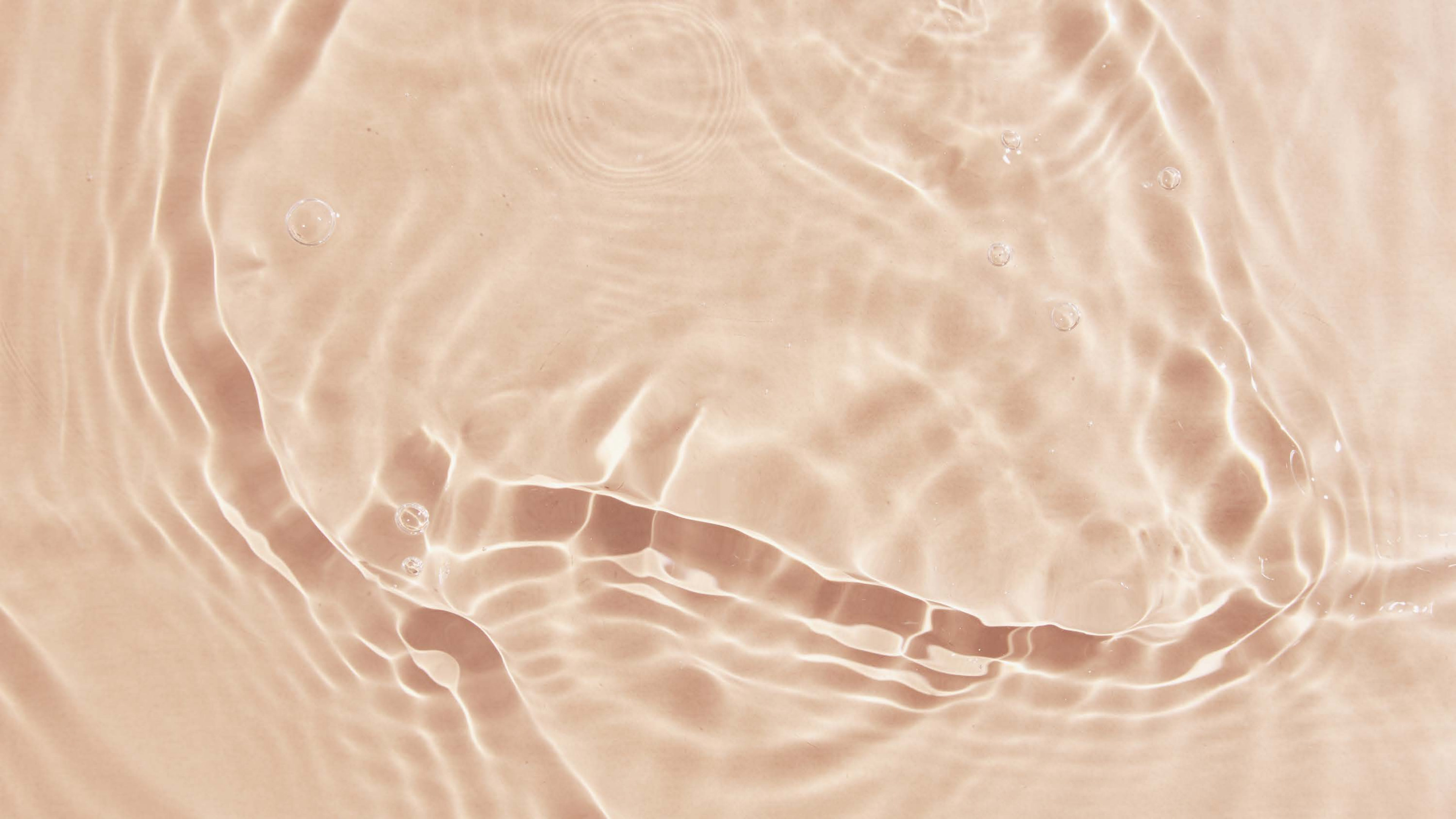
What is your reaction to opening
three doors or walking three paths?

A close-up portrait of a young woman with dark, wavy hair, smiling warmly at the camera. She is wearing a blue and white vertically striped button-down shirt and a delicate necklace with a small pendant. The background is a bright, out-of-focus indoor space.

A WOMAN
ALWAYS HAS
THE RIGHT TO
CHANGE HER
MIND

however i do this will be
great.

however i do this will at
least be good enough for
right now.



Affirmation



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

- **looks for the
big picture.**



Tip to Worry Less

1. Set aside 10 minutes a day to focus on your worries. If your mind wanders throughout the day, remind yourself to save it for later in the day.
2. Externalize your worries (don't just think about them). Journal about your worries and make art.
3. Finish your 10 minutes with 10 deep breaths.



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

2

**Self
Leadership**

3

Mindfulness

4

**Written
Reflection**



Intentions

- Imagine you are the powerful self leader you always wanted to be. You are guiding yourself in the direction you want to go.
- What small things would you be doing on a daily basis? What big bold leaps would you be taking?



Mentors

- Who are your role models or mentors?
- What lessons have you learned from them about leadership?
- Art response.



CEO Choices

- CEO is the Chief Executive Officer.
- Imagine a woman who embodies the role of CEO of her life.
- With whom does she spend her time? What are her habits? What actions does she take? What does she wear? What are her thoughts when she first wakes up?
- How does she feel about being the CEO of her life?



Written Reflection

- Reflect on your week focused on self leadership.
- What came up for you? How comfortable are you with self leadership?
- Whatever comes up is ok. Let go of judgement about how you think the present moment “should” be, and just let it be.



**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 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

Paris Trip - June 3-7

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!