

self leadership

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



you are already the ceo of
your own life.

as ceo; you take action on
your values in every context
and circumstance.

Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

WEEK
03

PURPOSE
YOUR
UNIQUE
VALUES

Mindset



Mindset in the MCW

1. Acceptance
2. Kind Relationship to Our Thoughts



I. Acceptance

- Your ability to see things for what they are.
- Acceptance is a core concept in changing your self-talk and beliefs about yourself.



Acceptance does NOT mean...

- **...that we like what we see,
feel or think.**
- **...that we forgive someone
who wronged us.**
- **...that we approve of what is
happening.**



Fusion and Defusion

Cognitive Fusion we believe our thoughts to be true and real.

Cognitive Defusion we see thoughts for what they are - neurons firing in our brain.

When we are defused, we can interact easily with our thoughts and use them as a tool.

We become the boss instead of letting our brain be the boss of us.



Your Relationship to your Thoughts

- Psychological flexibility: ability to embrace your thoughts and feelings when they are useful and to set them aside when they are not.
- This allows you to respond thoughtfully to your inner experience and avoid short-term, impulsive actions.
- Lets you focus on living a meaningful life.

Choosing the Thoughts that are Useful

- Am I lying to myself if I choose what thoughts to focus on?
- Am I denying reality when I choose my thoughts?
- Is this “fake it til you make it?”
- Am I only pretending to have particular thoughts?







**You are Already
Unconsciously
Choosing Thoughts on
which to Focus**

- Currently you are attending to thoughts reflecting society, culture, and family: beliefs about race, sex, gender expression, sexual orientation, religion, substances, money, relationships, etc.
- You are also attending to thoughts influenced by past wanted and unwanted experiences.



Automatic Thoughts

- Priming describes how **ideas prompt other ideas later on without** our conscious awareness.
- Once the information has been primed in memory, it can be retrieved into awareness more readily.
- Research shows associations help us prompt memory - eg. Hearing “yellow” helps us recognize “banana” faster.



Automatic Thoughts

- Assumptions happen when we rely on priming.
- Eg: mishearing song lyrics (our brain fills in what is ambiguous).
- **Value Priming:** Seeing things of importance to you. Ex: your first car, a car your rode in as a child, even a story you heard about your parent's past car.



Thoughts Matter

- Researchers found people exposed to negative stereotypes tended to more easily respond to the stereotype.
- Age-related stereotypes led to lower evaluations of ability and functioning in older people.
- Experiment: Adults 55+ listened to negative stereotypes about older people. After hearing a list of negative words, they recalled statistically fewer words on a memory test compare to those who heard positive words.
- The group who heard negative words even walked slower out of the testing room!

(Journal of Aging and Memory)



it matters which thoughts
you focus on and how you
protect your mind.



The Good News

- We can harness the power of **Priming** to feel good, learn faster, eliminate our personal bias, keep our minds sharp.
- **Learning:** priming ourself to learn improves our learning: “preview” a book before you study it, read about a play before watching it, review work by someone you are going to hear speak, etc.
- **Positive Mood:** Priming our mornings with positive associations: a positive affirmation when you wake up, your favorite hot beverage, training yourself to respond positively when someone asks you how you are.
- **Health:** straightening posture each time you walk into the kitchen, favorite song to inspire your workout, set out your workout clothes the night before, etc.
- **Kindness:** Implicit bias tests to discover our automatic biases towards people of various races or sex.

your relationship to your
thoughts predicts your
ability to persevere and
overcome challenges.

positive associations

morning/coffee

dog/play

baby/cuddles

writing/focus

age/knowledge

beach/relax



What is a positive association you
have?

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

Word Association Exercise



Word Association



When I say a word,
write down the
FIRST word that
pops into your
mind.

Nobody will see the list so just write the
first word.





1. Yellow



1. Yellow
2. Cat



- 1. Yellow**
- 2. Cat**
- 3. Rest**



- 1. Yellow**
- 2. Cat**
- 3. Rest**
- 4. Happy**



- 1. Yellow**
- 2. Cat**
- 3. Rest**
- 4. Happy**
- 5. Prime**



- 1. Yellow**
- 2. Cat**
- 3. Rest**
- 4. Happy**
- 5. Prime**
- 6. Leadership**



- 1. Yellow**
- 2. Cat**
- 3. Rest**
- 4. Happy**
- 5. Prime**
- 6. Leadership**
- 7. Woman**



- 1. Yellow**
- 2. Cat**
- 3. Rest**
- 4. Happy**
- 5. Prime**
- 6. Leadership**
- 7. Woman**
- 8. Anchor**



- 1. Yellow**
- 2. Cat**
- 3. Rest**
- 4. Happy**
- 5. Prime**
- 6. Leadership**
- 7. Woman**
- 8. Anchor**
- 9. Presence**



- 1. Yellow**
- 2. Cat**
- 3. Rest**
- 4. Happy**
- 5. Prime**
- 6. Leadership**
- 7. Woman**
- 8. Anchor**
- 9. Presence**
- 10. Creative**





*Any observations about the word
association exercise?*

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

Mindful Moment



Drop Anchor





1. Plant your feet into the floor.
2. Push them down—notice the floor beneath you, supporting you.
3. Notice the muscle tension in your legs as you push your feet down.
4. Notice your entire body—and the feeling of gravity flowing down through your head, spine, and legs into your feet.
5. Now look around and notice what you can see and hear around you. Notice where you are and what you're doing.



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

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

Affirmation



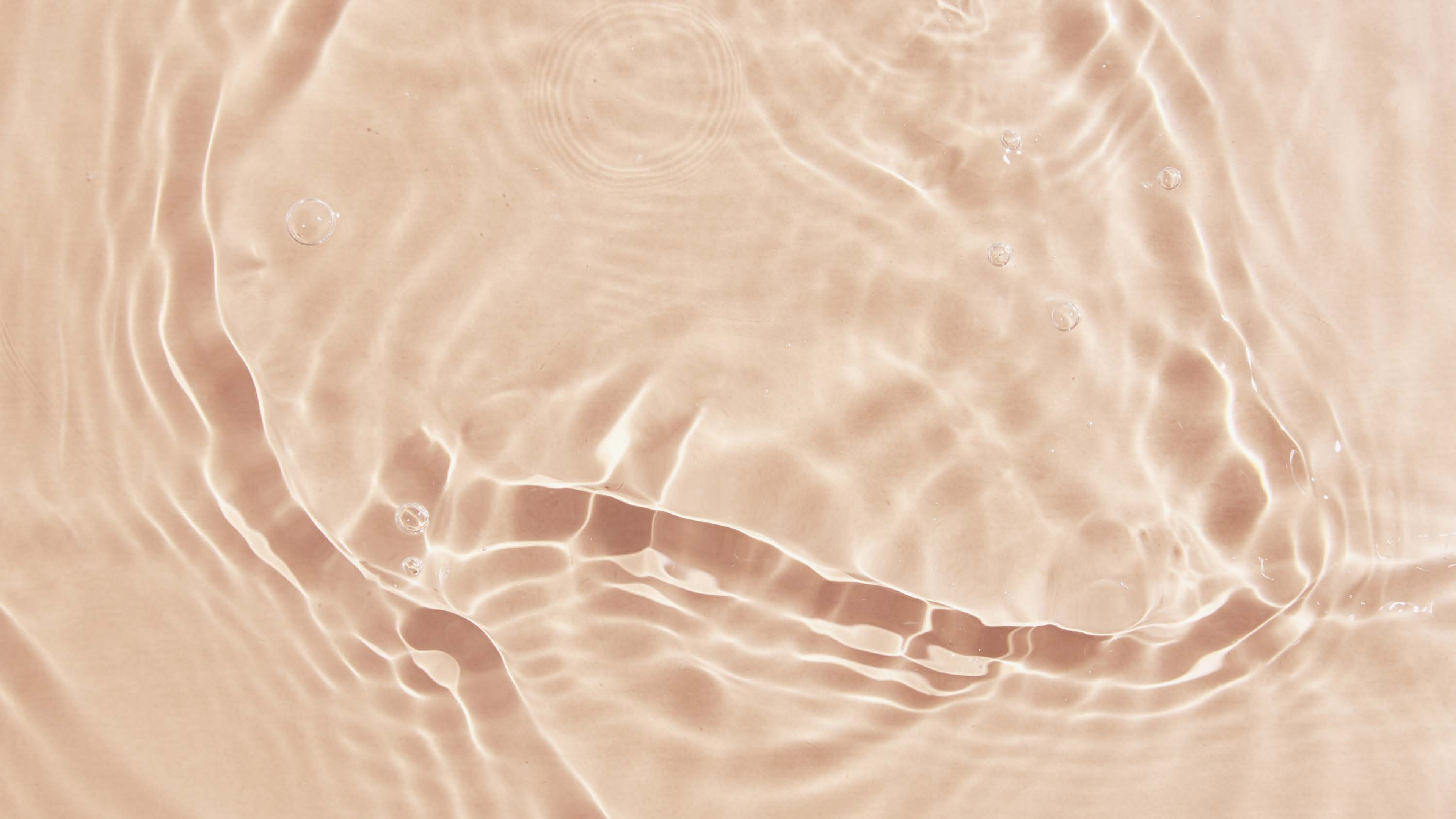
**I am a woman
who...
has a positive
relationship with
her thoughts.**



Tip to Worry Less

1. Set aside 10 minutes a day to focus on your worries. If your mind wanders throughout the day, remind yourself to save it for later in the day.
2. Externalize your worries (don't just think about them). Journal about your worries and make art.
3. Finish your 10 minutes with 10 deep breaths.





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

**My CEO
Choices**

2

**Introduce
Yourself as
the CEO**

3

Mindfulness

4

**Written
Reflection**



My CEO Choices

- Describe yourself as the CEO of your life
- Answer the questions about how your inner CEO experiences her life.

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Introduce Yourself as the CEO

- Using the questions you answered, write a statement of introduction as the CEO of your life.
- Use your imagination to tell a story of you as the CEO of your life.



What is Your CEO Doing?

- How closely aligned is your current life to the CEO version of your life?
- We are always in the space between where we want to be and where we are. This is a good thing!
- What is the CEO version of you doing that you are not currently doing today?



CEO Actions

- Reflect on times in your life when you were taking CEO action.
- Write a few examples and how you were able to take CEO actions.
- What thoughts helped you? What values guided you? How did you feel taking these actions and afterwards?



Written Reflection

- Reflect on your week focused on self leadership.
- Does it excite you or pique your curiosity? Perhaps it brings up fears and anxiety?
- Reflect on your mindset - what is your reaction to meaning making thus far?



**BREATHE 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 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

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What will you remember about
today's class?

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



Thank
you!