

Aligning Your Goals & Passions



Week 2



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 woman is the full circle.
Within her is the ability to
create, nurture, and transform.**

-Diane Mariechild

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Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS.

PURPOSE
UNIQUE VALUES.

WEEK
01

WEEK
02

WEEK
03

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS.



What did you learn from your
writing and art this week?

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



What is Mindset?



Mindset

1. **Acceptance** (this is where I am & this is what is).
2. **Your relationship to your thoughts** (chosen thoughts determine your committed actions).



Mindset

An individual's attitude, beliefs, and assumptions about themselves and the world around them.



Mindset influences

1. How we approach challenges.
 - Do you think you can do it?
 - Will you try or not try? Will you quit?
2. How we interpret information.
 - Are they for or against you? (people or circumstances)
 - Do you believe your thoughts? (fusion)
3. How we make decisions.
 - Will you remain in confusion or can you decide?
 - Inaction because too much time looking for the "right" decision / more information.
 - Doubt even after you make a decision.



Two Types of Mindset

I. Fixed mindset

II. Growth mindset

- Relates to what brain and neuropsychology research is conducted or reported.
- Relates to physical/psychological interventions & expectations.
- Relates to your personal attitude and ultimately, your actions towards your goals.



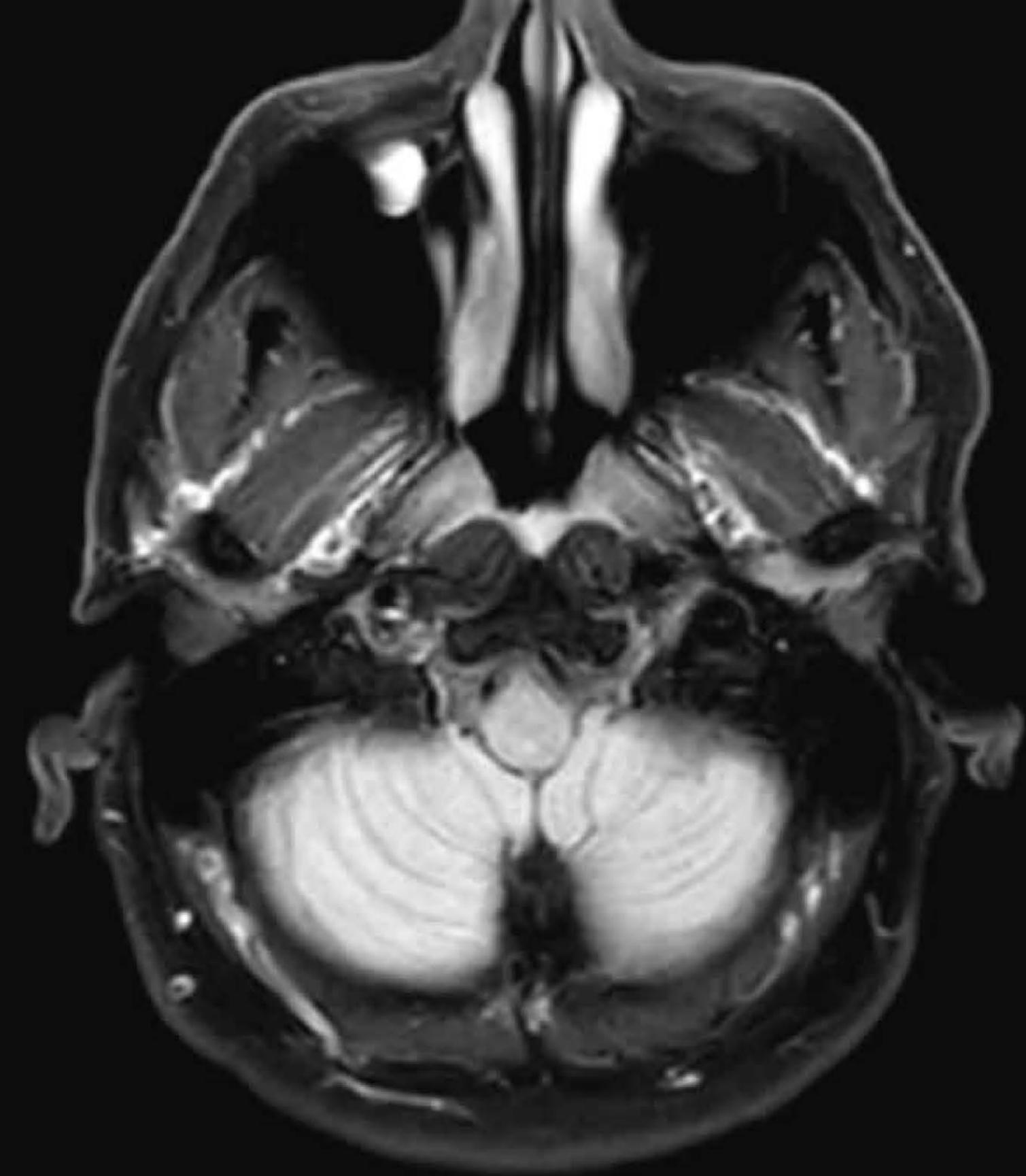
I. Fixed mindset

- The belief that abilities and intelligence are fixed traits and cannot be changed.
- Idea that someone at the top of their field must be there because of innate talent / genius.
- Examples - tracking children in school, using IQ test to place children in classes, rehab without expectation of improvement, older brain studies (observing damage instead of recovery from damage), old beliefs that you are stuck.



II. Growth mindset

- Belief that abilities and intelligence can be developed and improved through effort and learning.
- Nobody is born an expert.
- Decades of neuropsychological research documenting neuro-plasticity (regrowth in the brain, recruiting from other areas).
- Study recovery from brain damage to create rehab plan.
- Examples: recovery from brain injury, unexpected improvements, learning, 10,000 hours/10 years to excellence, achievement is talent + practice.



Research Consensus

- Brains compensate for many injuries.
- IQ is only a test - a single measure often requiring certain "exposure". Intelligence can increase with study and practice.
- CA law says African American children are not allowed to be tracked into classes based on IQ score. (ie: IQ is just a test and not a reflection of intelligence, questions are racially and culturally biased, AND intelligence changes with practice and exposure.
- Achievement = talent/natural aptitude + practice.



Summary

- Your beliefs about your success determine if you decide to try **and** if you will keep going or quit.
- Your natural talent / passion + practice = achievement.



**Whether You
Think You Can,
or Think You
Can't ... You're
Right.**

-Henry Ford

**So what do you
want to think
about your
goals?**





- Doubting thoughts are just the brain thinking.
- Doubt is a thought and/or feeling. Not reality. Nothing has gone wrong when you doubt or feel insecure.
- Committed action is you making a conscious choice to keep pursuing your goal and passion.
- Committed action is how people accomplish goals.



Questions to Ask Yourself

- What am I learning?
- How can I use my natural talents here?
- How can I appreciate where I am in the 10,000 hour process?
- What would my future self want me to do right now?



Mantras

- I am learning.
- There is no hurry.
- Everyday I improve by building on my talent, natural ability, passions and committed actions.
- I navigate and course correct on a beautiful arc.





Guided Imagery
&
Art Response

Observing
Thoughts
exercise





Imagine you
are like one of
these trees...



I am aware I
am having the
thought of...





Right side of your Brain: Response Art

- Make many circles to represent your thoughts.
- Some are big and some are small.
- They each invite feelings: some invite happiness and others invite sadness.

Left Side of your brain: Response Writing

- Label each circle with a thought and the accompanying feeling.
- Highlight or make bold the thoughts which serve you, tell a story you like, or you want more of.
- You can keep drawing.
- Revisit later and add more thoughts and feelings until all the circles are labeled.

Bringing it together

- Recognize your thoughts are "just thoughts," not related to reality, temporary, can be observed instead of listened to, and they are the thing that invites/creates feelings.
- Remembering thoughts are just thoughts helps you avoid procrastination, avoid premature abandonment of your goals, releases self-judgement, helps you follow through with your goals and committed actions.



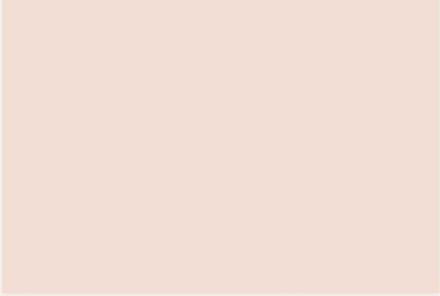
What do you now know about your thoughts?

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



Reflection
this week

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Your Inspired Action

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

1

Mindset

2

**Positive
Relationship
with your
Mind**

3

**Observing
your
Thoughts**

4

**Creative
Expression
& Reflection**



Observing Your Thoughts

We have approximately 60,000 thoughts per day—
and 90% of these are repetitive!

These are questions & journal prompts to promote
acceptance, willingness and defuse from old
thoughts.

Goal: expand your conscious and creative thoughts.



Positive Relationship with your Mind

- These are a series of exercises and questions to help you welcome your thoughts and feelings and drop the struggle.
- Let go of pushing away / avoiding some feelings.
- Learn to value all your experiences...going towards your goals includes lots of uncomfortable thoughts and feelings.



Observing Your Thoughts

- What did you notice as you observed your mind?
- Were you able to observe your thoughts or did you get wrapped up in thinking about the content of your thoughts?
- Were you able to remain accepting or did you have judgmental thoughts?
- Remember, nothing has gone wrong!



Response Art

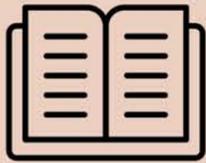
- Imagine what your mind looks like using lines, shapes and colors.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Avoid thinking too long about it and just be spontaneous.
- However you do it will be great!



Note your "before" and "after" scores for
gratitude.

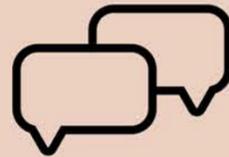
Put your answers in the chat.

What To Do Next



Review

Review your orientation manual and bonus material.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Week 2

Read and complete Presence exercises.



Looking for More?

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

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What will you remember about
today's class?

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

