



Women's Search for Meaning

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About your instructor

Amy Backos PhD, ATR-BC

- Registered and Board Certified Art Therapist
 - Licensed psychologist
 - Author
- Present, teach and study nationally / internationally
 - Feminist
- Values in my work include service, creativity, authenticity, anti-racism, and empowerment

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Housekeeping

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

Be kind, positive and respectful in the chat. Share solution-focused ideas about what works for you. Avoid negative venting, complaining, or problem-focused sharing.

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Enjoy!

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What You Can Expect



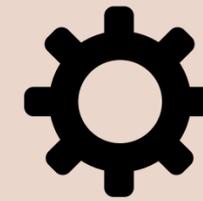
Know Values

Understand how values
simplify your life &
actualize the woman
you want to be.



Tools for Change

Learn proven
techniques to
make & maintain
change.



Commit to values

Prioritize your values
through writing, art,
and scheduling.

Timeline

BARRIERS
Addressing
cognitive fusion &
impostor
syndrome.

LIVING YOUR VALUES
Making a
commitment to
inspired action

WEEK
01

WEEK
02

WEEK
03

WEEK
04

INTRODUCTION
What are values,
how to move
towards them

MEANING & CREATIVITY
Generating
motivation to
express and create



Call to mind a person who uplifts you
and inspires you to be your best.

Describe them in 3 words.

Put your answer in the chat



What are Values?

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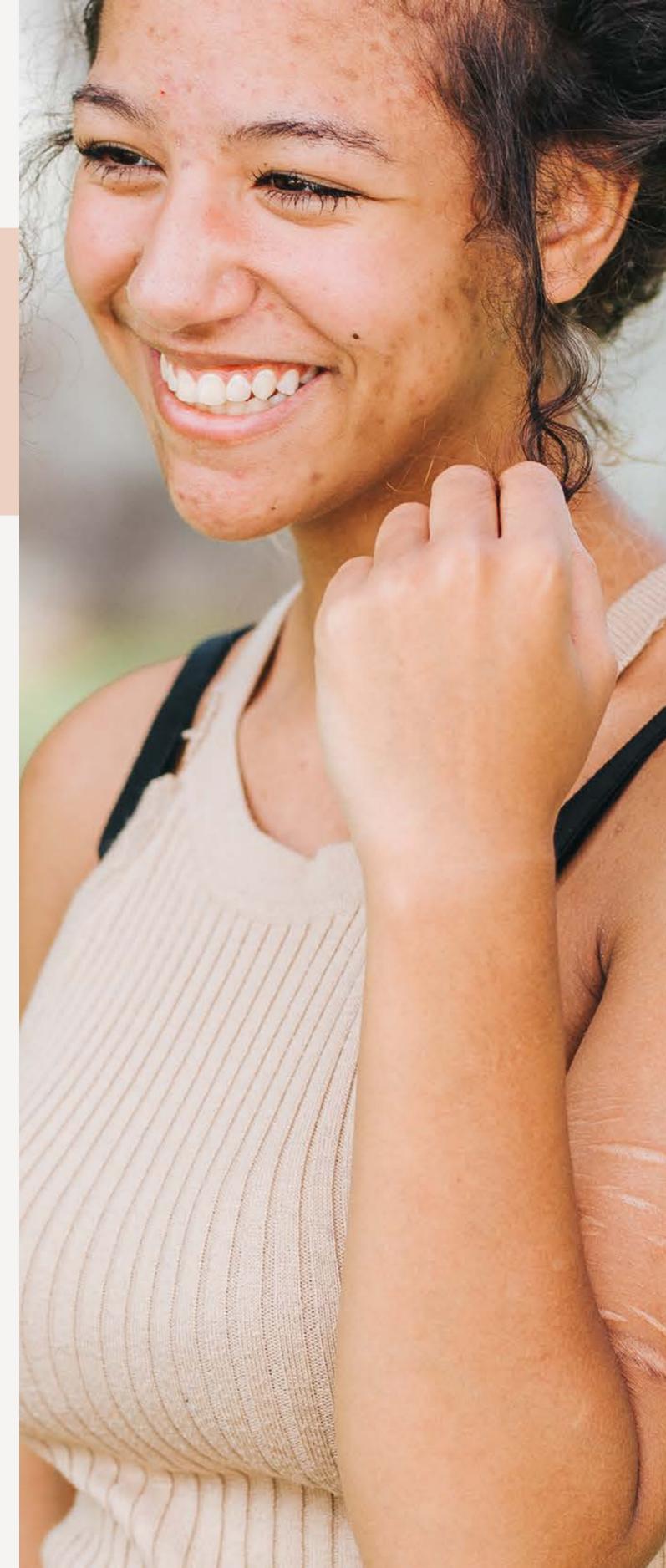


VALUES

- freely chosen
- provide guidance for decisions & actions
- deeply personal and connect us to others
- evolve over time
- actions create meaning and indicate your values

#1 Values

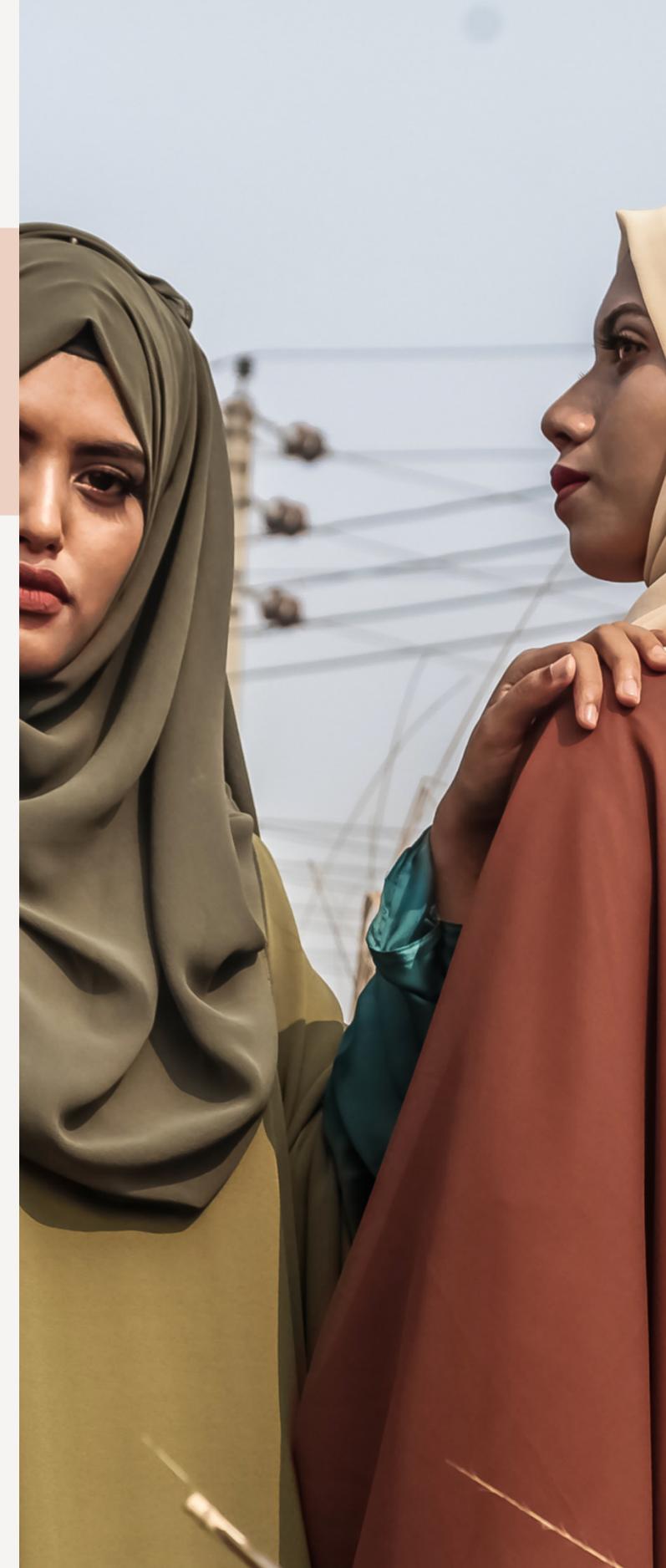
- Values are freely chosen, personal beliefs and standards of what is important to YOU.
- We inherit the values of family & society & it takes time to explore & define values for yourself.
- You may find some of your values align with family and society, while others differ greatly.
- You are the only person who can create your unique set of values.



#2

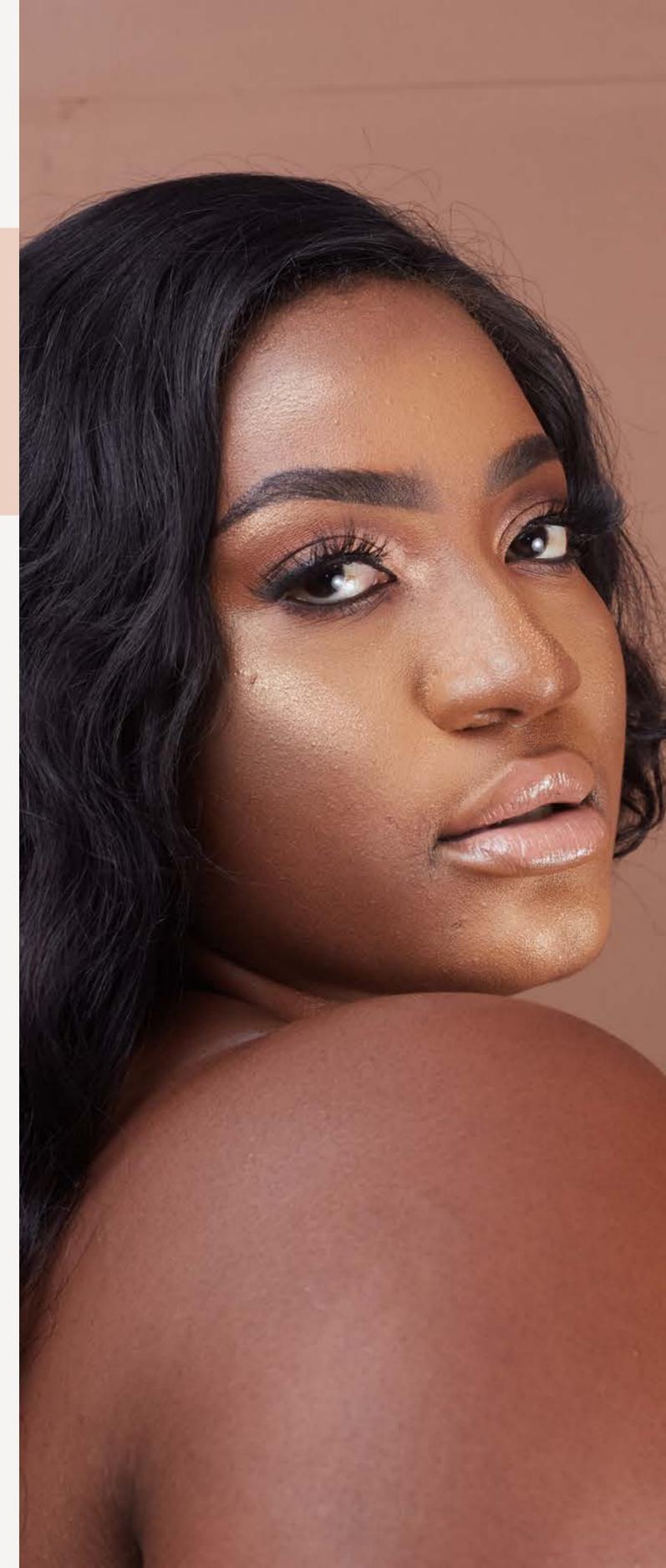
Values vs Goals

- Values are separate from goals.
- Values INFORM your goals by letting you know what is important.
- If you value personal creativity, you might set a goal of 20 minutes of art or writing each day to ensure you are acting on this value each day.



#3 Value Compass

- Values are your inner compass leading you towards, YOUR standards & priorities.
- How you spend your time, think, & behave moves you closer to or farther from your values.
- When aligned with values, actions reflect what is most important to you & demonstrate your commitment.
- Inaction in a value domain suggests it is less of a priority in your life - only YOU get to determine what is the priority.



#4

Values

- Values naturally evolve and their importance changes as you grow and age.
- What you value in relationships, work, and yourself changes over time as you mature, make choices, and meet new people.
- Ongoing evaluation creates a life consistent with your values.
- Help us make connections to others.



#5

Values

- Values are about what you care about and how you want to be as a person in any moment or situation.
- Reflect you & how you want to show up.
- Demonstrate your presence in the world and have nothing to do with wanting things from others.
- For example, defining your value of friendship refers to what YOU find important & how YOU want to behave.



You and your values

Values: a person's principles or standards of behavior; one's judgment of what is important in life; actions to demonstrate what is important.

Value work improves all aspects of our lives including our feelings, meaning, relationships, work, health, and creativity.

Prioritizing inner value-work is the best investment of your time.





Name one of your values.

Put your answer in the chat

Value Domains

Education

Romantic Relationship

Family

Friendships

Social Justice

Environmental Issues

Spirituality

Community

Financial Health

Creativity

Intellect

Nutrition

Travel

Parenting

Vocation/Career

Self Talk

Mental Health

Boundaries

Physical Health

Legacy

Style

Service

Self Care

Religion

Home

Recovery



Value
categories you
will explore

Mind

Body

Spirit

World

Values of the Mind

Pick one of these categories to explore during Week 1

SELF TALK

How you counsel and advise yourself, self compassion.

MENTAL HEALTH

Thoughts, feelings, behaviors, and reactions about internal or external experiences.

INNER BOUNDARIES

Limits you set with yourself, keeping self commitment, knowing what you want.

OUTER BOUNDARIES

Limits you set with others and the outer manifestation of your inner boundaries.



Mind: Self Talk

What: Self-talk is how you counsel and advise yourself. This includes language you use in your head, how you describe or judge yourself, and how you coach yourself through challenges.

Value: Kind, loving, compassionate, at ease, non-comparison, loving, confident, cheerleader

Actions: meditation, mantras, journaling, being around positive people, therapy, art, managing stress & anxiety

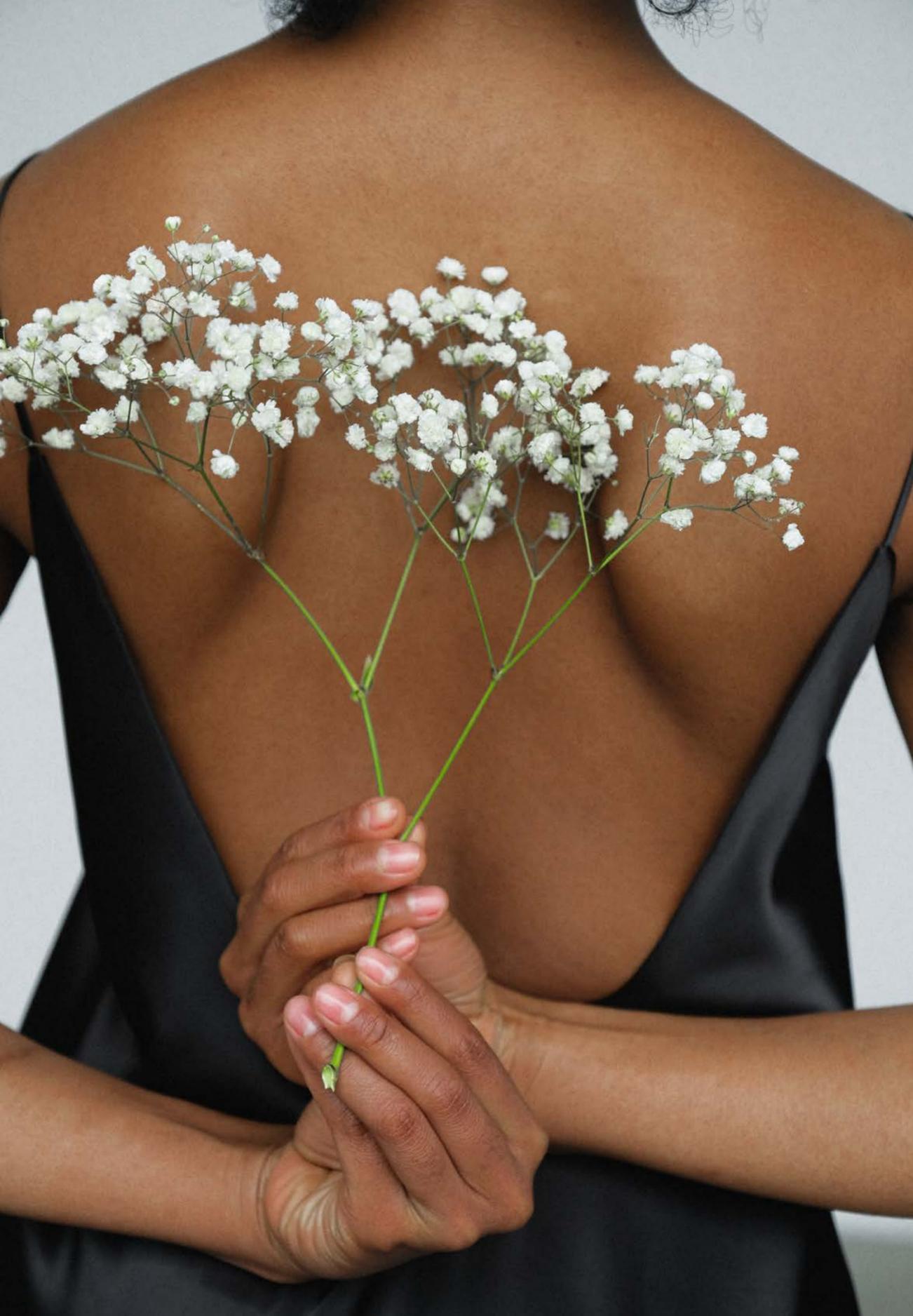


Mind: Mental Health

What: Thoughts, feelings, behaviors, and reactions about internal or external experiences. This includes what you tell yourself about what is happening. The story you tell about yourself. Positive mental health takes time and attention. It involves keeping thoughts positive and utilizing your strengths.

Value: present moment awareness, future focused optimism, loving kindness towards ones self, ease in relating to thoughts.

Actions: positive relationships, education, meditation, creative outlet (journaling, art, gardening) therapy, creativity, exercise.



Mind: Inner Boundaries

What: Limits you set with yourself including: self respect, keeping self commitments, discipline, knowing what you want, consistency, what you accept from yourself, and personal responsibility.

Value: honesty with yourself, clear communication with self and others, self respect, dignity, consistency, self-trust.

Actions: meditation, journaling, finding role-models, self reflection, therapy, art, time alone.



Mind: Outer Boundaries

What: The outer manifestation of your inner boundaries, limits you set with others: articulating your limits and wants with others, and asserting yourself to follow through with behaviors.

Value: Clear, assertive communication with others, following through on limits, keeping your word, self respect.

Actions: practice, assertiveness training, journaling, role models, being around positive people, therapy, willingness to change.



Name three of your qualities you find personally meaningful and important.

Put your answer in the chat



How do
you
show
your
values?

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Making a Commitment

noun: the state or quality of being dedicated to a cause, activity

verb: actions which reflect your values

Once you decide on a value, 100% commitment is required.

The actions you choose, the time you spend on them changes from day to day. However your commitment remains 100%.

eg. a commitment to parenting value at 100%



Research says...

Success follows a pattern

If you have had difficulty with consistency in the past, don't worry! This time you will succeed using the best psychology research!

You will learn and use all of these tricks for success this month.



Committed Action

Commitment of 1% of each day this month

20 minutes a day

Are your values important enough for you to make the time?

YES!

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Committed Action



Have you decided which value you
will choose this week?

If so, put your answer in the chat

Values of the Mind

Pick one of these categories to explore during Week 1

SELF TALK

How you counsel and advise yourself. This includes language you use in your head, how you describe or judge yourself, and how you coach yourself through challenges.

MENTAL HEALTH

Thoughts, feelings, behaviors, and reactions about internal or external experiences. At your best, this is behavior and thoughts to positively support yourself and utilize your strengths.

INNER BOUNDARIES

Limits you set with yourself including, self respect, keeping self commitments, knowing what you want, consistency, what you accept from yourself, and personal responsibility.

OUTER BOUNDARIES

Limits you set with others: articulating your limits and wants with others, and asserting yourself to follow through with behaviors, the outer manifestation of your inner boundaries.



Your Inspired Action

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

1

Write about your value

What is your MIND value?
Why is this important to you?
Describe your value in detail.
What would be the benefits of living this value to the fullest?
What does success look like?

2

Brainstorm

In what way do you already live this value?
What new ways can you act to demonstrate your value?
What have you done in the past to act out this value?

3

Visual Expression

Using lines shapes and colors, depict your value.
Work spontaneously and don't think too long about it.
You can use any material you like.

4

Reflection

What did you learn this week?
Are your behaviors showing what you value?
What are you willing to do?
What could prevent you from taking these steps?
What resources can help you?



Homework Example

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Your Value in Mind: Self Talk

I value peace of mind and moving with ease. I value present moment awareness.

I value speaking kindly towards myself and encouraging myself like I would talk to my best friends.

Being less "hard on myself" does not lower my standards or stop my success - it elevates my possibility of living my dreams.

When I hear unkind thoughts, I celebrate that I noticed. I value being able to course-correct my thoughts anytime I want.



Value Brainstorm

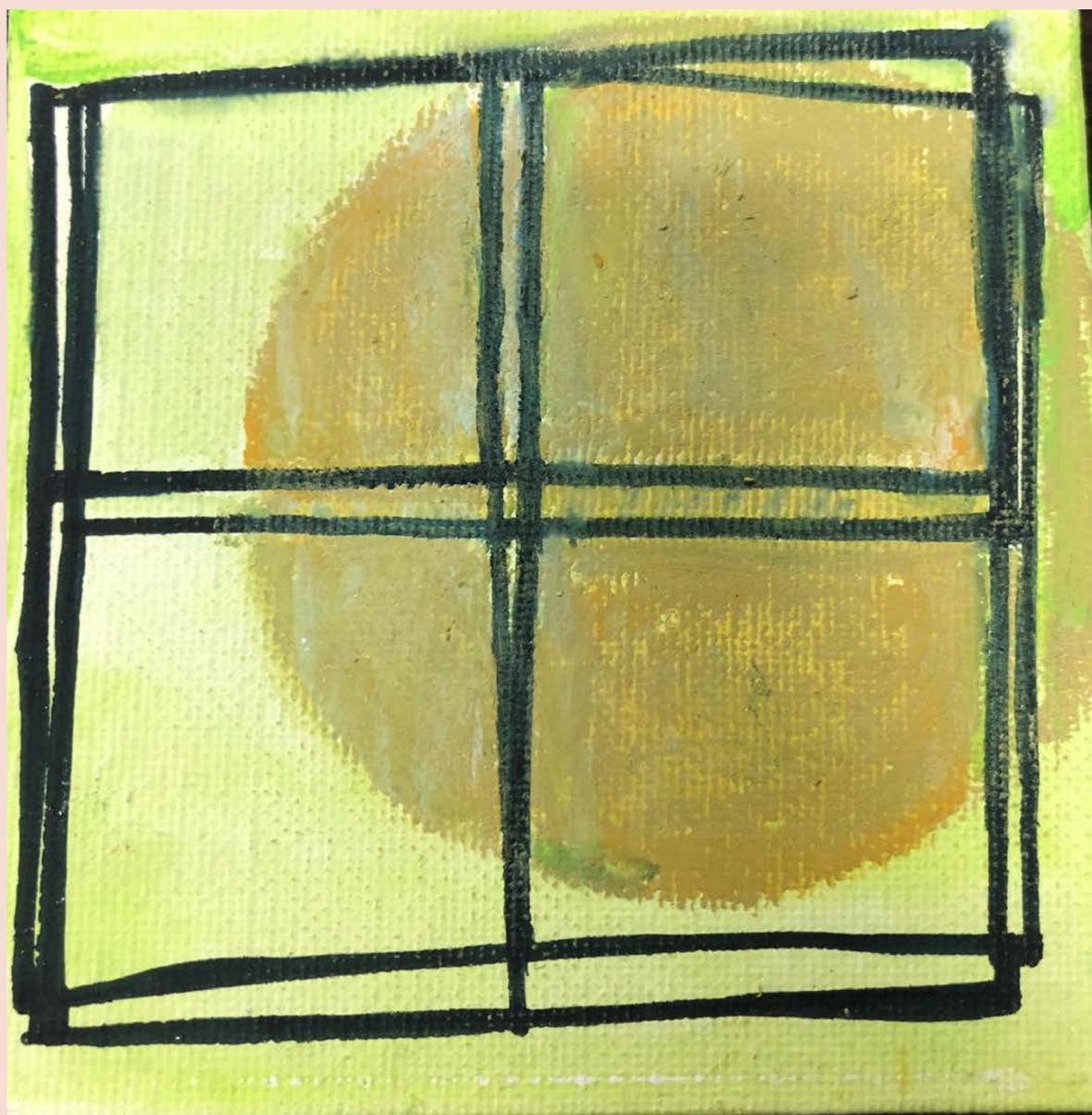
I can learn more about psychology, self-talk and mind management (eg. youtube videos on cognitive defusion)

Meditate everyday to practice observing my thoughts.

Go on mindfulness walks. Take beautiful photos.

Add uplifting words to my passwords and screen savers.

Give complements everyday and accept them with "Thank you!"



Visual Expression

Title: Open Window
(watercolor, oil pastel, sharpie)

Three words or phrases to describe my art:

happy

let the sunshine in

balance

How I feel: Inspired, happy, optimistic



Reflection



All thoughts are just thoughts and I can relate to them that way.



Thoughts are just thoughts and not TRUTH. I can course-correct my thoughts and feelings anytime I want.



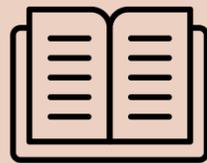
Kind words to myself help me be better for my family and community.



Name one belief which matters to you
and has guided you in your life.

Put your answer in the chat

What To Do Next



Review

Review pages 2-19 in your workbook.

Complete commitment worksheet on page 11.



Make the commitment

Schedule 20 minutes a day & write on your planner.

Complete commitment worksheet on page 11



Week 1 value

Pick one MIND value from the list on page 21.

Complete worksheets on pages 22-25.



Want More?

For supplemental inspiration about your values, find me each Friday at noon PST on IG live
@dramybackos

See Resource section at the back of your workbook.



Thank you!

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