

# 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

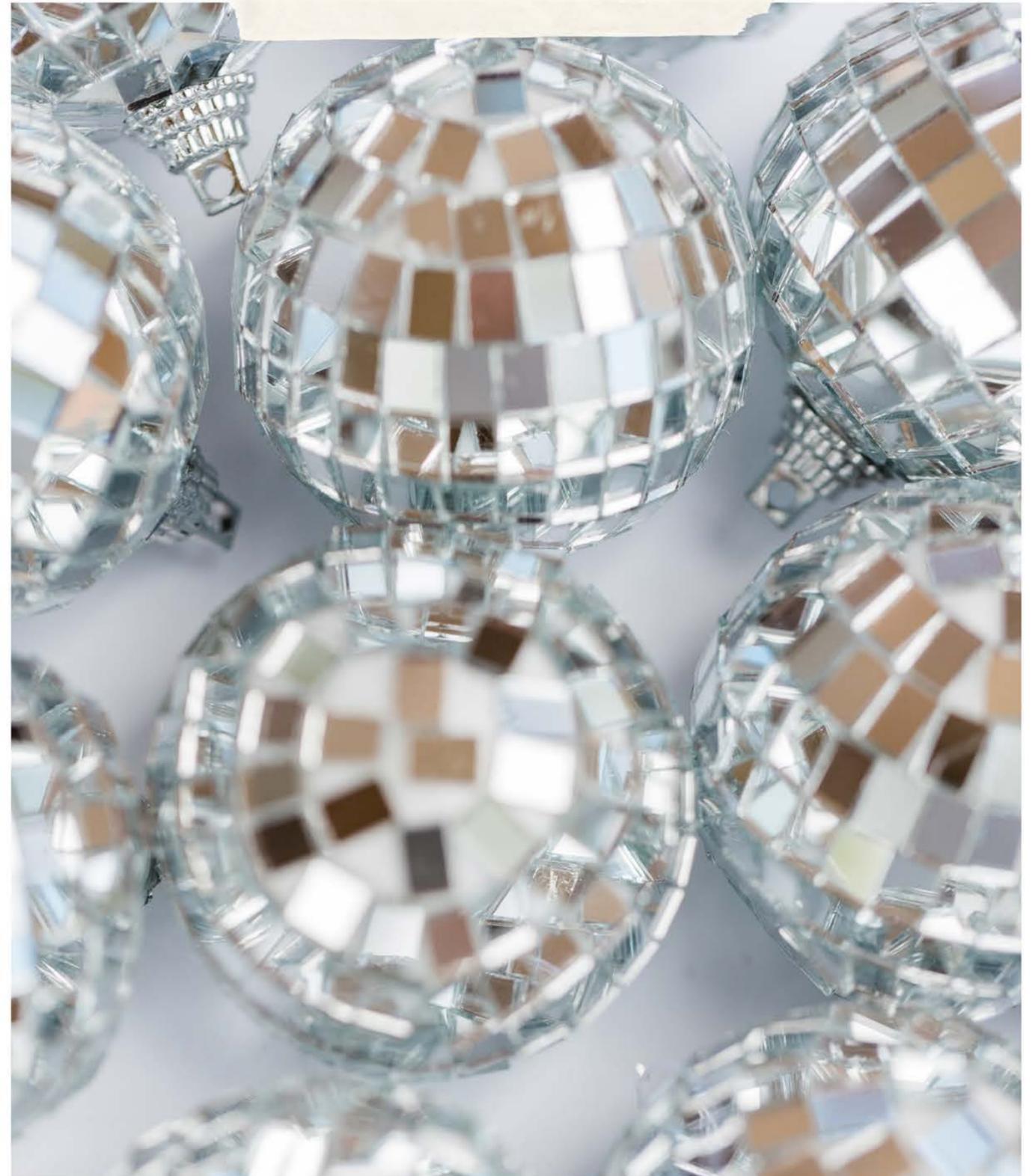
0 = completely checked out, not present

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.

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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**

# 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

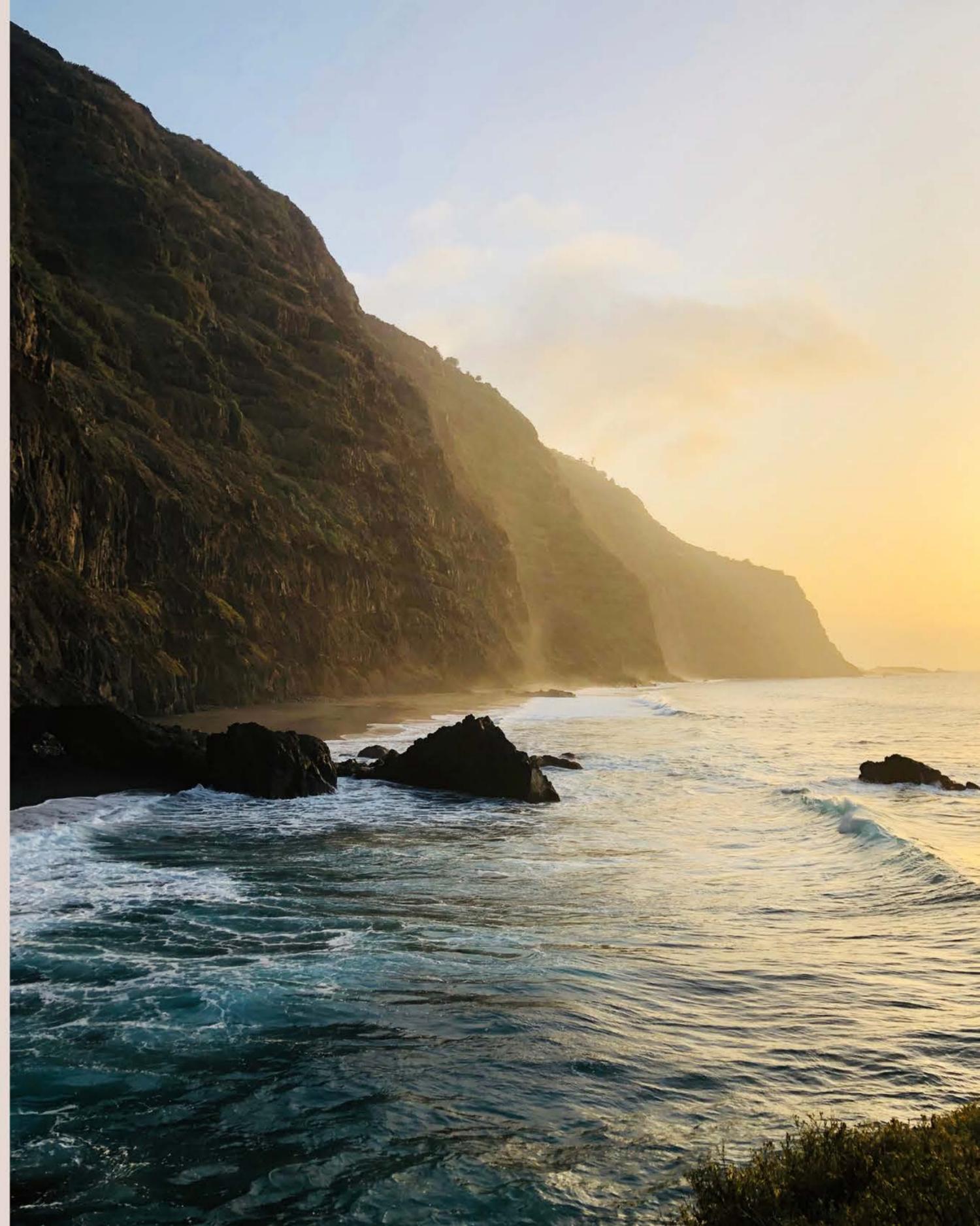
Your presence includes getting out of your mind and getting into your life, making contact with the present moment and seeing yourself as the "context" for your life experiences.

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

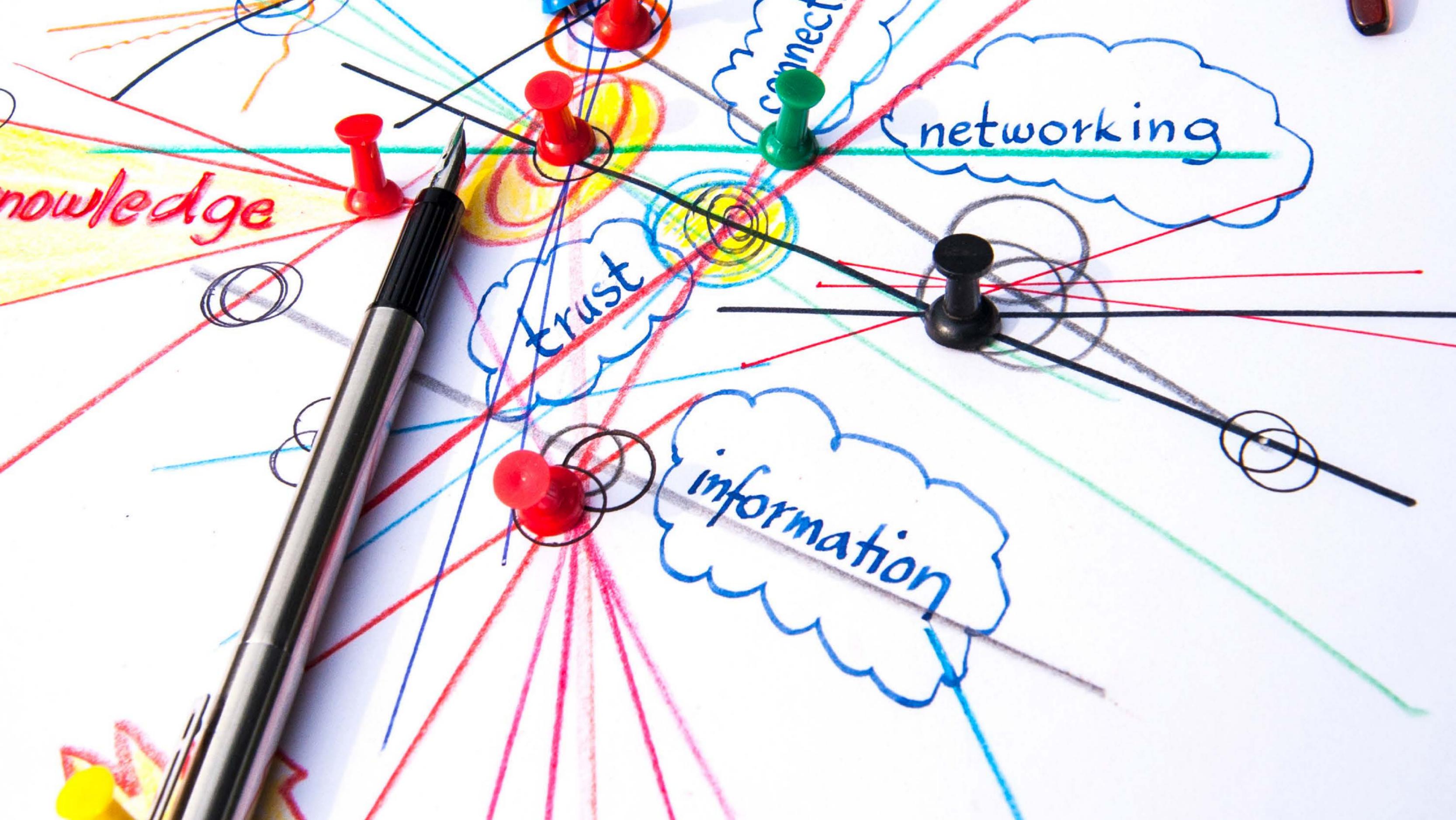
1. Divergent thinking
2. Awareness of our context/big picture.
3. Insight and psychological flexibility.



# Mind Map







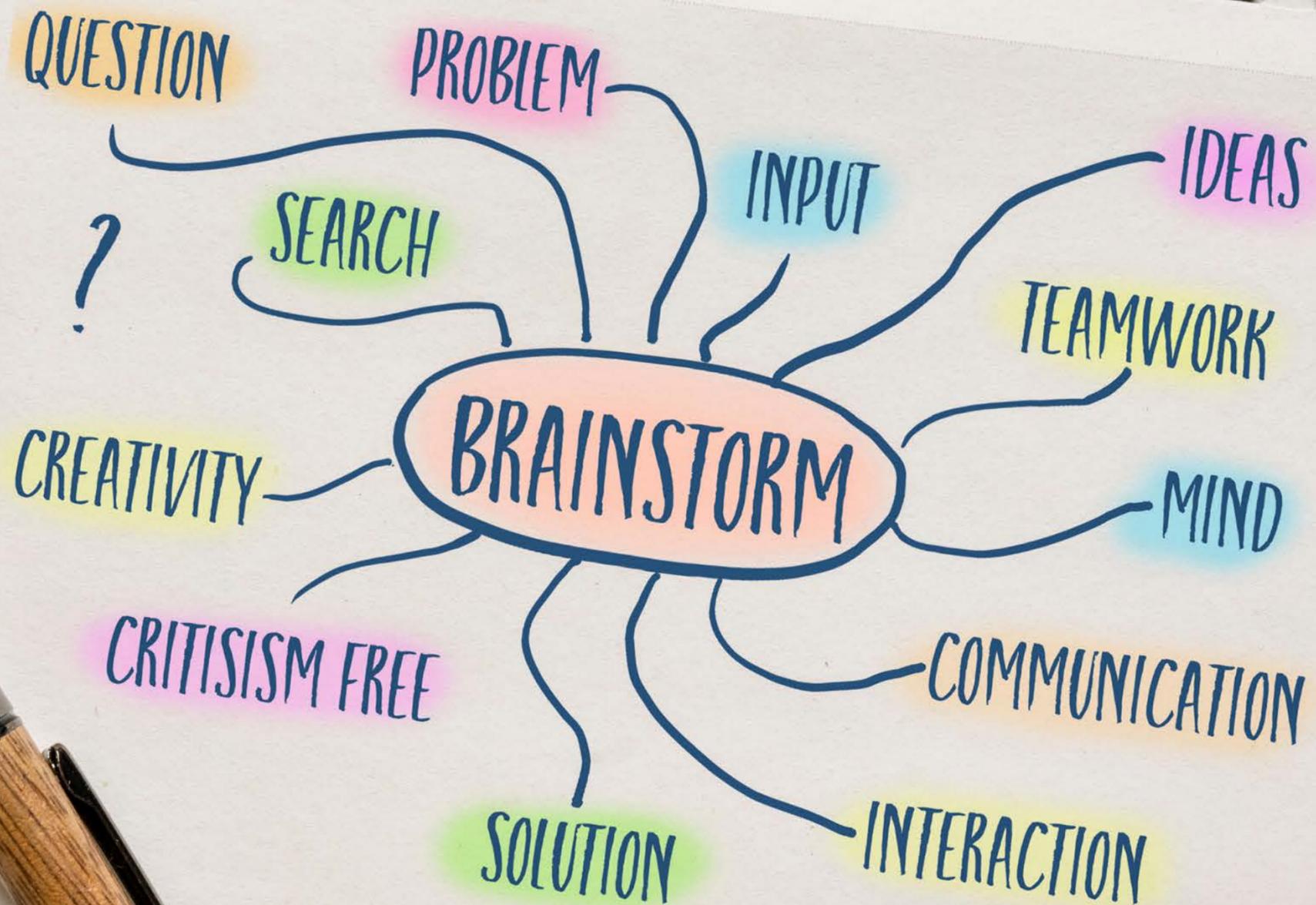
networking

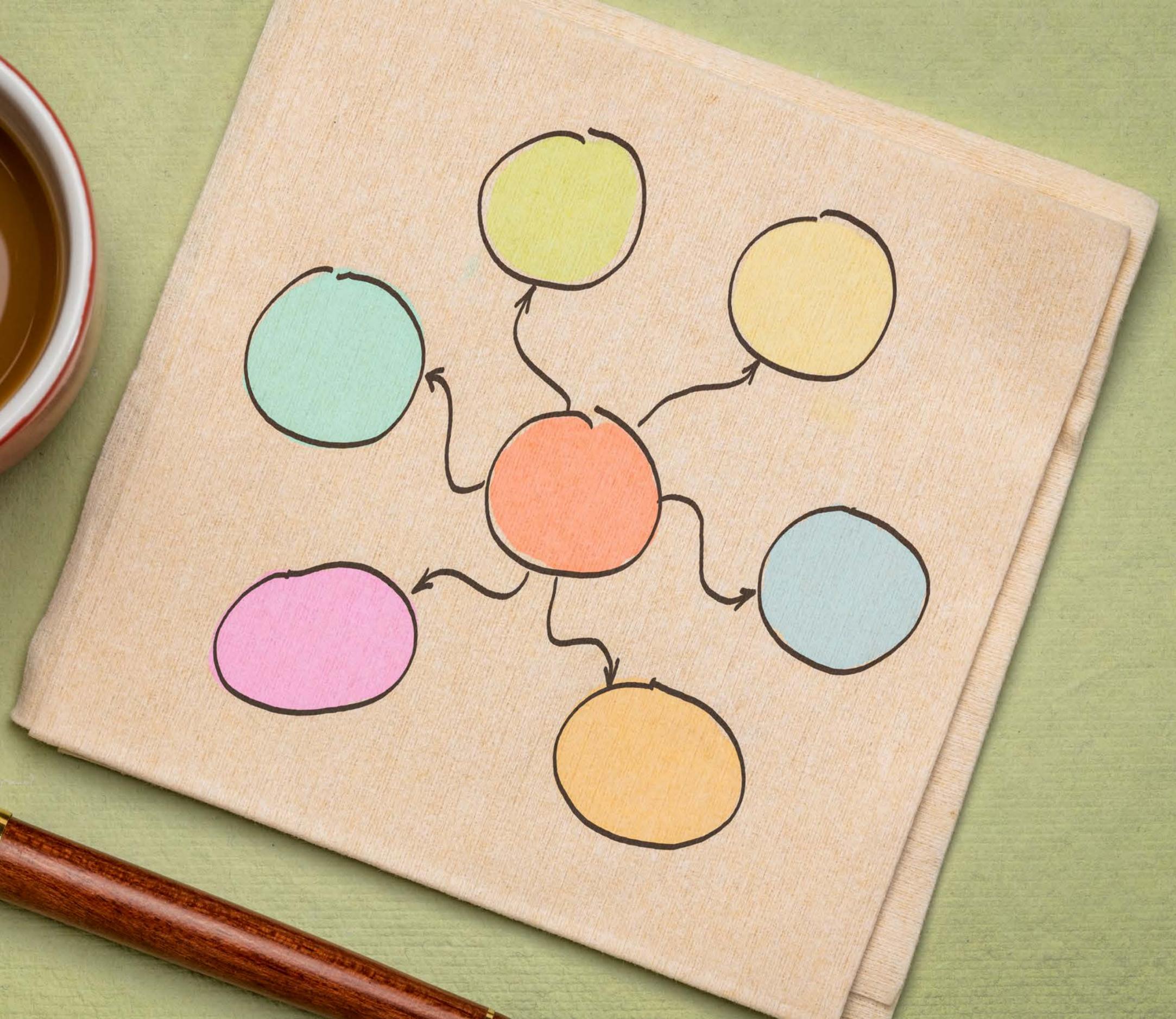
trust

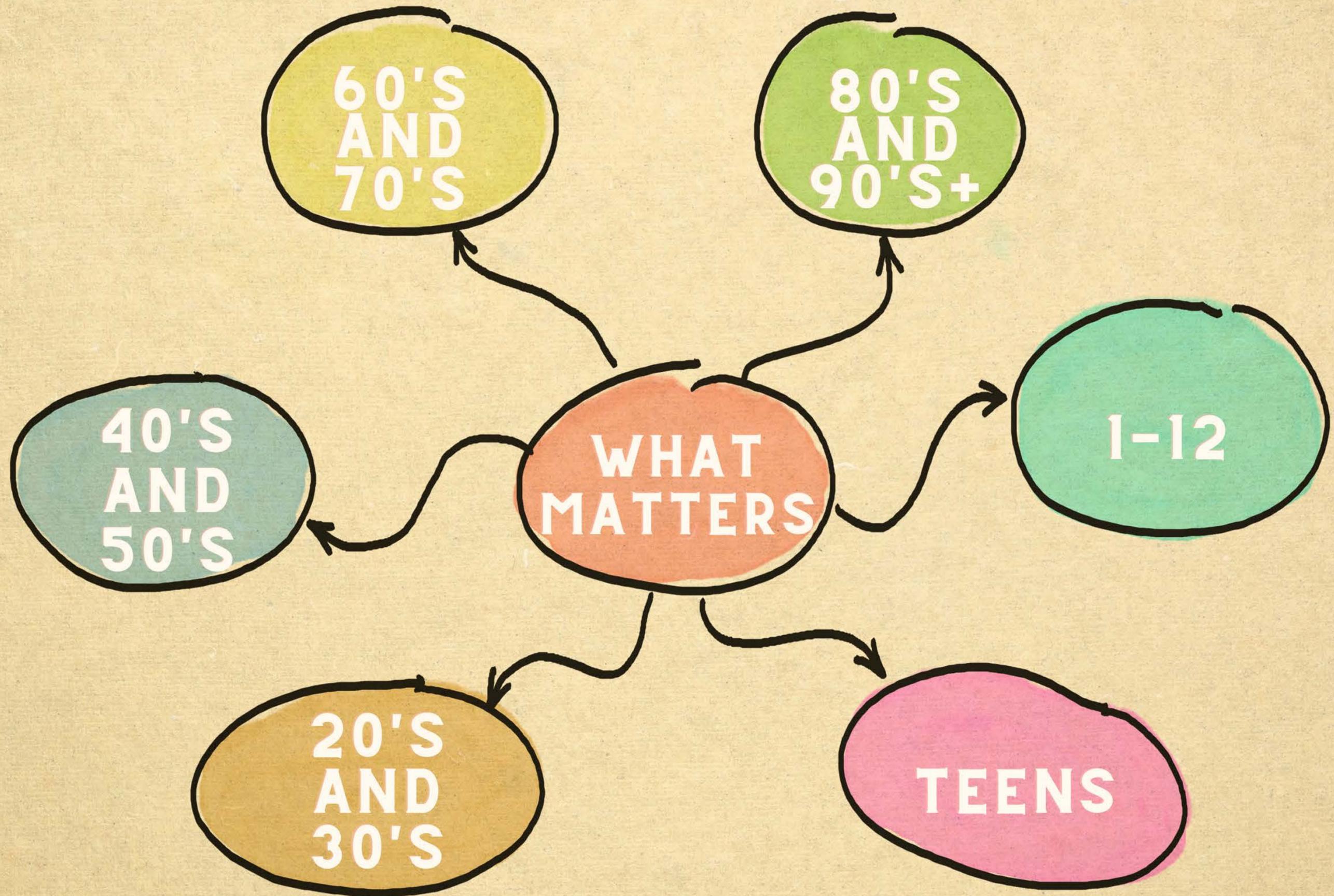
information

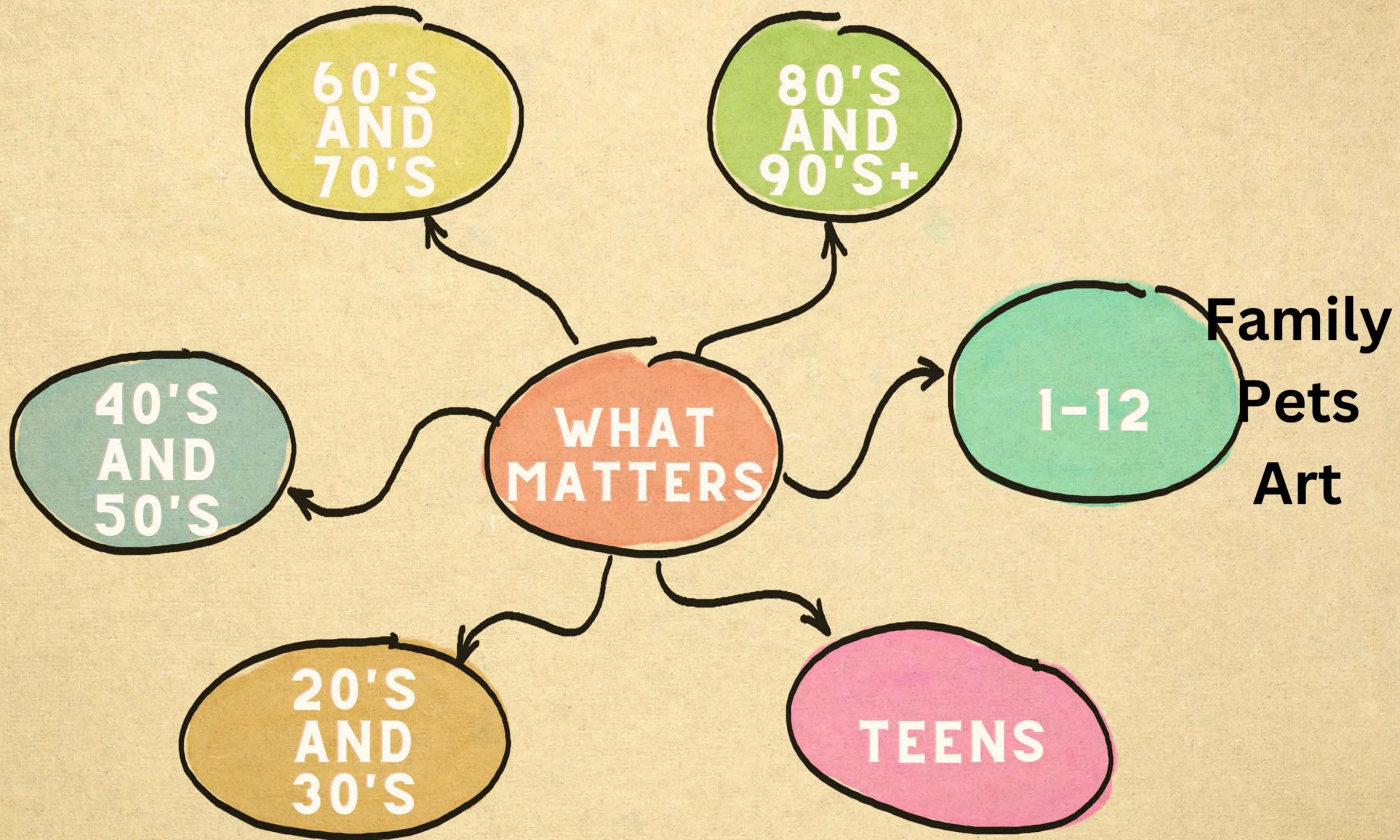
connect

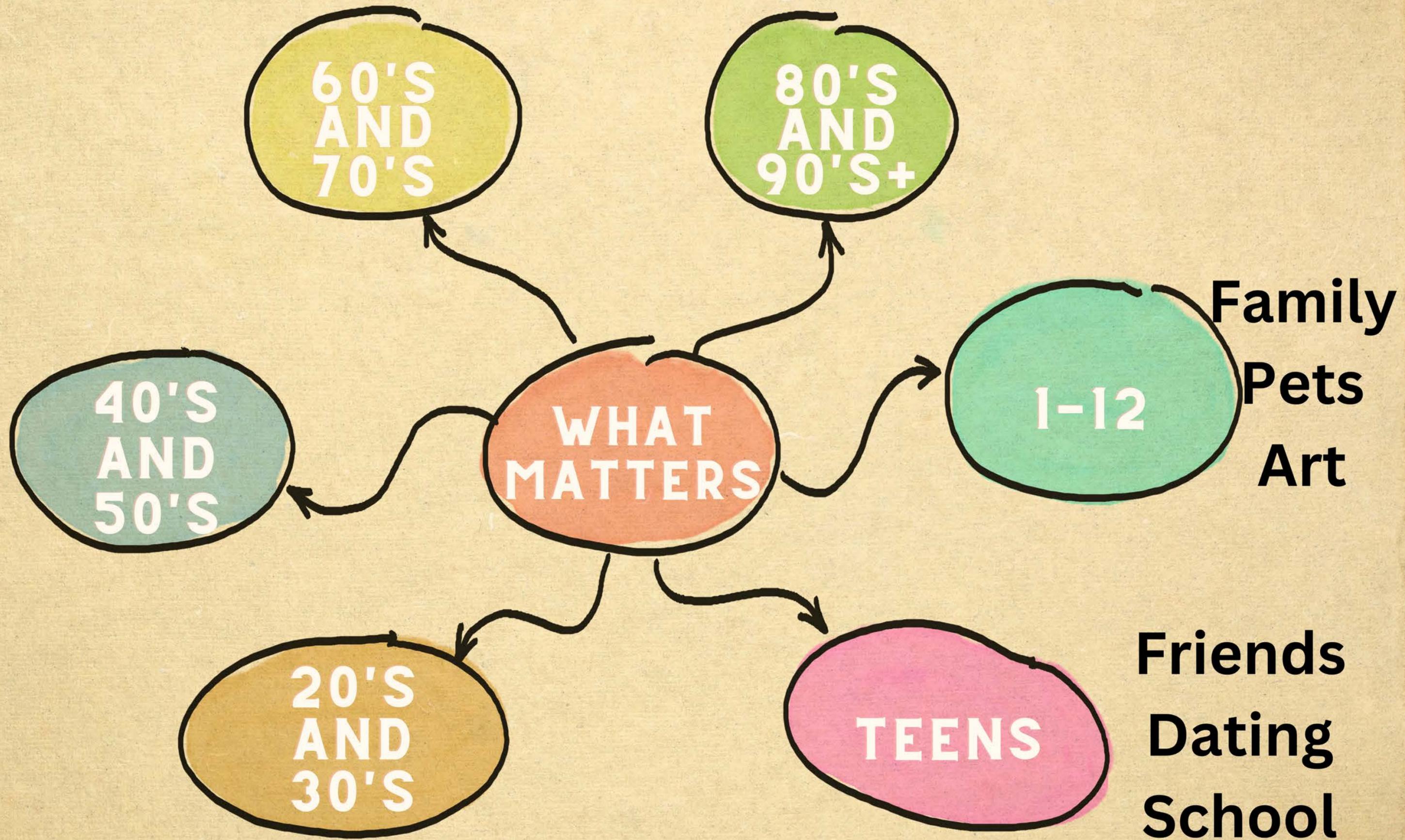
knowledge

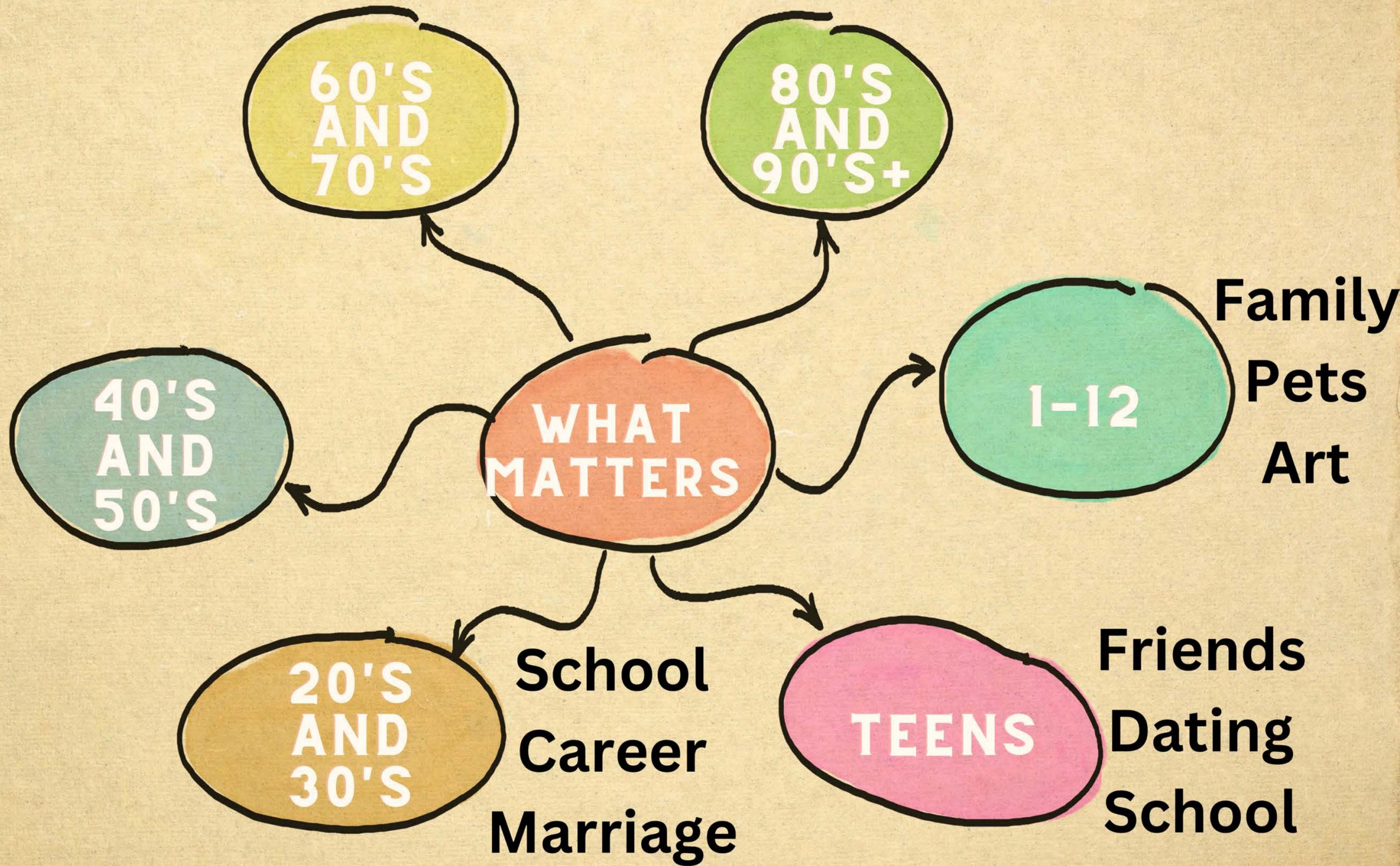


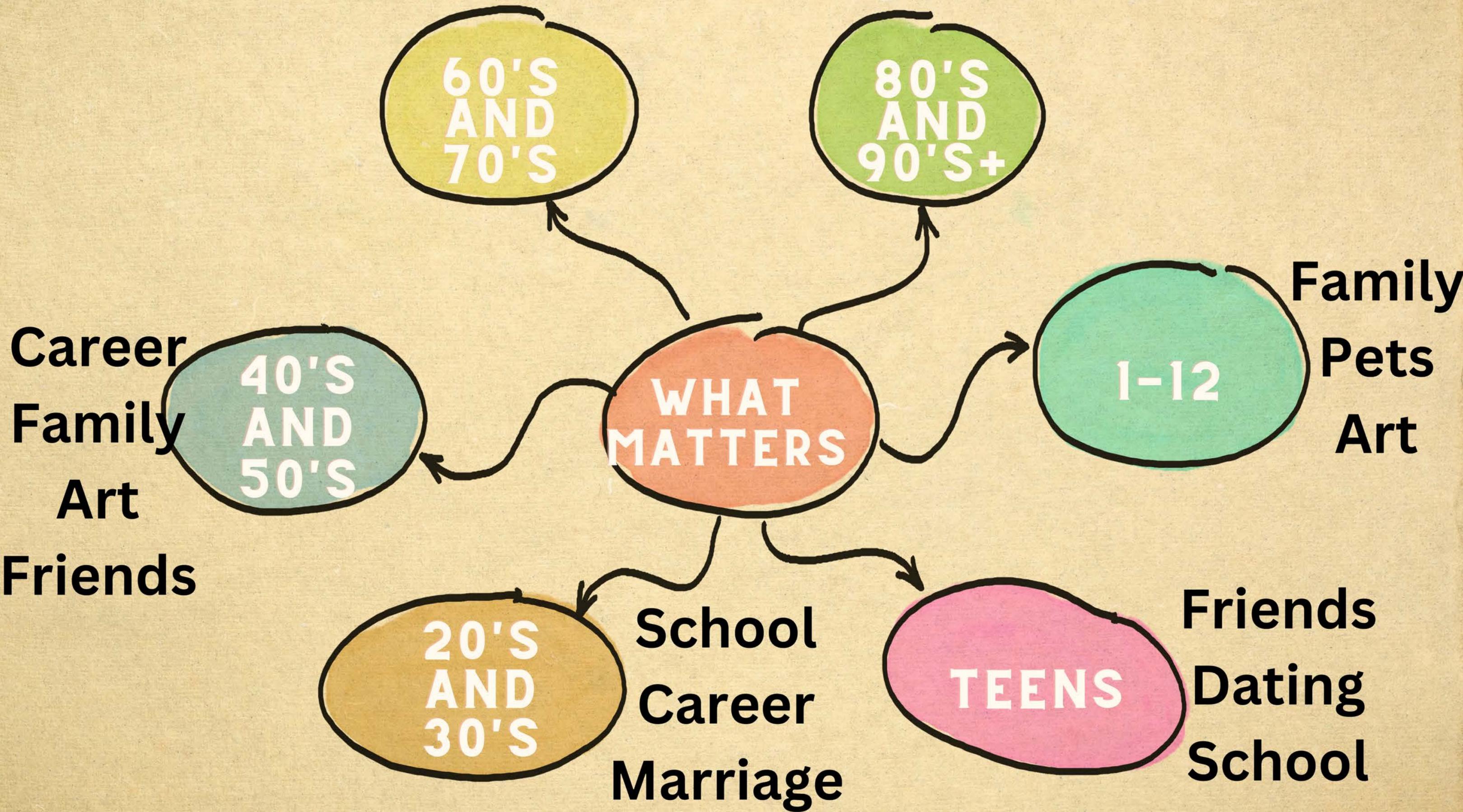


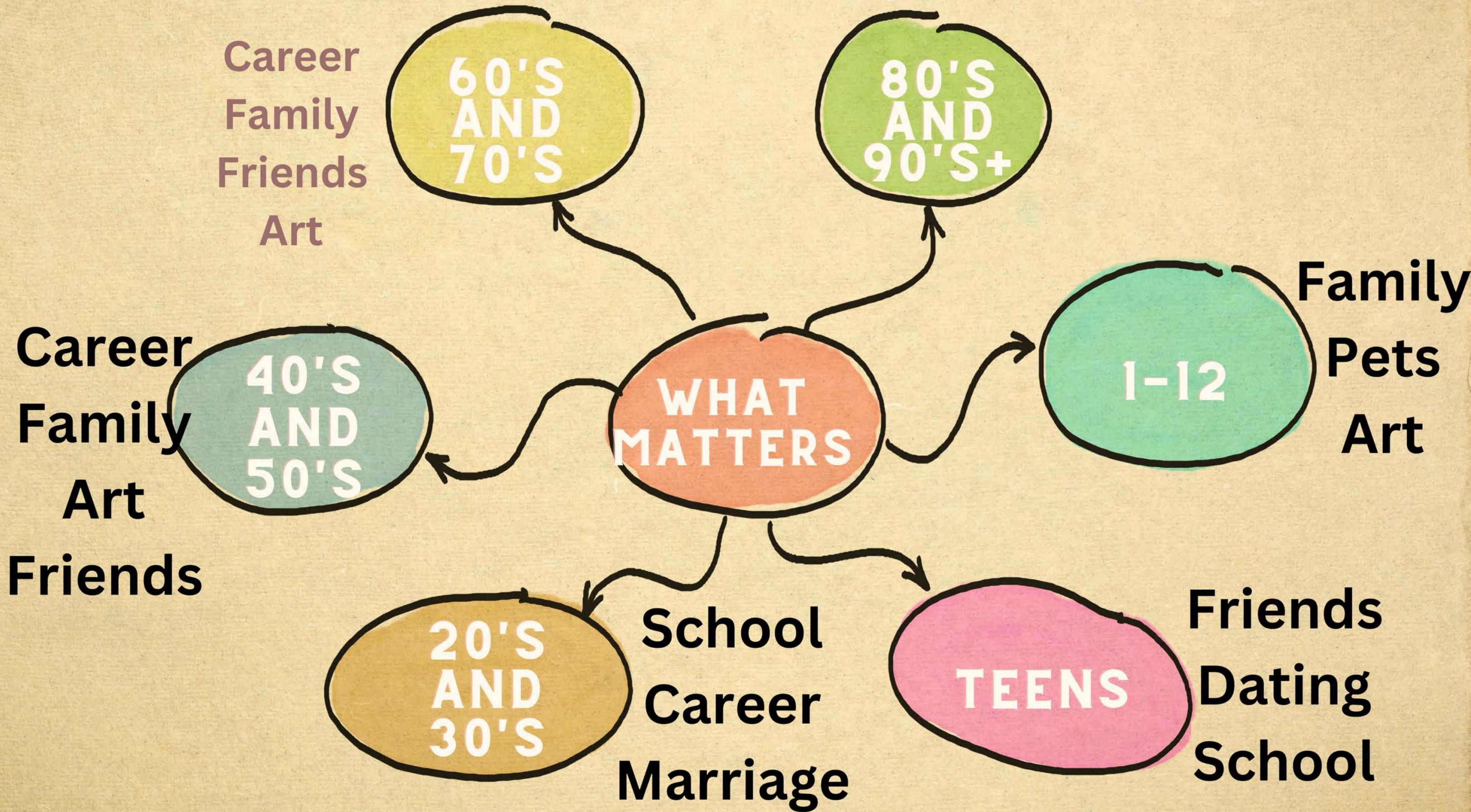


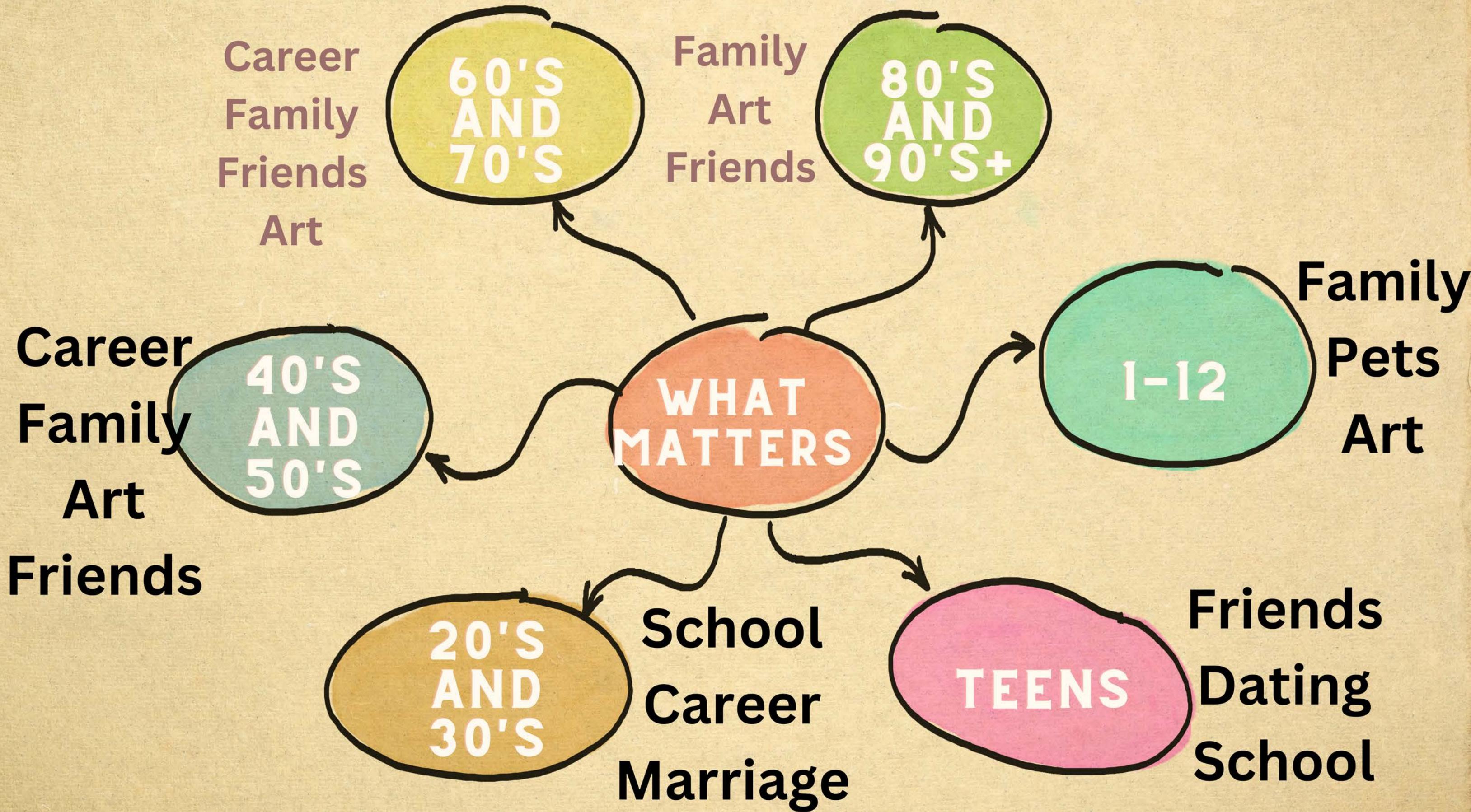


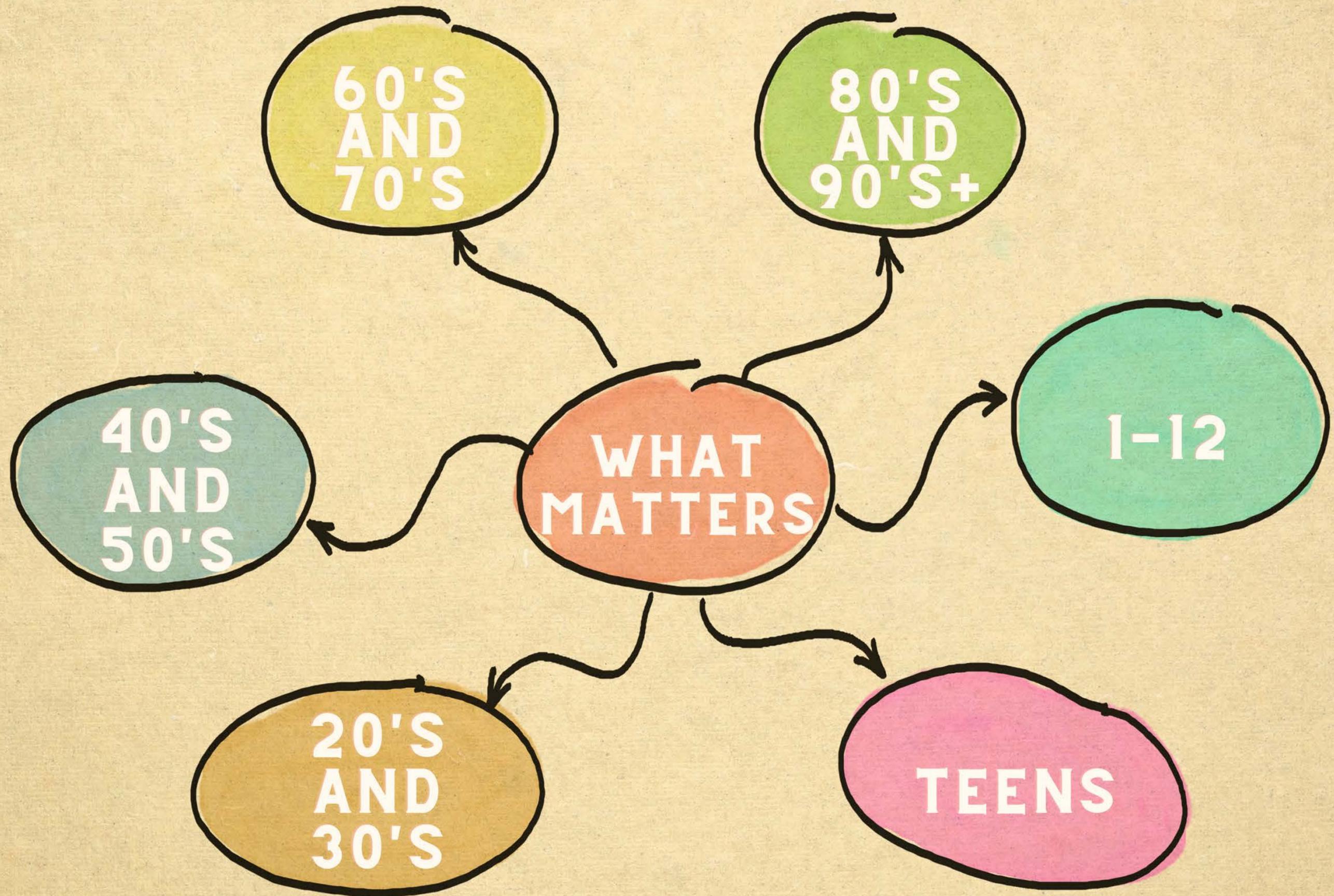














What is most important these days?

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.**



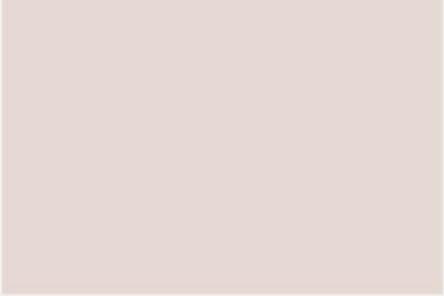


Finish the sentence in the chat:

"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

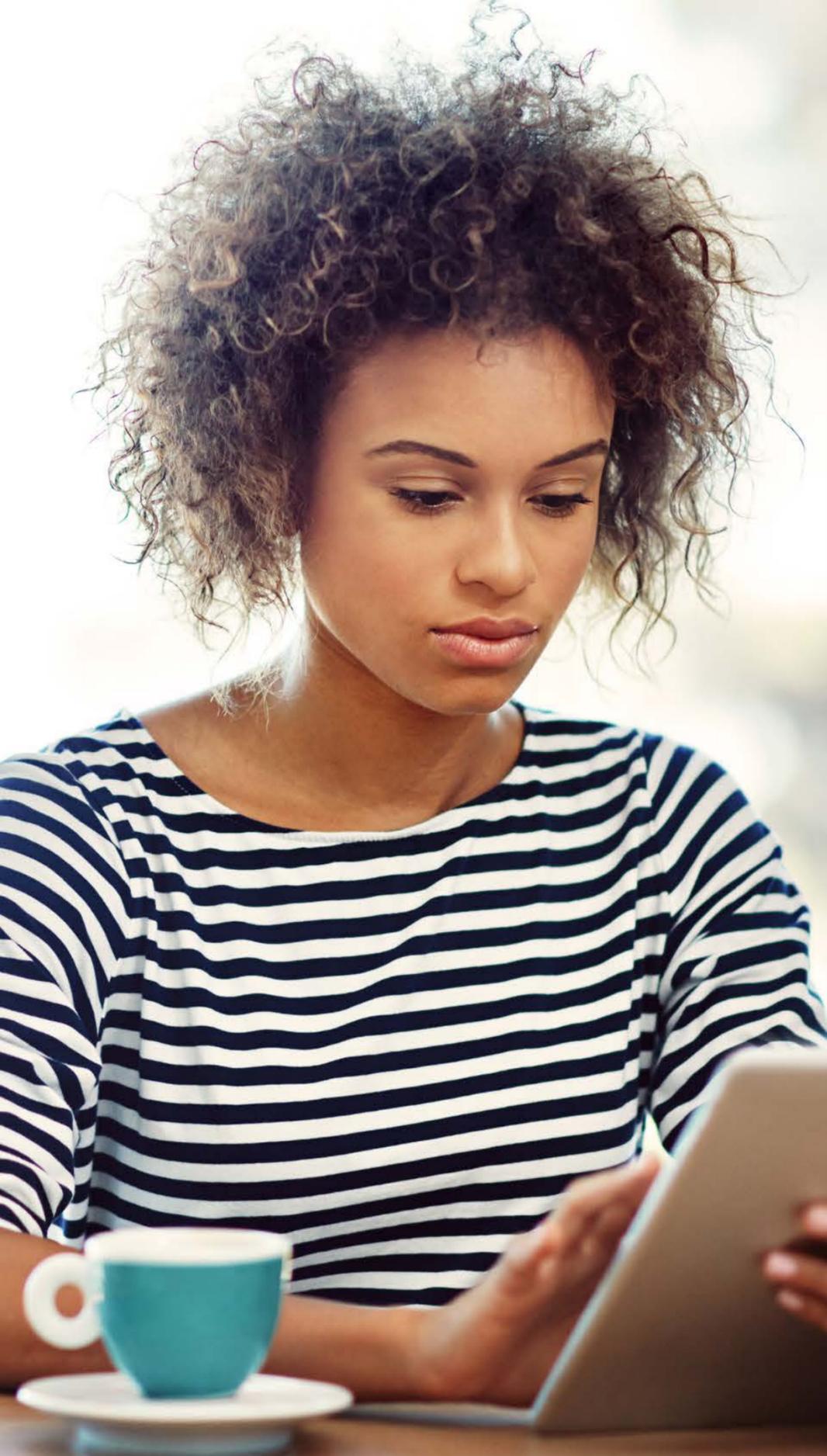
**Modern  
Creative  
Presence**

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.**

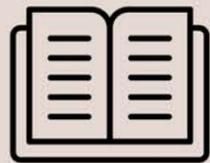


On a scale of 0 -10, how present are you  
right now?

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!