



React Respond Create

Week 2

**Self-care is never a selfish
act—it is simply good
stewardship of the only gift I
have, the gift I was put on
earth to offer to others.**

~Parker Palme

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





What did you notice this week
about your responses?

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

Modern Creative Woman Timeline

PRESENCE
PRESENT
MOMENT
AWARENESS

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

PURPOSE
YOUR
UNIQUE
VALUES

WEEK
01

WEEK
02

WEEK
03

**Cultivating
Mindset for
"Response"
(instead of reaction)**





Creativity

- Remember, creativity is a skill nurtured and developed over time.
- Add creative strategies to your thinking & you can respond creatively in all kinds of situations.
- The focus is on changing your relationship to your thoughts.

**Using Mindset to Respond
Instead of React**

Experiments
Creativity Modeling



Experiment and create a model

- Experiment often with different approaches to thoughts and actions.
- Create thinking models to experiment with your ideas.
- A willing stance in attempting the new, learn from failures, and expand on your model.
- Playfulness.





Experiments

- Try relating to your thoughts differently each time.
- Be willing to have uncomfortable thoughts and "let them be there" without judgement.
- "Play" with a new way of thinking.

Practicing Your Mindset



Remember this about Thoughts

- Neurons firing.
- A biological function.
- Are not true.
- Are not reality...you might be thinking about something, but it is not happening in your thoughts.
- Designed for survival.
- Reflect habits of the mind.
- Follow a usual path unless we make new paths.



Imagine you got an
adorable puppy!



Puppy

- Puppies naturally want to run, chew, bark, smell, and explore.
- You want to train your puppy, otherwise, they mess up the house, cause damage, can hurt other pets or people.
- An untrained dog can become anxious, hesitant, fearful, and aggressive.
- An untrained dog is not that much fun to be around.



Thoughts

- Imagine thoughts are your puppy.
- You want to love and train them.
- Trained thoughts are more calm and at ease.
- Training teaches how to respond to fear without reacting.
- Training makes it easier to share your authentically with others.
- Trained thoughts make room for creativity, values, and flexibility.



Puppy

- We don't judge the puppy for doing what is naturally does - we find options to run, play, chew, bark, smell, and explore.
- Chew toys, walks/runs, dog park, tricks and commands, give treats, etc.
- Each dog breed has natural strengths in their biology - retrieve, catch, capture, run fast, etc.
- And each dog has a unique history and personality with preferences for socializing, solitude, rest, and exercise.



Thoughts

- We don't judge our thoughts for doing what they have been trained to do.
- We give ourselves options to be creative, happy, get into a flow state, express values, be authentic.
- We develop hobbies, cultivate relationships, do work.
- Humans have a natural capacity to express, create, love, explore, think, and connect to a higher power.
- Each of us has a unique history and personality with preferences for socializing, solitude, rest, and exercise.



Summary

- Your thoughts are like an adorable, slightly wild, puppy.
- We avoid piling on judgements for how and what we think.
- We do not abuse our puppy/thoughts with self neglect, avoidance, lack of fresh air and exercise, depressing news/TV, substances or behaviors to numb/escape.
- We help her learn, grow, rest and engage.
- We celebrate each time our puppy succeeds. We cheer for her, snuggle her, and give her appropriate and interesting rewards.
- When she runs away or acts in a way we don't like, we find her, redirect her, and we do not ever punish her.



Training your Puppy Thoughts



Automatic Thoughts

I messed that up.
I'm an idiot.
I am so inappropriate.
I am too much.
I am overwhelmed.
I am so sick of this.
I can't afford that.
This always happens.



Questions

Why can't I decide?

What is wrong with me?

Why can't I...?

Why am I lazy?

What if I fail?

What if they find out I am a fraud?



What are some of your untrained
puppy (automatic) thoughts and
negative questions?

Write them down...with compassion
and objectivity.
(3 minutes)





Training our thinking

I messed that up. I misunderstood.

I'm an idiot. I did not know at the time.

I am so inappropriate. I acted without all the information.

I am too much. I have strong feelings about this.

I am overwhelmed. There are many feelings present.

I am so sick of this. I can create a different reaction.

I can't afford that. I want to put my money elsewhere.

This always happens. This is an old reaction of mine.

Asking Better Questions



Why can't I decide? How can I make a decision?

What is wrong with me? How can I feel better?

Why can't I...? How can I?

Why am I lazy? What do I need right now?

What if I fail? What can I learn from trying?

What if they find out I am a fraud? How can I please myself?

Pick one of your untrained puppy thoughts. Brainstorm alternative thoughts that are "better" trained.

Write down as many alternative thoughts as you
can think of.
(5 minutes)

Remember we don't train our dog in one day.





What is one of your new,
"training" thoughts?

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

**Brainstorm some actions you
might take in response to your
new "trained" thoughts.**

(Write 5 minutes)



I am a woman who...

- practices positive thinking.
- is patient with herself.
- celebrates herself often!





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

**Go-to
Mindet**

2

Brainstorm

3

Mindmap

4

**Visual
Expression
& Reflection**



Go-to Mindset

- What is your "go-to" mindset (automatic responses to yourself and others)?
- Explore automatic thoughts and psychological defenses.
- Knowing the answers gives you options...you can no longer simply react unconsciously.
- Awareness is the first step.
- NO judgement about how you typically respond...write your answers as if you were a curious observer.



Brainstorm

- Brainstorm a list of things you can do to help you think and feel good in uncomfortable circumstances.
- Be creative! Get silly. Let your mind wander.
- For example, meditation, practice a silly walk every day, create situations where you feel vulnerable to get used to the feeling, journal about it, etc.



Mindmap

- Identify a small circumstance where you would like to feel better.
- Write it in the middle of the mind map.
- In the bubbles surrounding the circumstance, write thoughts, feelings and behaviors you would like to have in this situation.
- For example: a disagreement with a friend might benefit from feelings of love and appreciation, present moment awareness, self compassion, compassion for your friend, patience, appropriate surroundings, etc.



Art Response

- Create a visual expression of you at your wisest, highest or best.
- You could draw using lines shapes and colors or find a magazine picture that reflects how you want to respond.



Want to get really creative?

- Using your printer at home... print or photocopy (in black and white) a recent photo that you like of yourself.
- You can use regular printer paper or thicker stock paper.
- Use colored pencils, markers, or paints to draw a circle around the picture.
- Expand the circle using as many colors as you like. Fill in your picture with colors you love.
- Allow yourself to create freely.
- However you do it will be great.

I have already settled it for myself,
so flattery and criticism go down the
same drain,
and I am quite free.

-Georgia O'Keeffe



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?

To continue the conversation about
your values and each month's topic,
let's chat each Friday at noon PST
on IG live @dramybackos

Find The Modern Creative Woman
wherever you listen to podcasts.

Schedule a consult for a VIP
Creativity day.

The Modern Creative Woman

You trained your mindset in
the past,
and you can retrain it often.





What will you remember about
today's class?

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



Thank
you!