



women making meaning

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

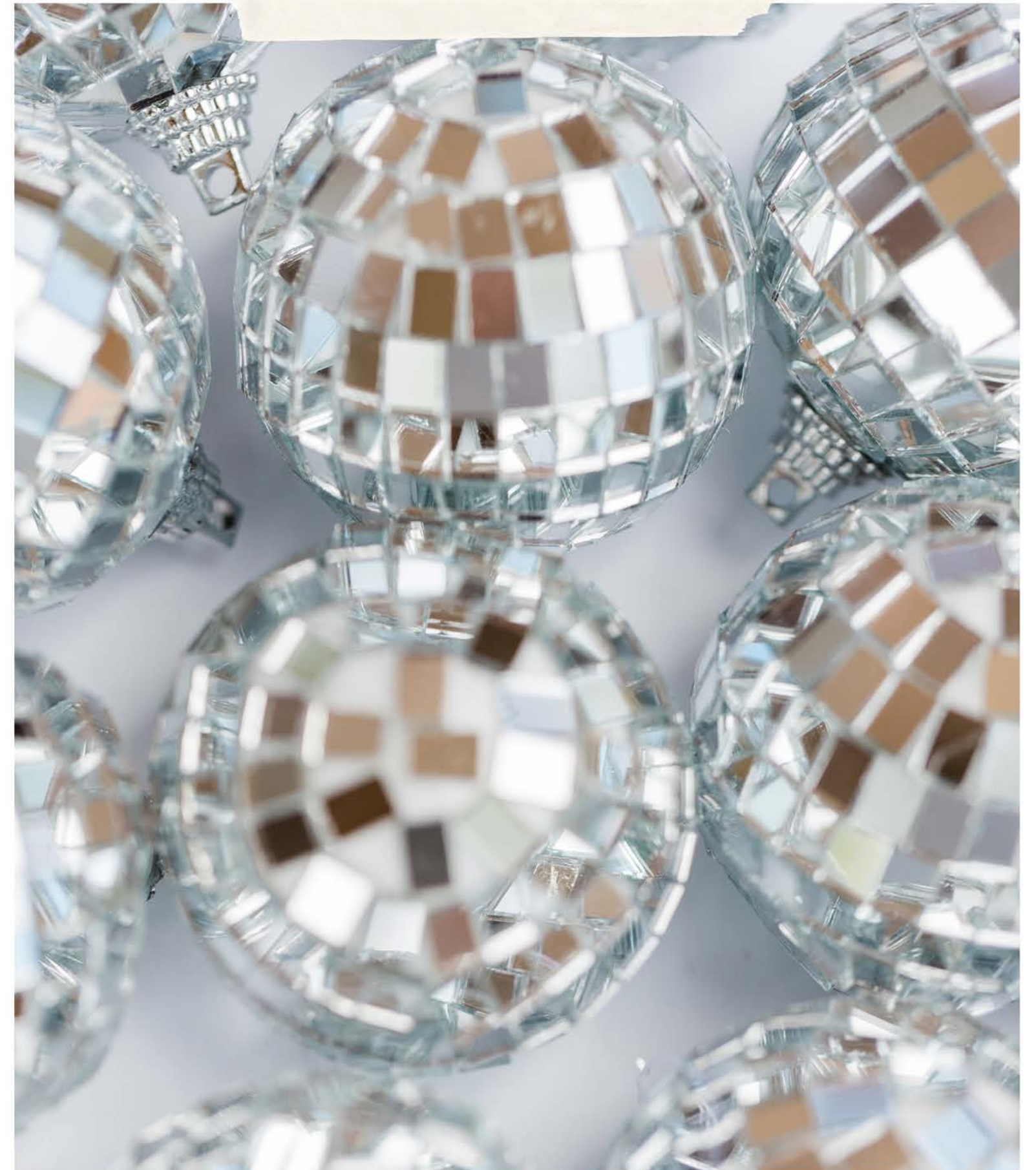
0 = completely checked out, not present

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



i have chosen to no longer be
apologetic for my femaleness and
my femininity.
and i want to be respected in all
of my femaleness because i
deserve to be.

– chimamanda ngozi adichie

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.

You have permission to make a copy of the workbook and slides for
your personal use.
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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

Meaning





What are two things that give
your life meaning these days?

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 Present?

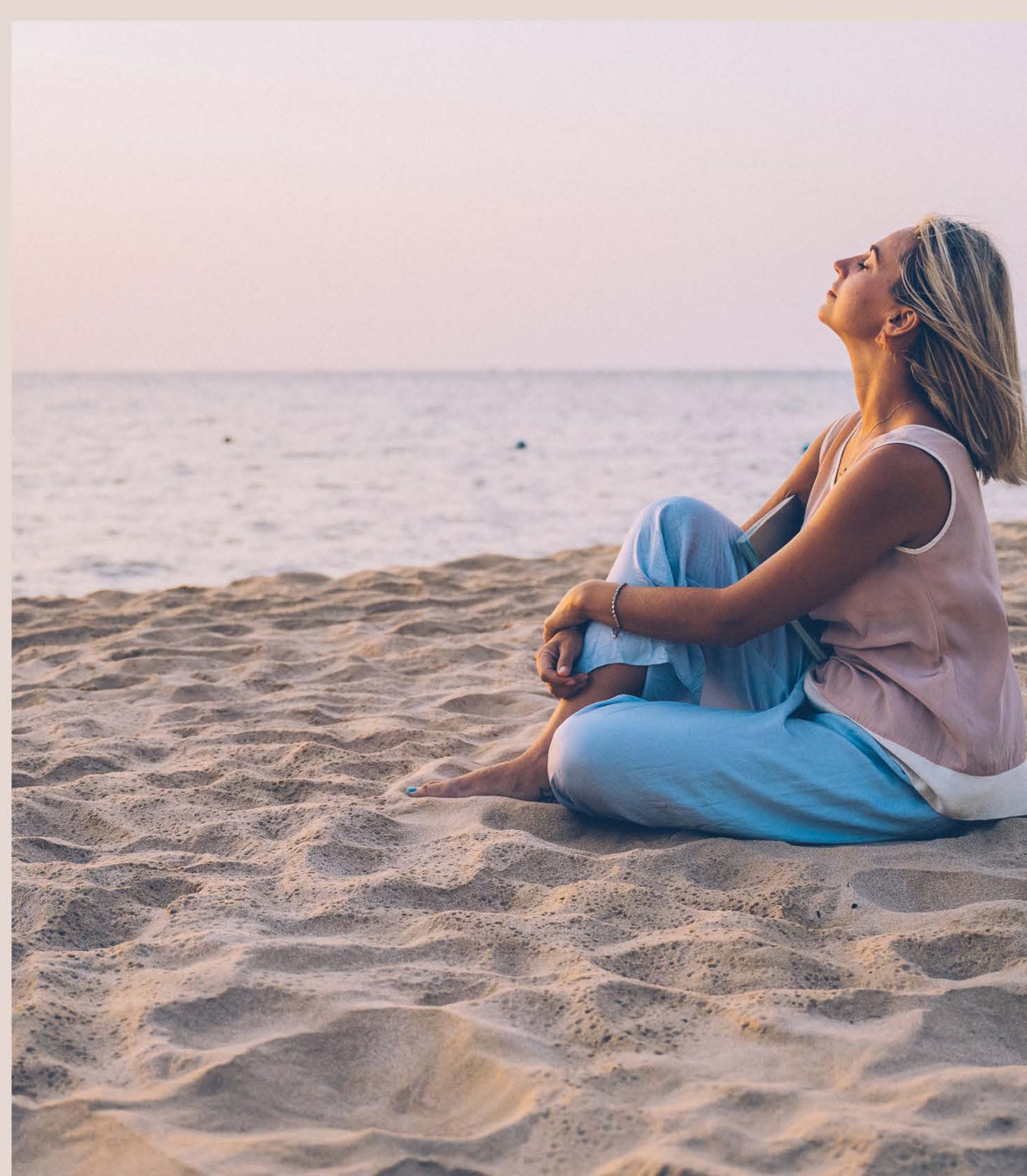
- Present = fully conscious of and engaged with our current experience.
- Presence happens when we are able to relate to and accept our emotions, even difficult ones.
- Making contact with the present moment.



Presence

Your presence includes getting out of your mind and getting into your life, making contact with the present moment and seeing yourself as the "context" for your life experiences.

Your internal presence can be whatever you decide it to be in each moment of your life.



Why Being Present Matters

- Better communication.
- Problems are manageable.
- Love relationships improve.
- Work relationships improve.
- Increased Focus.
- Enjoy our own company more.
- More authentic self expression.
- Other people get to enjoy our authentic company.



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.
- **Two kinds of behavior:** External and Internal Behavior



External Behaviors

- Traditional Definition: Anything that can be observed by two+ people (ie: another person **could** see the behavior).
- For example: **actions** like brushing your teeth, jumping rope, wearing your clothes, smiling, pouring your coffee.



The Paradox of Mental Behaviors

- Another person can never observe your mind - only guess or infer what you are thinking.
- A psychologist can't know your mind, only infer your experience through testing, conversation, art, observation of behavior, etc.
- A neuropsychologist can't know your mind, only know your brain through a brain scan and tests.



Internal Behaviors

- Private inner experiences.
- Thoughts, feelings, bodily sensations.
- For example: self talk, repeating thoughts, range of emotions, memories, somatic awareness.
- Often unconscious, old habits, learned behavior (from family, friends, society, culture, generational transmission).



Mindful Moment



4 Breaths

- Classic
- Butterfly Hug
- Cheek to Cheek
- Eyes up











4 Breaths

- **Classic** (One hand on heart & one hand on diaphragm).
- **Butterfly Hug** (Hands crossed on your heart and tapping to the beat of your heart).
- **Cheek to Cheek** (One hand on your cheek and then switch).
- **Eyes Up** (Eyes and chin tilted upward, shoulders down).



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

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



Mindful Moment



Looking on Your Past

When you think of yourself
in the past or look at old
pictures, what do you
think?



**Loving or loathing
your past self is
happening in the
present moment.**



**Loving your past
self is a way to love
your current self.**



Mind Map

1. Divergent thinking
2. Awareness of our context/big picture.
3. Insight and psychological flexibility.



Mind Map





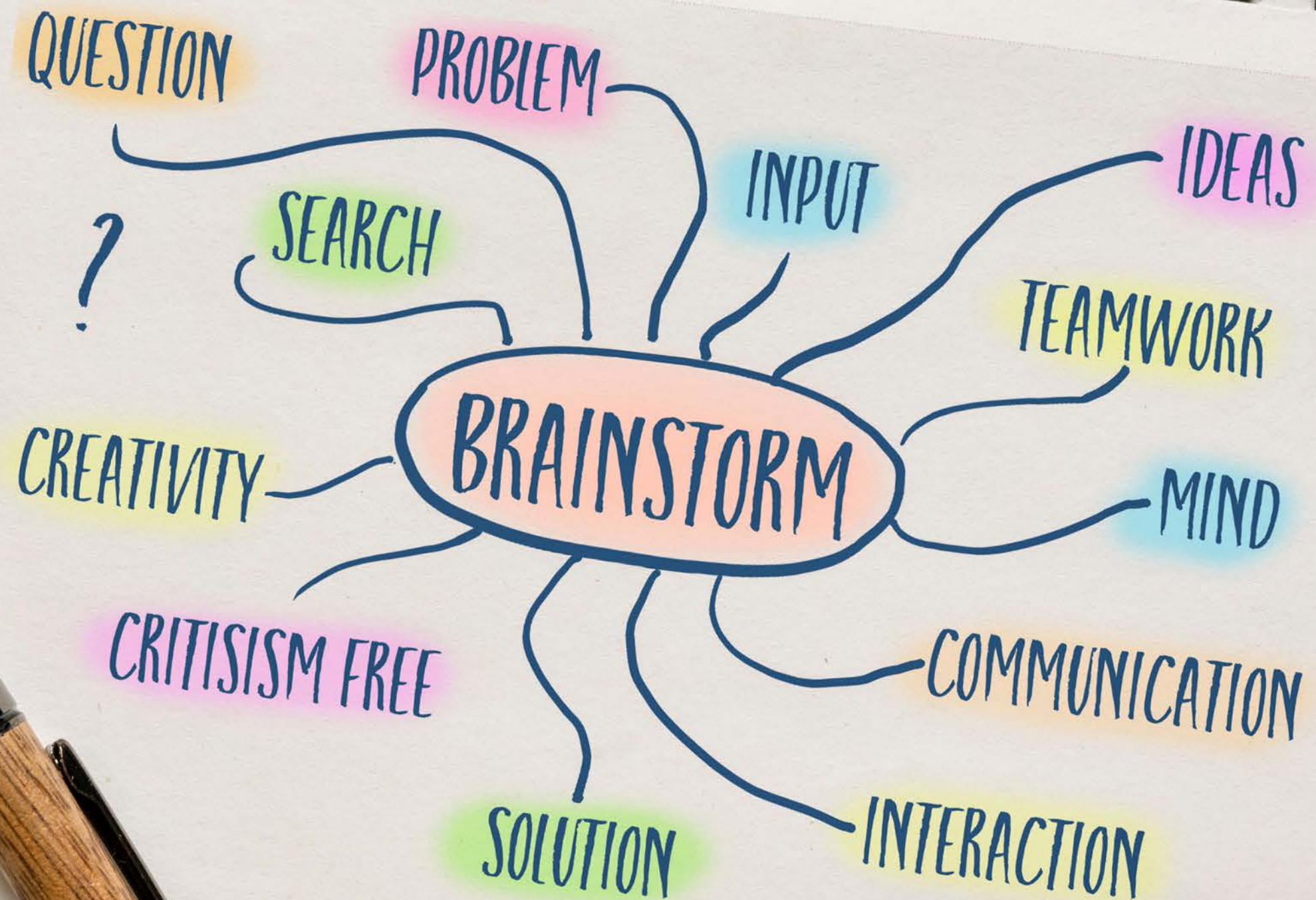


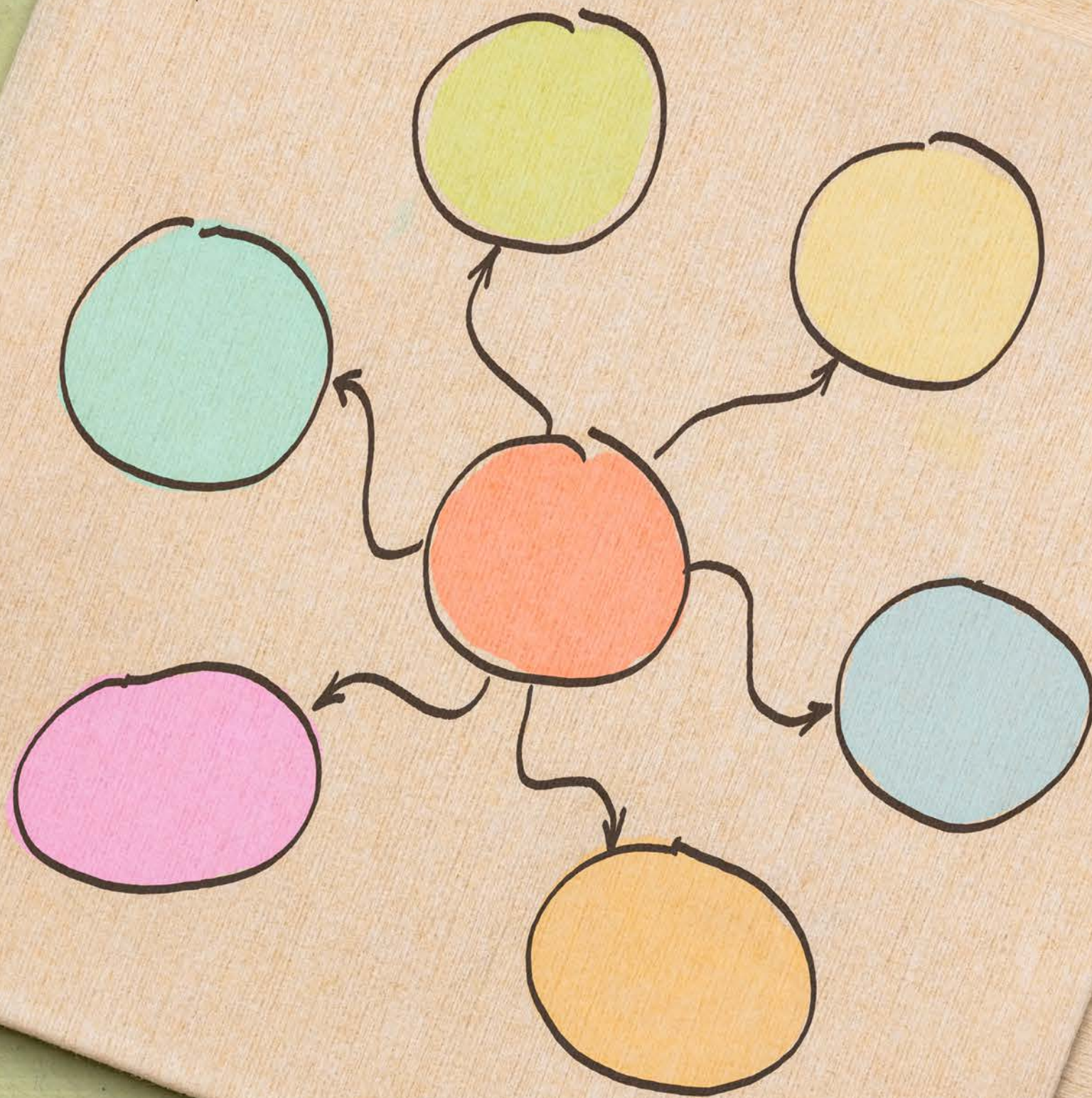
networking

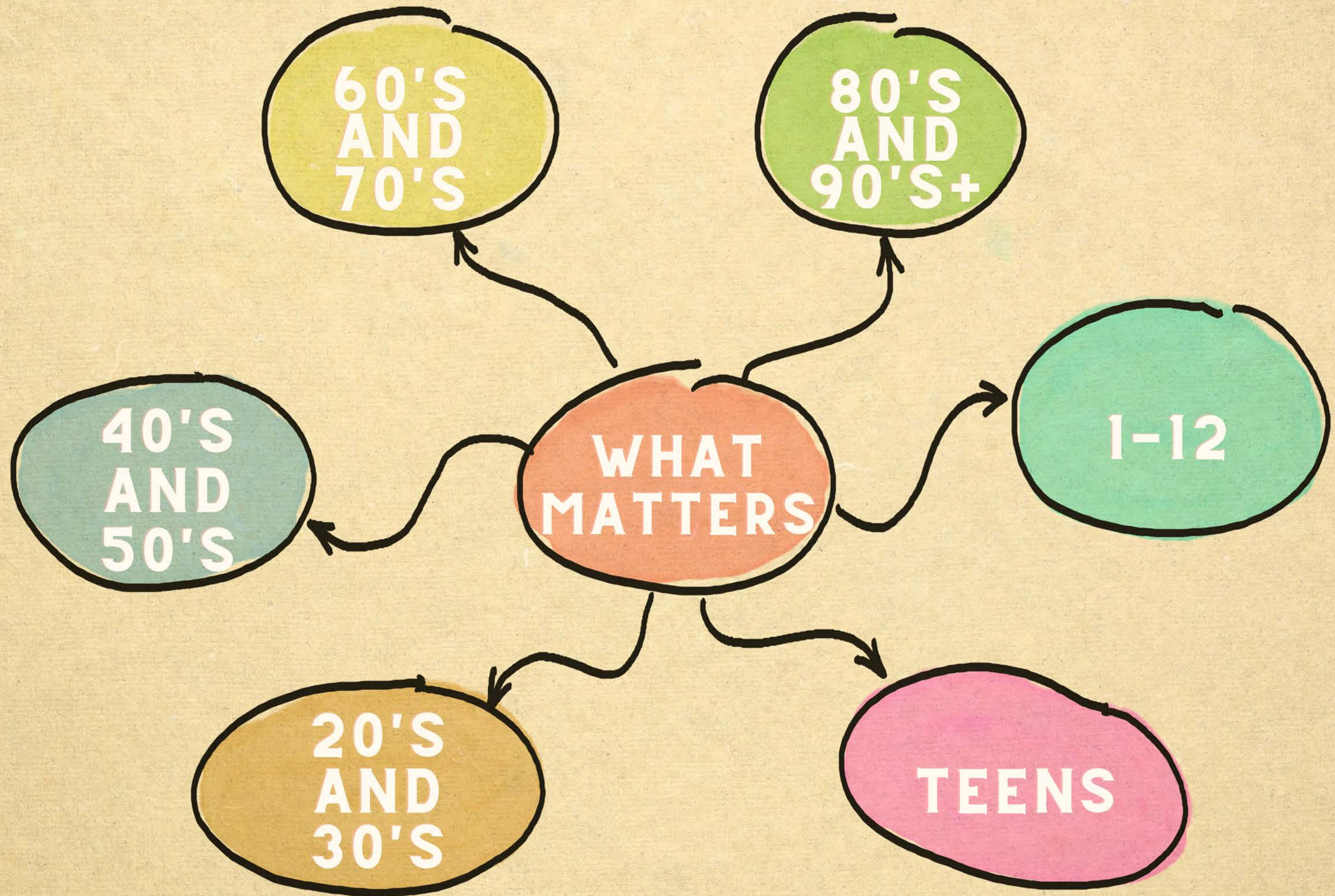
knowledge

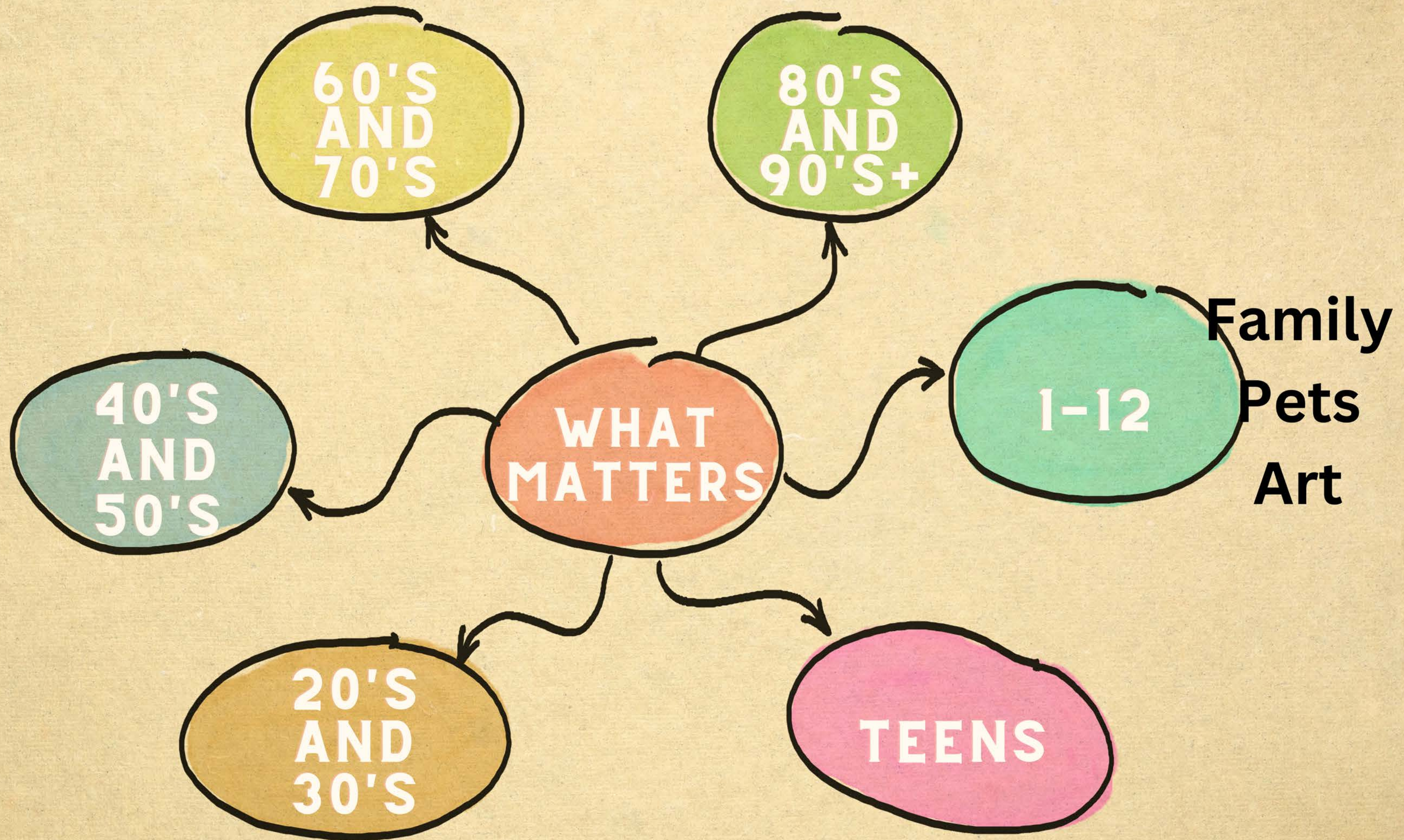
trust

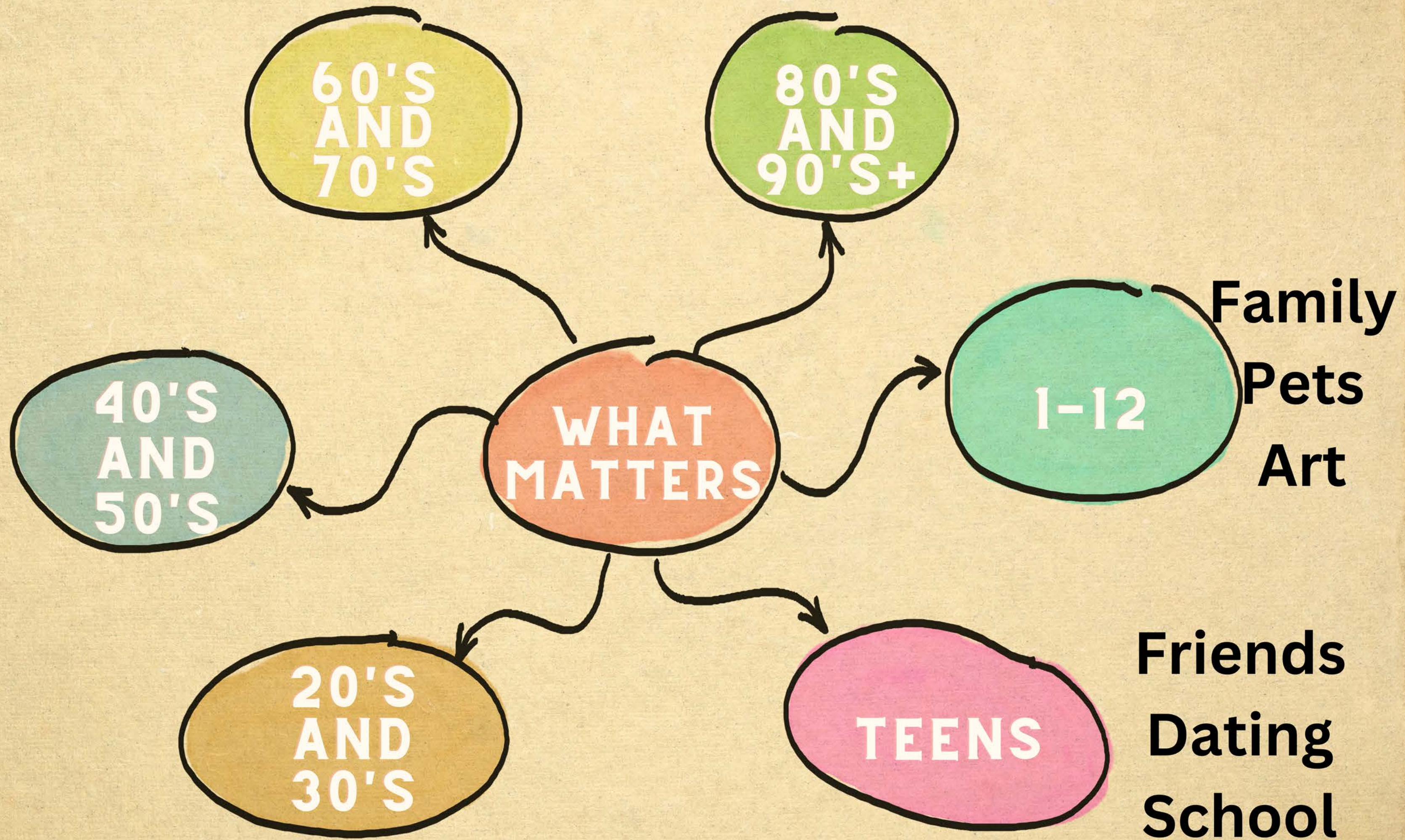
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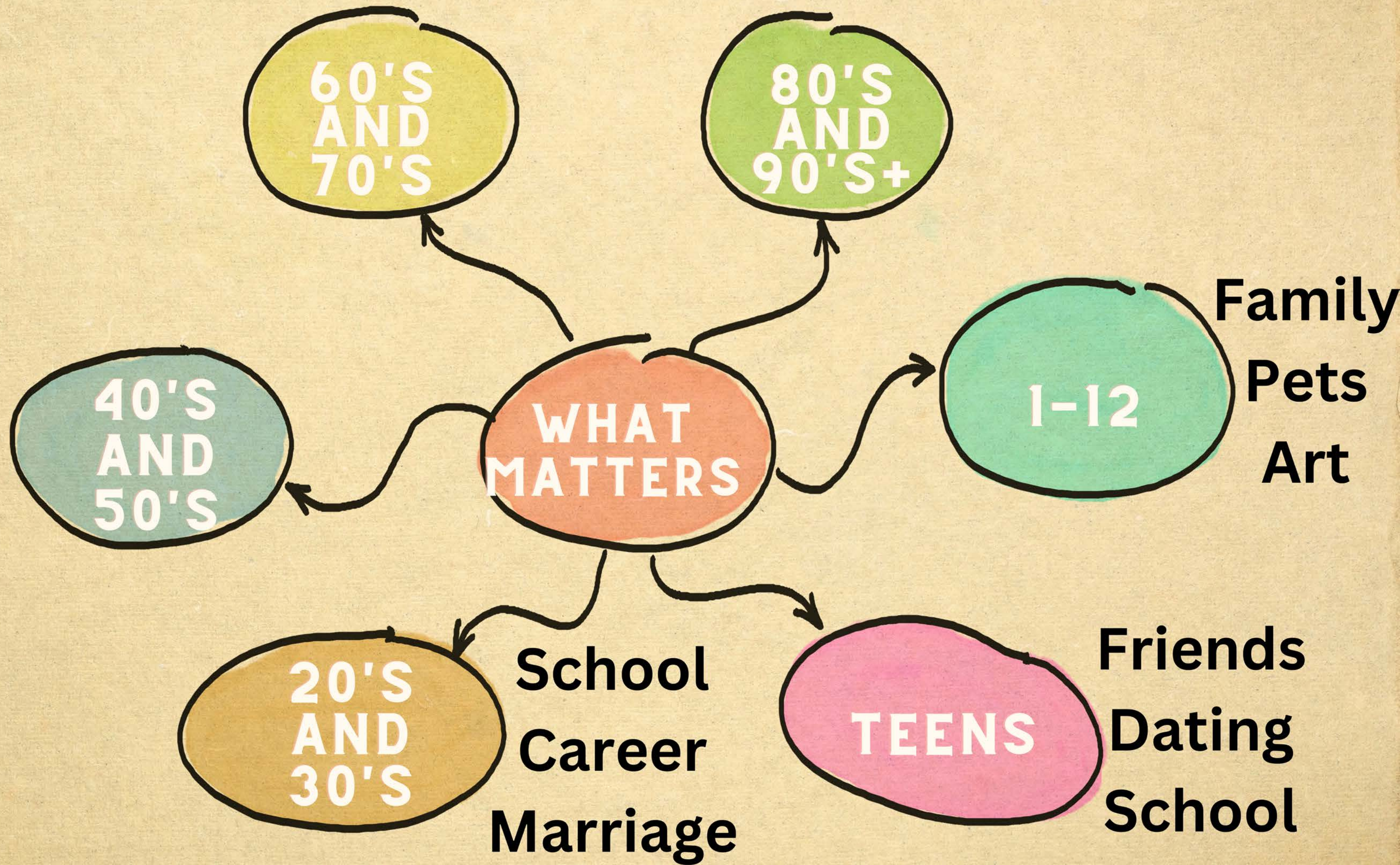


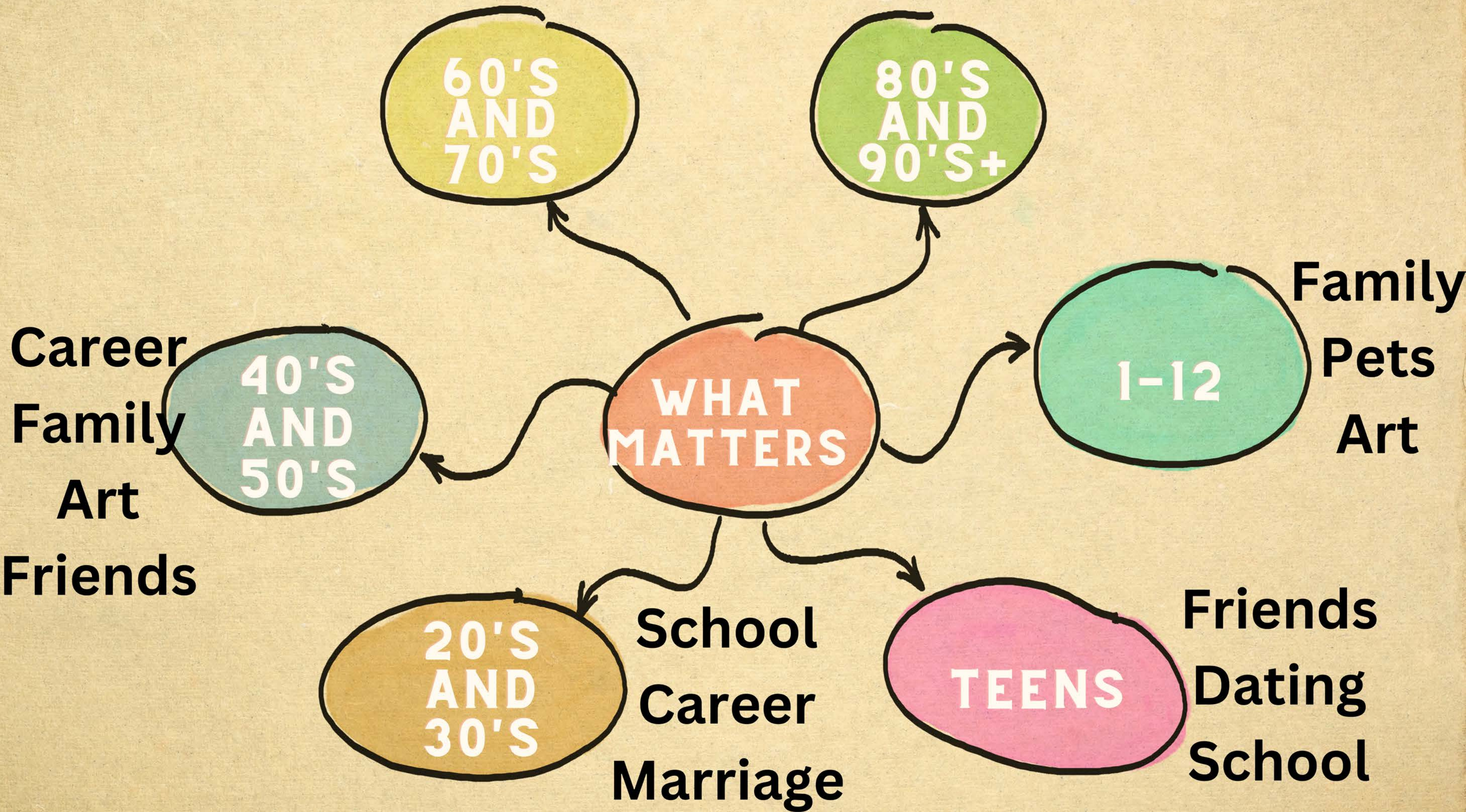


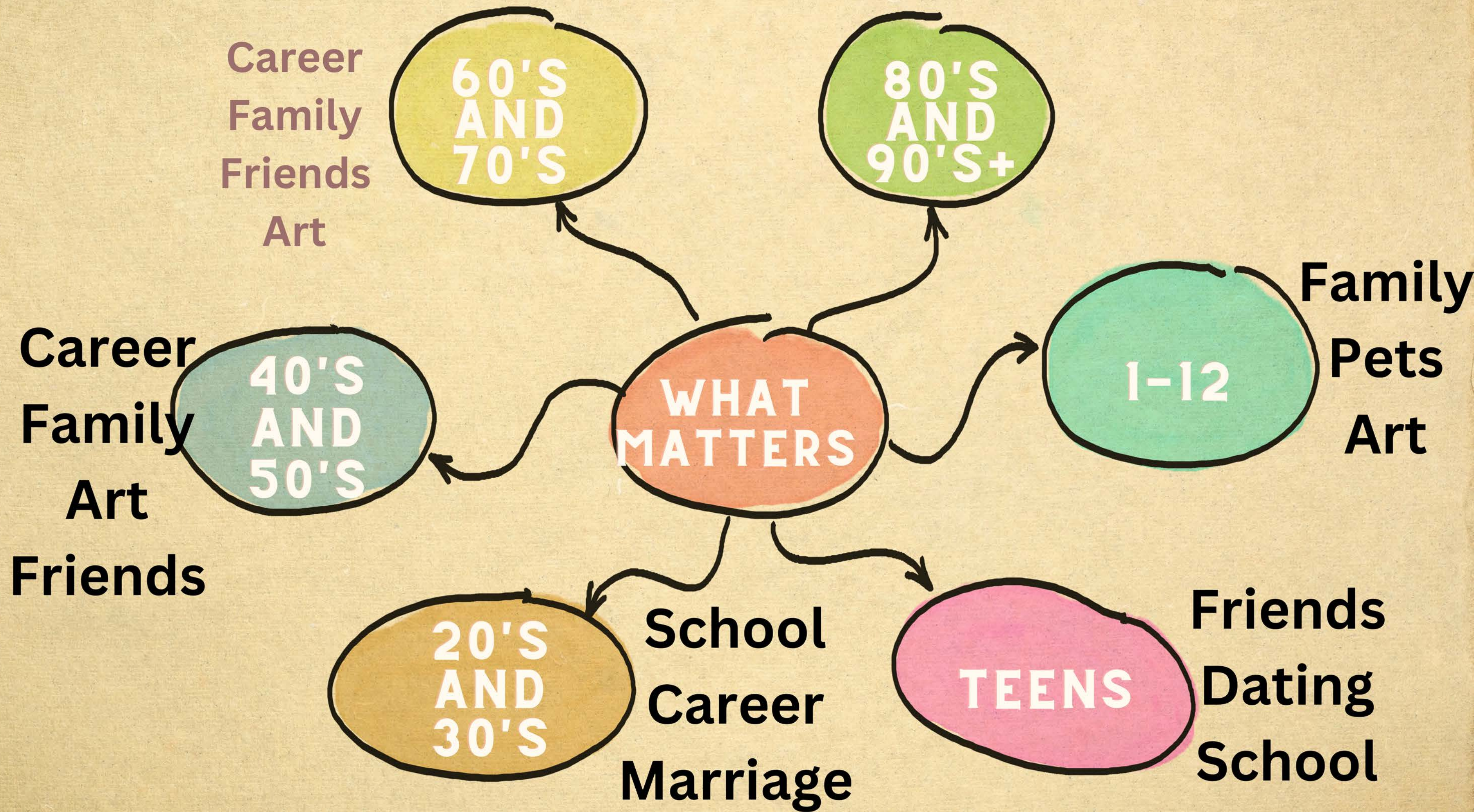


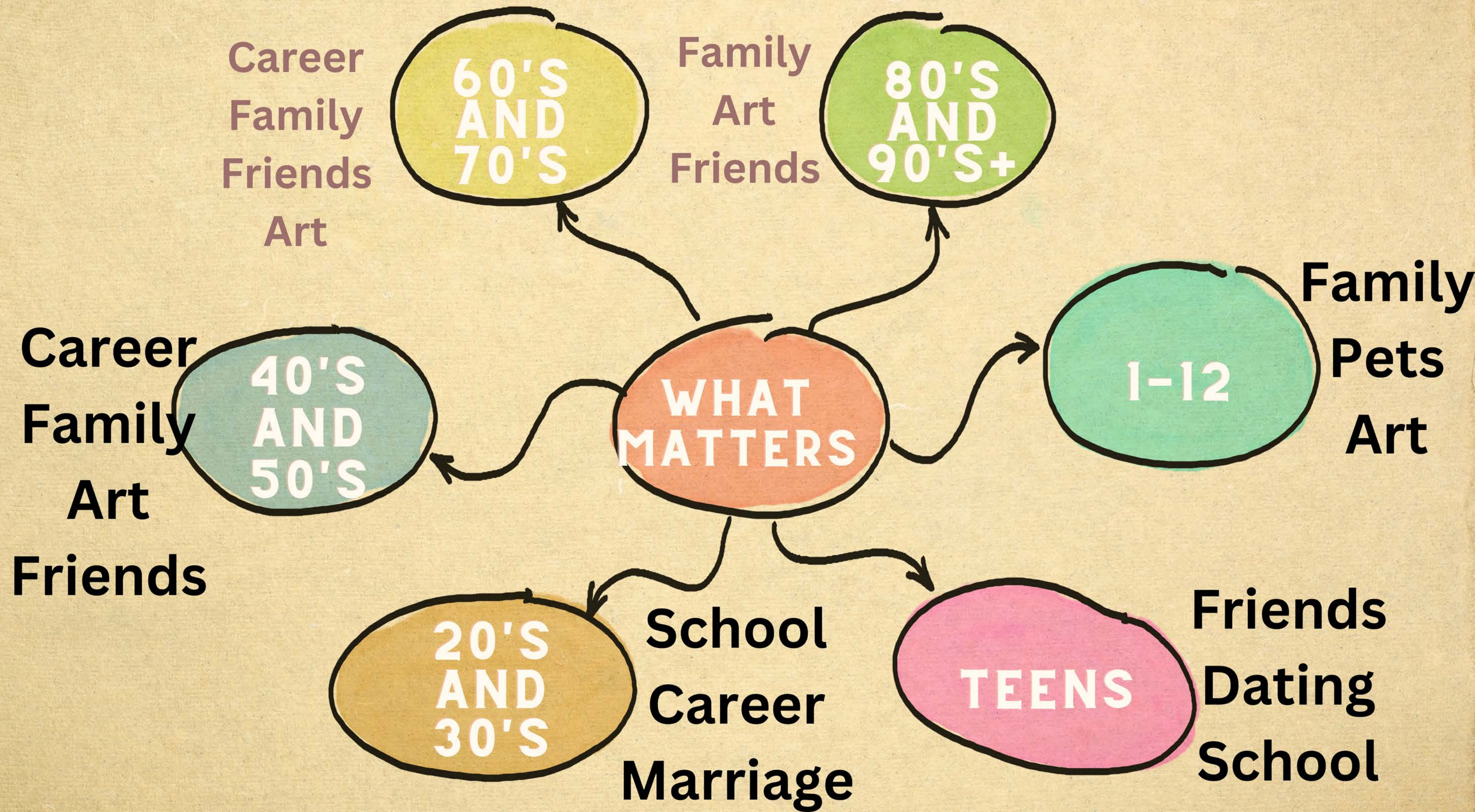


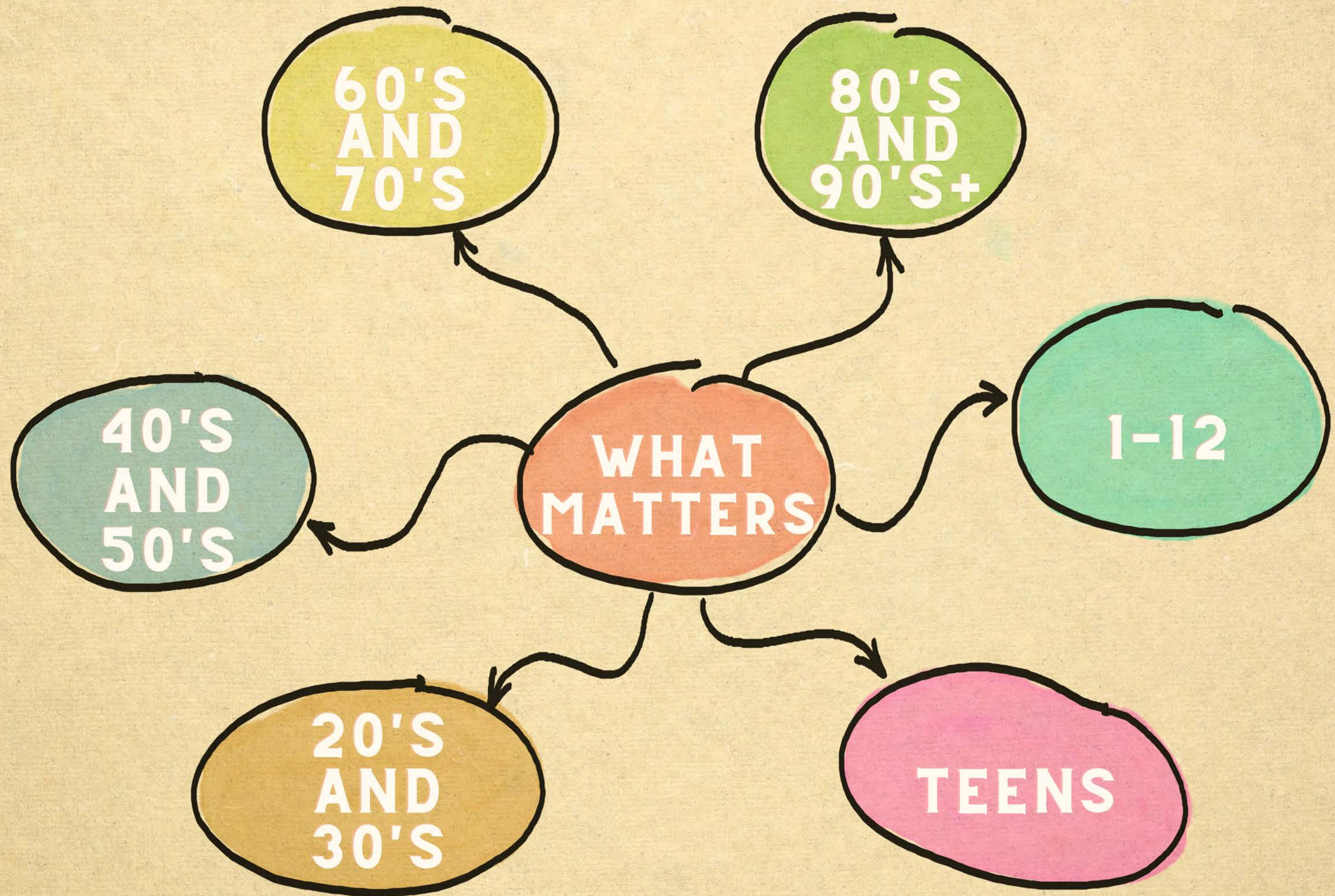












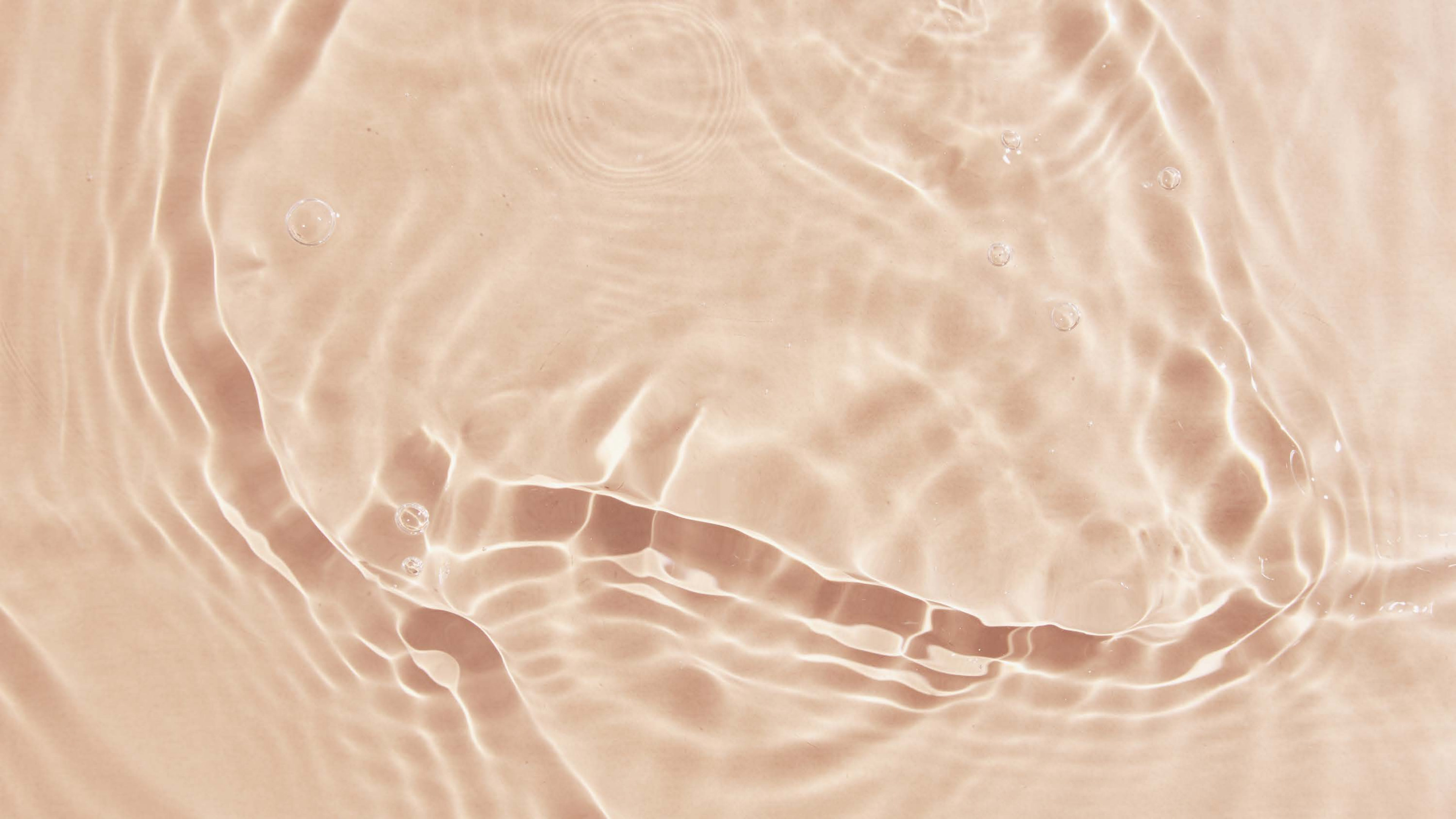


What is most important these days?

Does your behavior reflect this?

nothing ever happened in
the past that can prevent
you from being present
now.

– eckhart tolle



Affirmations



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

- **acts on what is
important.**





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

2

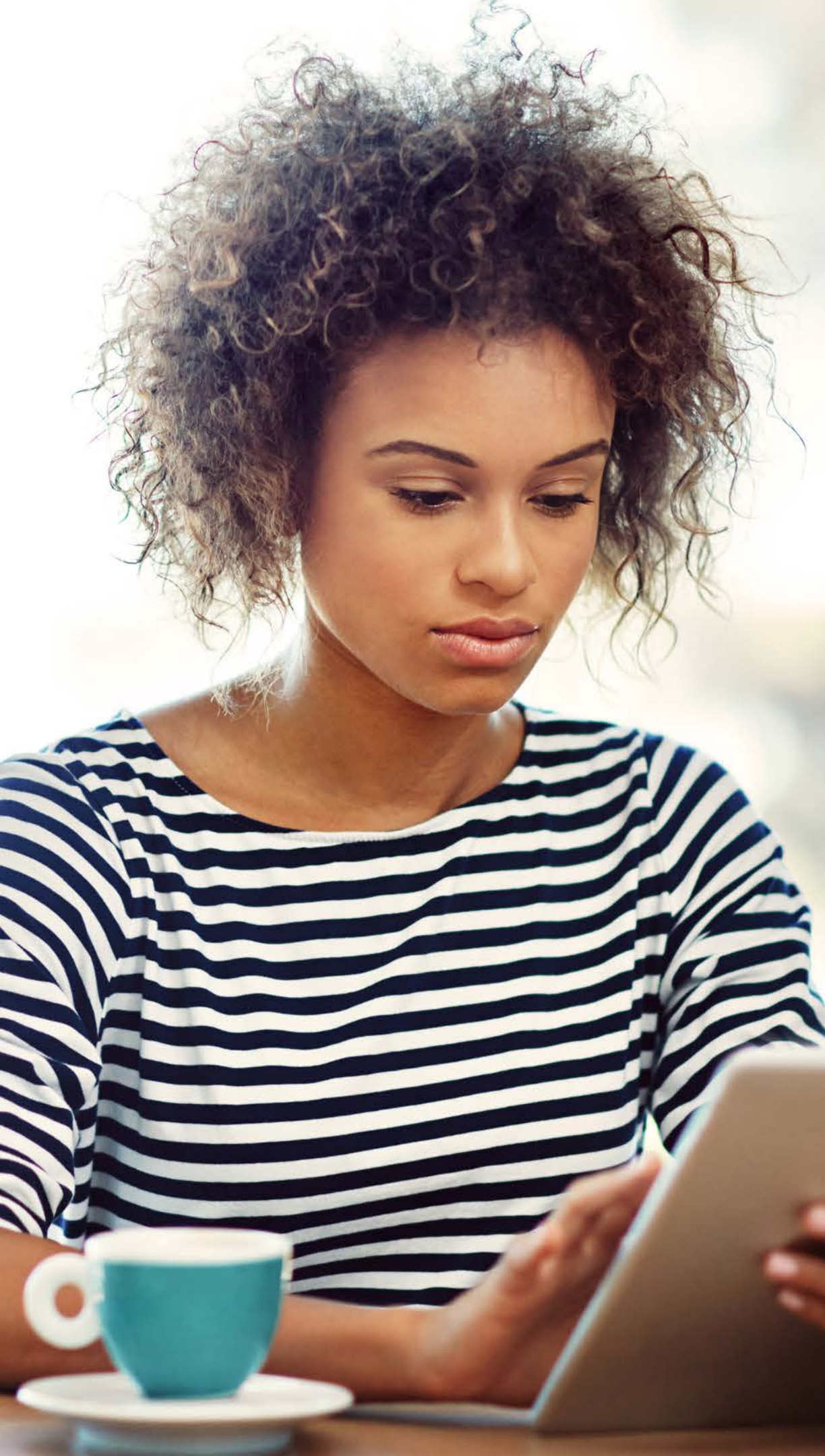
**Modern
Creative
Presence**

3

Mindfulness

4

**Written
Reflection**



Intentions

- Imagine if you were living your purpose and taking meaningful decisions and actions.
- What would be different in your life?



Modern Creative Presence

- Think of how you want to live your values (ex: loving parent, reliable worker, loyal partner, etc.) and how **good it feels** when you act in alignment with your values.
- What are you willing to give up to make this happen?
- Art response.



Mindfulness

- While painting or drawing, alternate between 1) noticing what is happening (listening to your thoughts, noticing what you are doing, seeing, hearing, or touching, etc) and 2) awareness of that part of you that is noticing.
- There is no right and wrong in how you do this.
- Have fun and avoid judgement



Written Reflection

- Reflect on your week focused on creating meaning and making contact with the present moment.
- What came up for you? Did you judge yourself in the process?
- Let go of judgement about how you think the present moment “should” be, and just let it be.



**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?

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!