



Women's Search for Meaning

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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

What You Can Expect



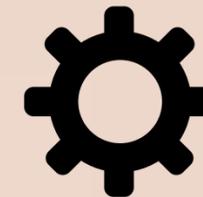
Barriers

Understand barriers to value based living.



Overcoming Barriers

Learn proven techniques to overcome barriers.



Commit to values

Prioritize your values through writing, art, and scheduling.



Feedback
from the
week

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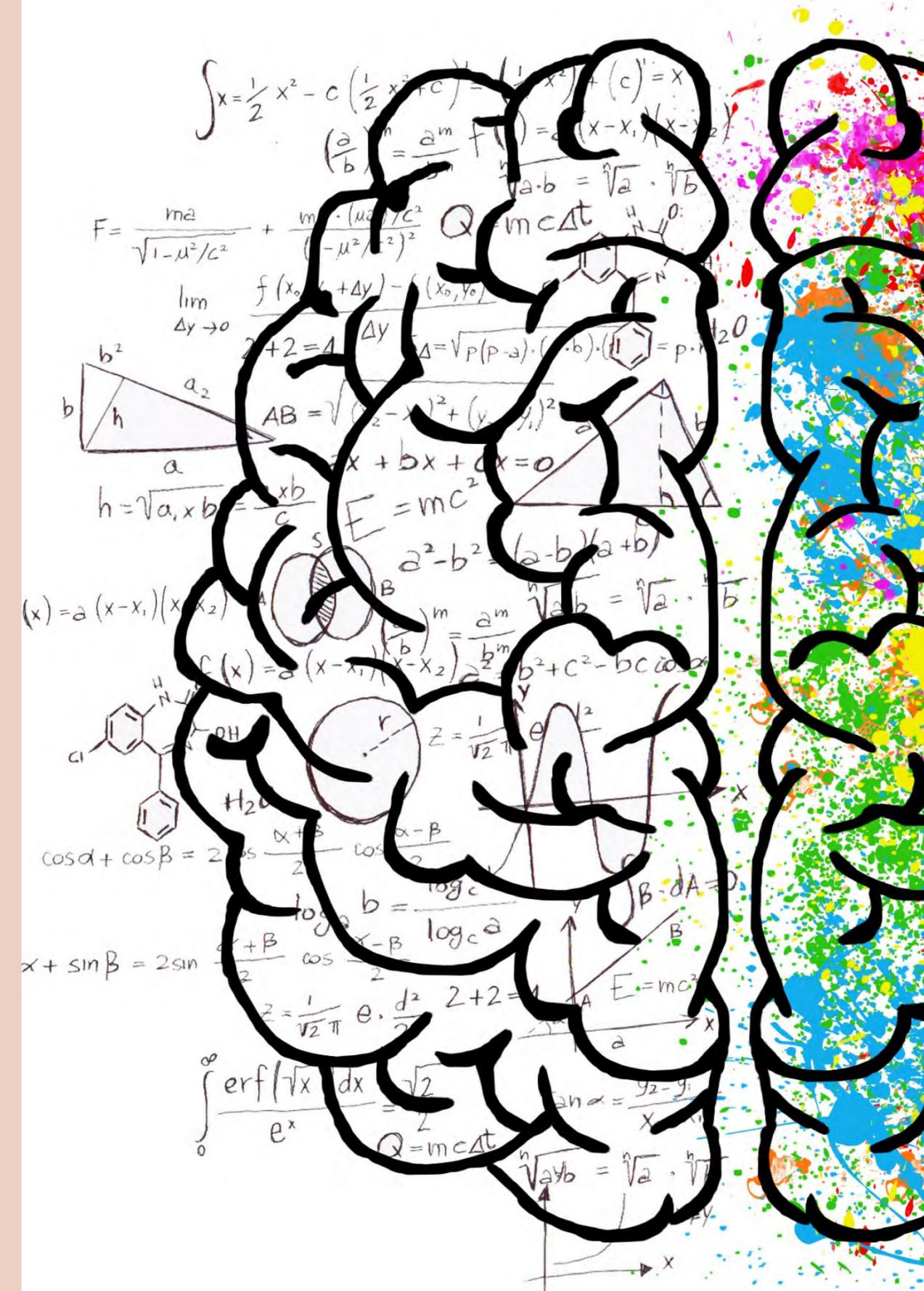
What did you discover about yourself
this week while working on your
values?

Put your answer in the chat

FAQ

Why are we working on values of the mind to start? I have other values I want to focus on right away.

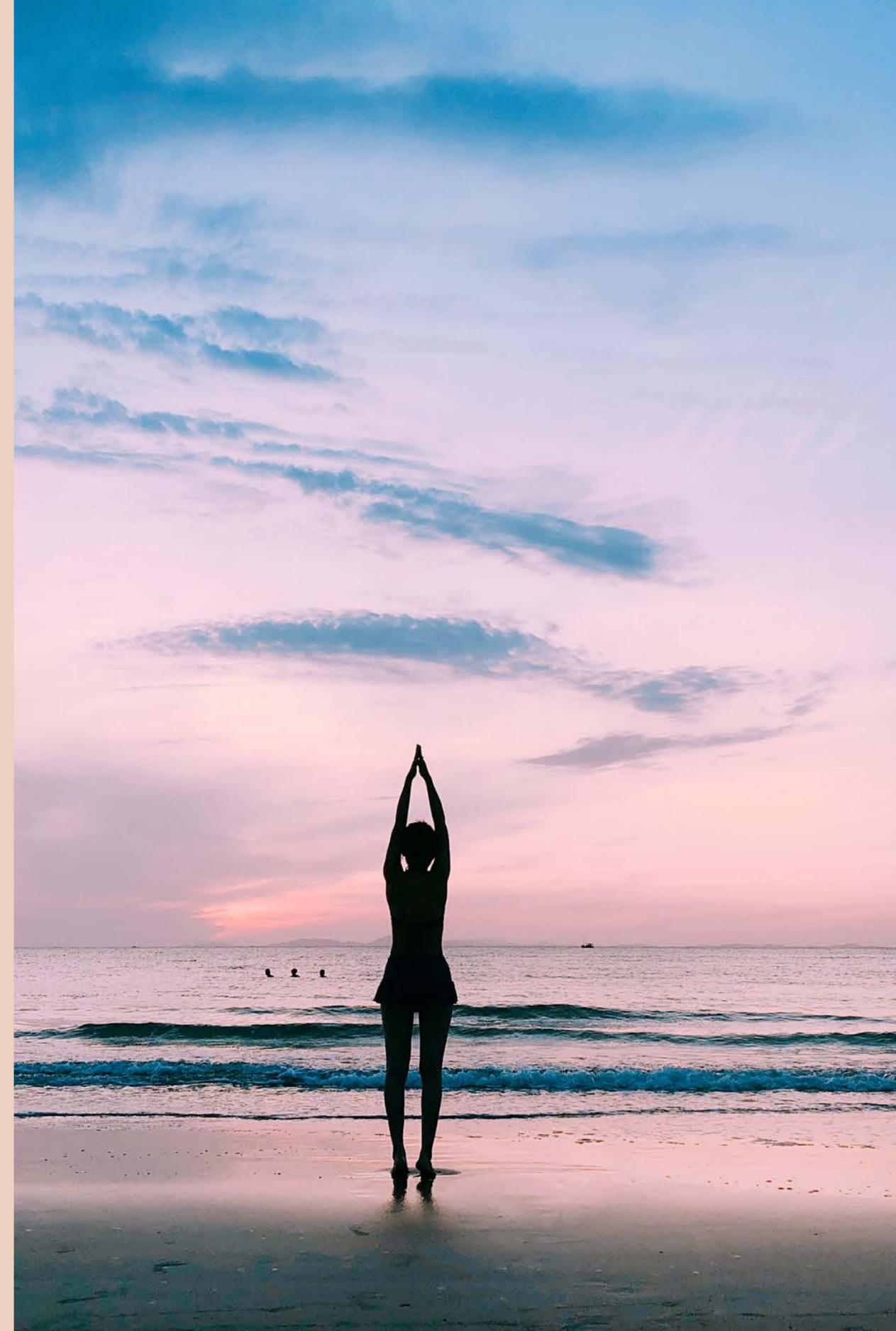
- Many people try to skip working on their thoughts & jump to action. Many resolutions fail because of this!
- Your thoughts create how you feel and ultimately lead to your actions and outcomes.
- Drawing attention to your thoughts and values in your mind helps you know yourself and make changes which last.



FAQ

I completed all the worksheets in one day. Now what?

- Work slower this week - each worksheet deserves at least 20 minutes of your time.
- Avoid doubling up on exercises to get them done.
- Procrastination limits you as much as procrastination.
- Goal: become the person you want to be, discover your values, and move towards meaning and values.
- However you do this work will be great!



FAQ

I missed a lot of days this week. I am joining late. How do I catch up?

- There is no hurry.
- You have all the time there is.
- You are not behind.
- Just pick up where you are and move forward.
- No need to go back and try to catch up because you are not behind!
- If you missed some days or worksheets this week, you can go back after the month is over.
- If you keep playing "catch up" you will always feel behind.



FAQ

Will there be another class? Can I invite a friend who did not take this class?

- YES!
- The next class starts in March and classes will be offered every other month for 2022.
- You can invite a friend and anyone can join in at the beginning of the new class.

- More info to follow!
- If you sign up for the next class, you will get a special gift!





What are
barriers to
living your
value-based
life?



Barriers

- Cognitive Fusion
- Impostor Syndrome
- Upper Limit Syndrome
- "Not enough time" & looking to the past
- The "I'm not good enough" story

#1 Cognitive Fusion

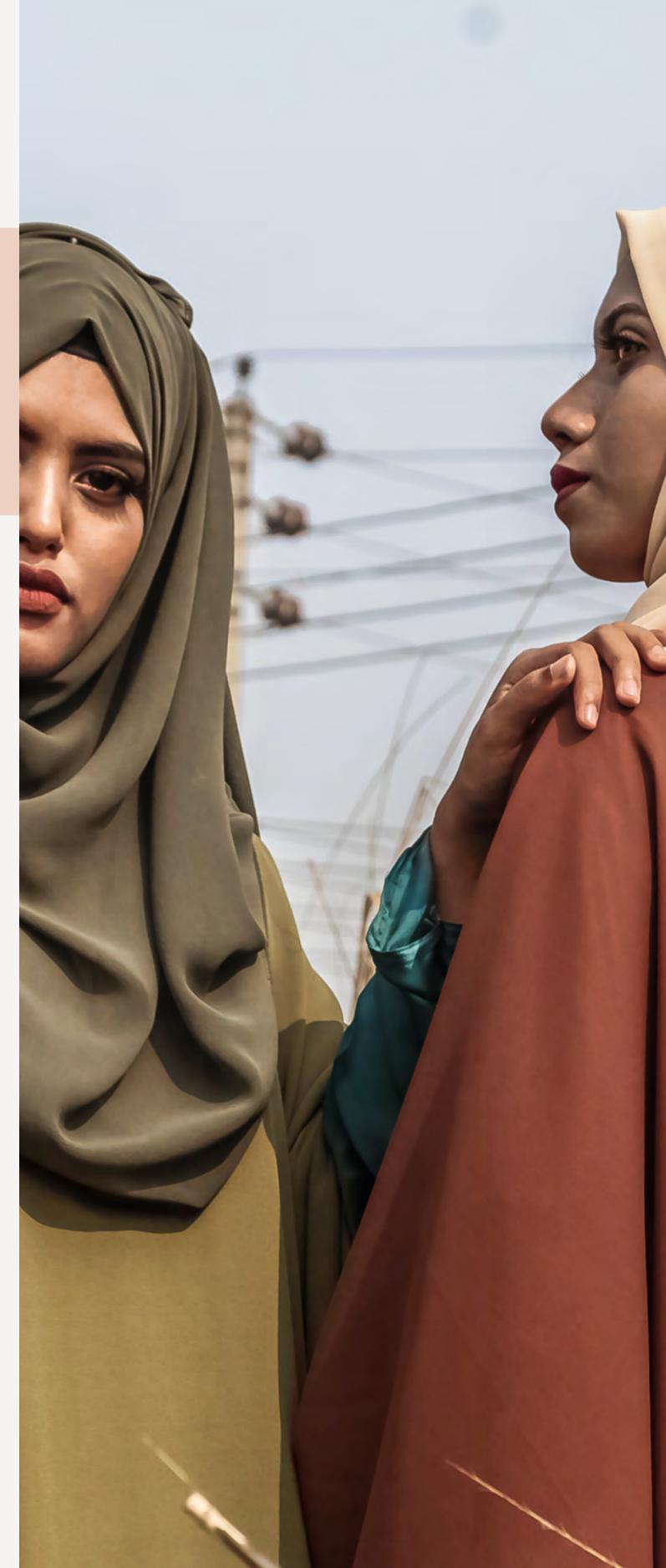
- Believing thoughts are TRUE.
- Being so tightly "stuck" to our thoughts, we start to believe them, especially with strong emotions.
- Unable to separate from our thoughts; feel like reality.
- Might feel removed from our senses, what we're doing, and people around us.
- Example - totally absorbed in a film.
- Example - a person with depression avoiding help because they believe their thoughts of worthlessness.



#2

Impostor Syndrome

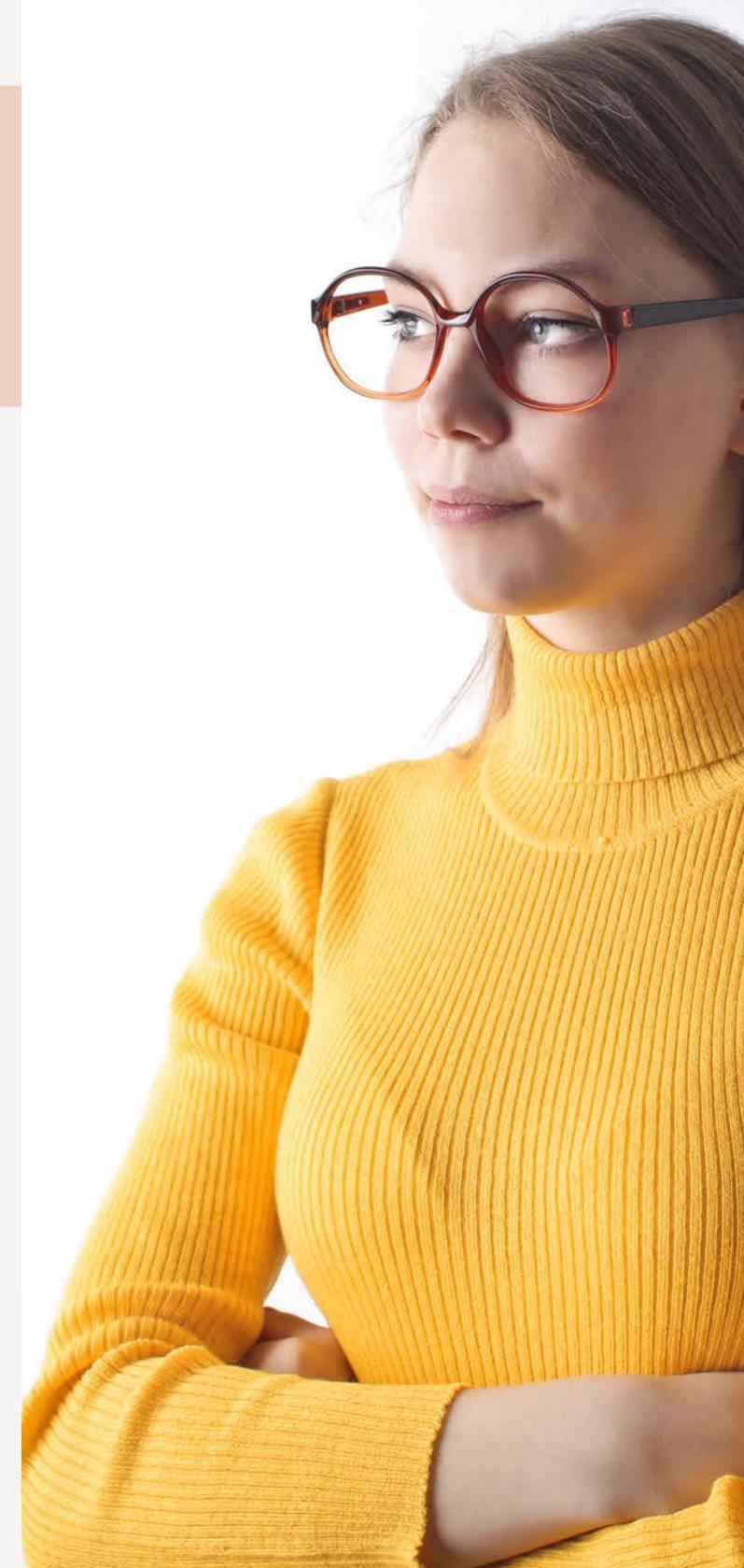
- Harvard study in the 1970's with women.
- Thoughts about being found out as a "fraud".
- Thought to be a "high achieving women" problem.
- Later found this is a universal thought process.
- Not a syndrom.
- Newer research shows hostile work environments impact these thoughts, especially for women of color.



#3

Upper Limit Syndrome

- Change...your inner critic gets louder and more afraid.
- The bigger the growth potential, the greater the thoughts of fear, doubt, confusion, uncertainty.
- Eg, getting married, making a career change, having a baby, starting a business, moving, trying something new, etc.
- Listening to these thoughts stops us from big changes (opening a business) and small changes (taking a class, making a new friend, etc.)
- Book: The Big Leap by Gay Hendricks



#4 Time & looking to the past

- "I don't have time" is a thought.
- Searching your past for answers.
- Stacking up evidence about past attempts & convincing yourself you should not even try.
- Trying to understand "why" something is the way it is.
- Looking for evidence to keep you the same.
- Using old coping skills in new situations.



#5 The "I'm not good enough" story

- Repeating negative self talk and believing it.
- Listening to the mean girl in your head.
- "I'm not good enough."
- "I'm too much."
- "What will they think?" (hint: it's none of your business what anyone thinks about you)



Barriers

- These thoughts and comparisons are primitive and serve to protect us - we want to behave in ways which allow us to predict, survive, be seen, be accepted, and be loved.
- Learned in childhood to fit with family, peers, find a date, get a job, be a "good" neighbor, etc.
- These thoughts help us compare ourselves to others and fit with our tribe.



Overcoming barriers

- Impossible to control our thoughts.
- Goal: Acceptance. Recognize these thoughts and see them for what they are...just thoughts!
- Unnecessary and unhelpful to respond to our thoughts.
- Goal: respond using our values to guide us instead of our thoughts.





Exercise of Defusion



Defusion

- ❑ Taking perspective on our thoughts.
- ❑ Noticing and observing instead of being hooked.
- ❑ Looking AT thoughts rather than THOUGH them.
- ❑ Non-attachment to truth or "being right".
- ❑ Letting thoughts come and go.



"I am confused about what to do."



I am having the thought that "I am confused about what to do."

"I am confused about what to do."



I am aware that I am having the thought that "I am confused about what to do."

I am having the thought that "I am confused about what to do."

"I am confused about what to do."



Which barrier will you notice this
week?

Put your answer in the chat



Barriers

- Cognitive Fusion
- Impostor Syndrome
- Upper Limit Syndrome
- "Not enough time" & looking to the past
- The "I'm not good enough" story



Week two values

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*Value
categories you
will explore*

Mind

Body

Spirit

World

Values of the Body

Pick one of these categories to explore during Week 2

SURROUNDINGS

Where you put your body: home, gym, nature, work, car, desk, office, etc.

PERSONAL STYLE

Personal presentation: clothes, hairstyle, smile, posture, etc.

PHYSICAL HEALTH

How you appreciate & care for your body: sleep, fitness, nutrition, consult experts, manage stress, etc.



Body: Surroundings

What: Your surroundings include: how you design your home; the state of your cupboards, drawers, cabinets, and closets; the inside your car; your desk, office, and files.

Value: Artistic, romantic, minimal, tidy, nostalgic, sentimental, beautiful, neat, cozy.

Actions: Commitment to "everything in its place", hire a cleaner, schedule family cleaning time, tidy one cabinet or drawer at a time.

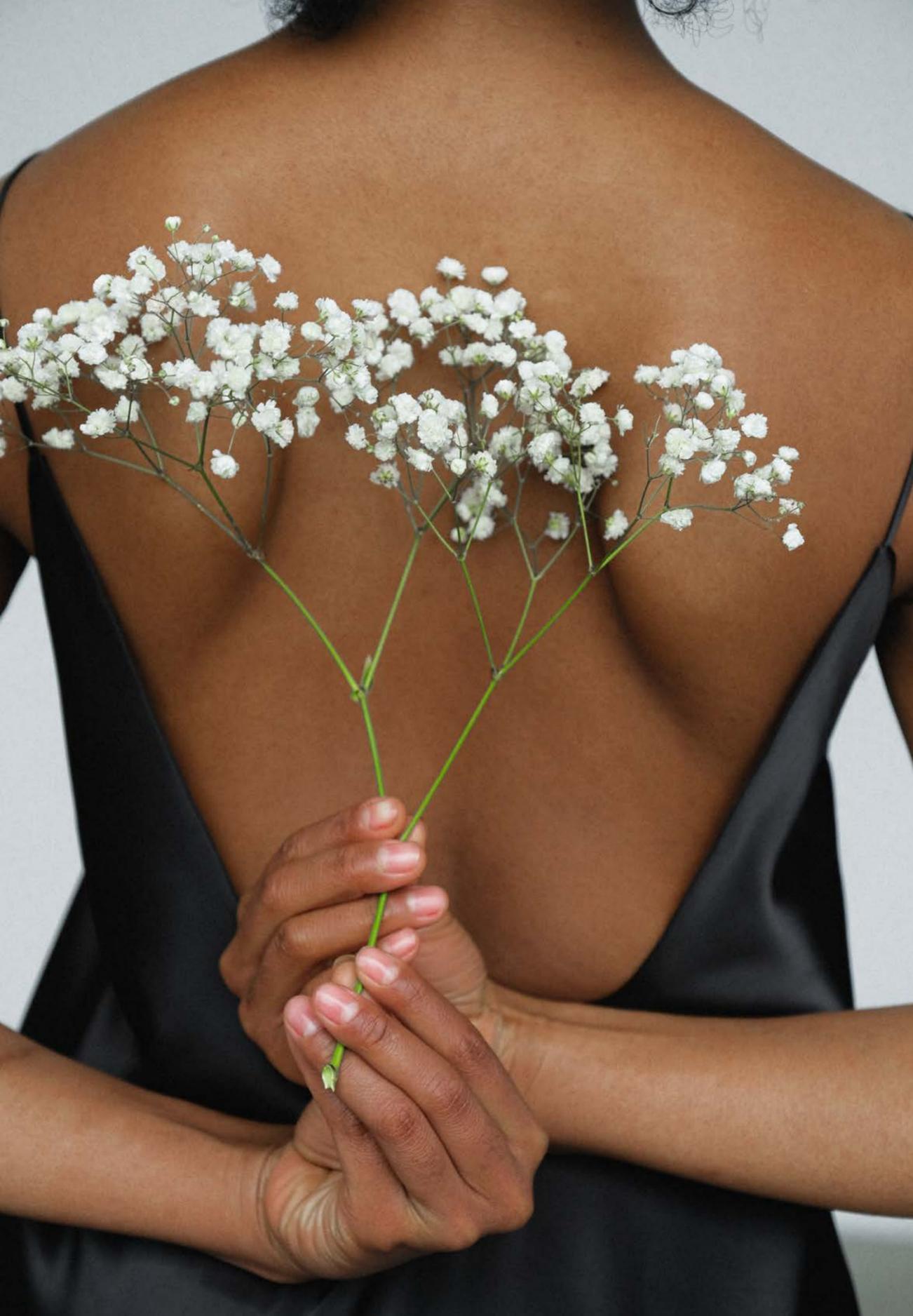


Body: Personal Style

What: Personal style is your personal presentation each day: clothes, hairstyle, smile, and how you carry yourself. Research shows these significantly influence our feelings and ability to stick with and accomplish difficult tasks.

Value: look your best each day for YOU, get dressed for how you want to feel, invest in yourself, love the body you have, be conscious of your choices

Actions: education, personal reflection, experiment, select clothes for the whole week, appointments for grooming, consult experts, etc.



Body: Physical Health

What: Physical health refers to how you appreciate your body and how you care for your body. This includes your food choices, sleep, fitness, consulting experts on health care, and managing stress and anxiety.

Value: appreciation of your body, commitment to daily movement, excellent sleep hygiene, nutritious foods, self-kindness.

Actions: fitness routine, meditation, finding role-models, limiting blue light at night, limiting TV, consulting experts, shop farmers markets, new food recipes, invite a friend to walk/hike, etc.



What is your favorite outfit in which
you feel your best - great, strong,
powerful, smart, confident, creative, etc.

Put your answer in the chat



How will
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

A value is like going West - keep moving in that direction and never reach the destination.

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

Commit to noticing your thoughts and acting from your values.



Challenges?

If you had difficulty with consistency this week...

Figure out what you learned instead of being mean to yourself - that never helps!

Ask yourself good questions:

- Am I using all the success strategies?
- What else did I value over myself this week?
- How can I plan for success this week?
- How can I get some help?
- How awesome am I for showing up again this week to keep growing and learning?!



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 body value
you will choose this week?

If so, put your answer in the chat

Values of the Body

Pick one of these categories to explore during Week 2

SURROUNDINGS

Where you put your body: home, gym, nature, work, car, desk, office, etc.

PERSONAL STYLE

Personal presentation: clothes, hairstyle, smile, posture, etc.

PHYSICAL HEALTH

How you appreciate & care for your body: sleep, fitness, nutrition, consult experts, manage stress, etc.



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: Surroundings

I value beauty and aesthetics in my home.

I value clean surfaces to rest my eyes (tables, dressers, counters & sink).

I love relaxing colors - blues and pinks.

I love finding what I need right away.

I love hosting people for dinner and parties.



Value Brainstorm

I can purchase flowers once a week to bring beauty and nature into the home.

I can set aside 15 minutes each night to make sure I wake up to a clean kitchen.

I enjoy a restful bedroom and I can take 40 seconds to make my bed.

I take time to file away my papers once a week.

I can arrange a dinner with friends.



Visual Expression

Title: Space
(selected an image)

Three words or phrases to describe my art:

Cheerful

Quirky

Happy

How I feel: Inspired, at ease, motivated



Reflection



My value of a beautiful space is worth the little time it takes to declutter.



It requires zero money to tidy. I can ask for help from my family.



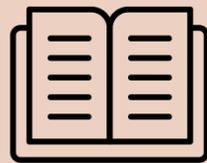
A neat and beautiful space helps me feel at ease and be better for my family.



What is your favorite spot where you
do your 20 minute value work?

Put your answer in the chat

What To Do Next



Reflect

Reflect on how you feel after this week.
Practice defusion.



Commitment

Schedule 20 minutes a day &
write on your planner.



Week 2 Value

Pick one Body value
from the list on page
28.
Complete worksheets
on pages 29-32.



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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