



presence

week 3

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

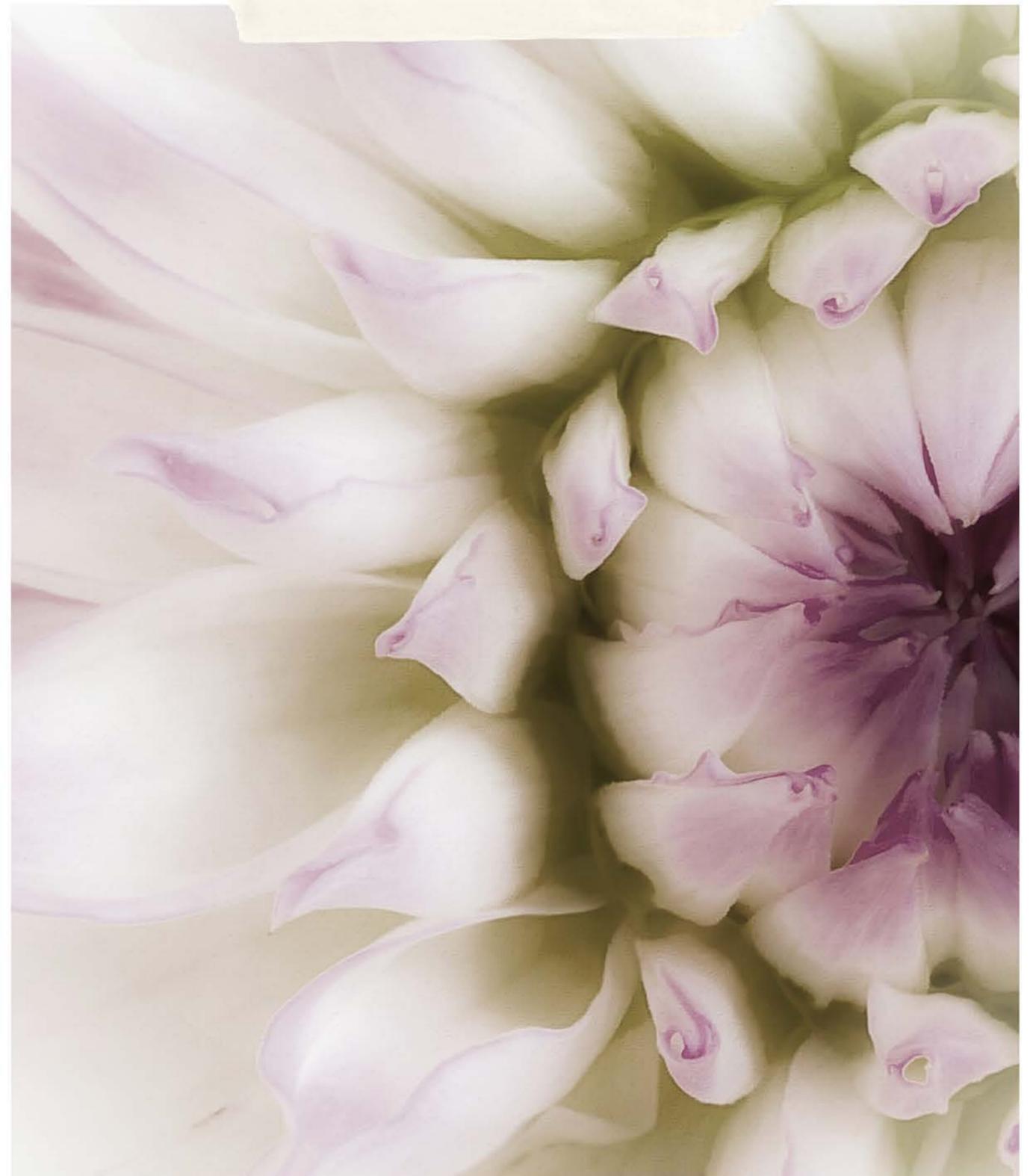
0 = completely checked out, not present

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



the human mind is like a barrel full of
drunken monkeys flinging themselves from
branch to branch; jumping around; and
chattering nonstop.

our minds are busy; in constant motion;
unsettled; restless; confused; indecisive and
sometimes uncontrollable.

-teaching from the buddha



What is a time this week you
make contact with the present
moment?

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

Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

PURPOSE
YOUR
UNIQUE
VALUES

WEEK
03

do not ruin today with
mourning tomorrow.

— catherynne m. valente

The Impact of Presence on Living Your Purpose



MCW Purpose

1. Your values
2. Your committed actions



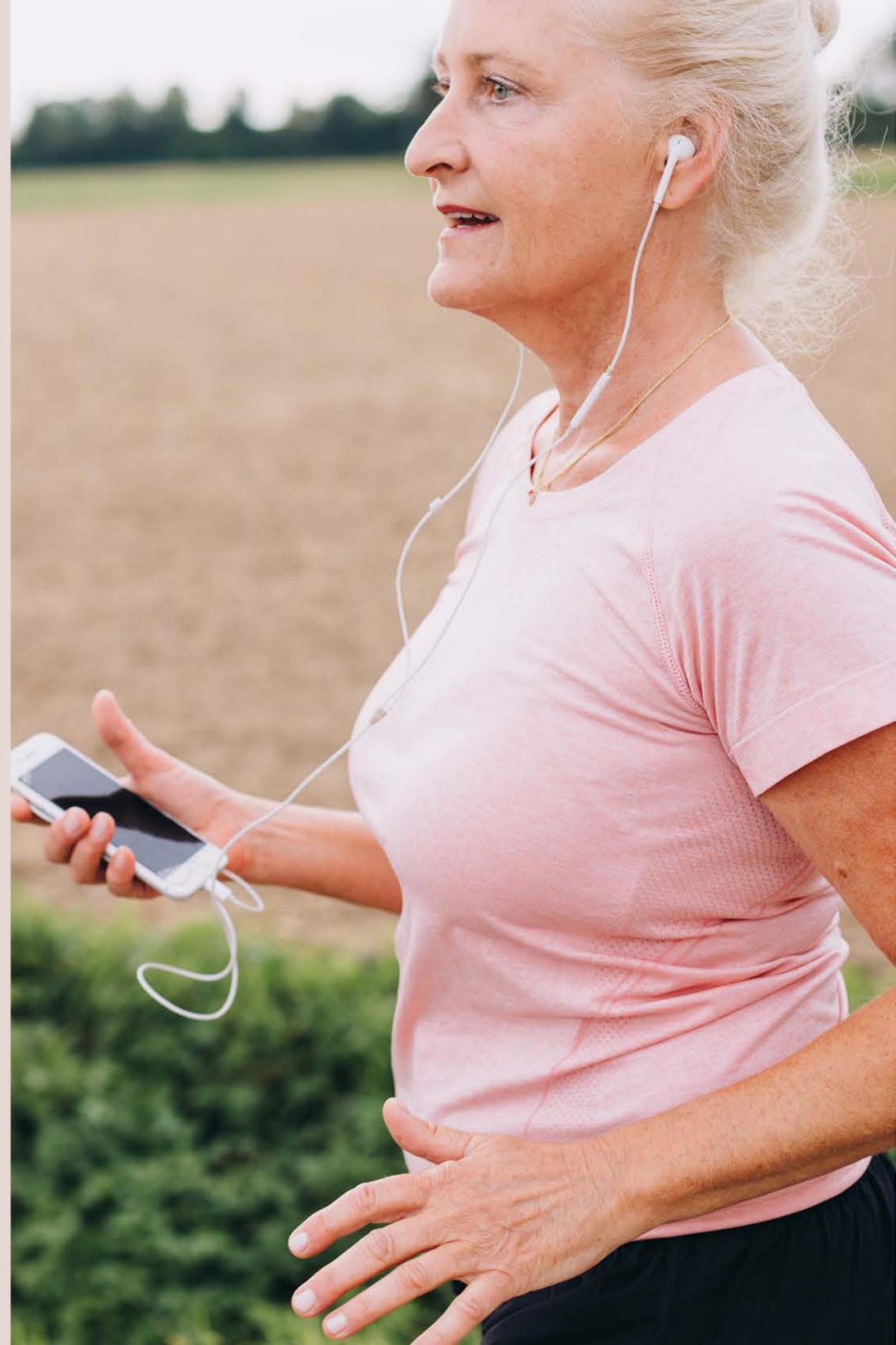
What is Purpose?

- Your purpose includes both your personal values and the action steps you take in alignment with your values.
- It is through your purpose that you engage with your life, choose what is most important, and make committed actions to demonstrate your values to yourself and others.



I. Values

- What you decide is most important to you.
- The way you want to live your life..some parts may line up with or deviate from family expectations and what society says you should be doing.
- Examples of values: health, intimate partner relationship, education, family, friendship, parenting, sports, spirituality, work/vocation, community, creativity, service, school, personal development, hobbies, etc.



Values

- What YOU want to bring to each area and has nothing to do with what others are doing or even if they like what you are doing.
- For example you might value your community and want to be kind to neighbors. When you come across someone being unkind in your neighborhood, your values help you respond with kindness, even if you feel resentful, angry or tempted to become unkind yourself.



2 Ways to Add Value

1. Add more value-based actions to your day.
2. Look for the existing value in your everyday actions. Why do you go to the grocery? Take care of parents or children? Write? Care for your pet? Clean the house? Stop at red lights?

Ask yourself, “Where can I find value in my current actions?”



II. Committed Actions

- How you demonstrate your values through your actions.
- Your actions directly reflect your values.
- Committed action is how you show your values to yourself and others.
- Notice this is action, not thoughts or beliefs.
- If you live your values, they will show in your behavior.



Committed Actions

- For example, if you truly believe in your health, then your behavior will show it through healthy food choices, exercise, managing your mind, learning what you need to know, practicing body care, and investing time, learning, and money in your health.
- If you only think or talk about your health, then it is a wish, instead of a value and committed action.
- Our daily behaviors demonstrate what our values are.





Committed Actions

Example

- Each time you brush your teeth, go for a walk, visit your doctor, take your vitamins, eat healthfully, spend time with friends...you are taking action to your health.
- You can find value in many of your current actions.



Committed Actions

Example

- Every time you show up for/watch a Modern Creative Woman class, draw, paint, brainstorm, knit, journal, write, cook something new, you are showing your commitment to your creativity.

Examples of non-Value Based actions

avoiding discomfort = avoiding values

- Over-thinking.
- Over-researching (thinking you need to know more before you act).
- Pseudo actions.
- Avoiding.
- Over-indulging.
- Choosing comfort over growth.



Committed Actions

Why we Need Them

- **More Meaning in Life:** Value-based actions create meaning and purpose, simple actions become meaningful.
- **More Fun:** Value-based actions can increase fun when we find like-minded women with whom we can share our interests.
- **Reduce Suffering:** Moving towards our values can create discomfort, but **not** moving toward them creates suffering.
- **Better Mental Health:** We generate “existential anxiety” when we avoid our intentions, personal obligations, and fail to act on our values.



How You can Influence Presence in Your Life

1. act with presence
2. bias yourself towards action





I. ACT with Presence

- The time it takes to get present saves you time later.
- Think of it as an investment in your future, or a gift to your future self.
- A two minute mindfulness moment each day can save you frustration throughout the day.

ACT with Presence Tips

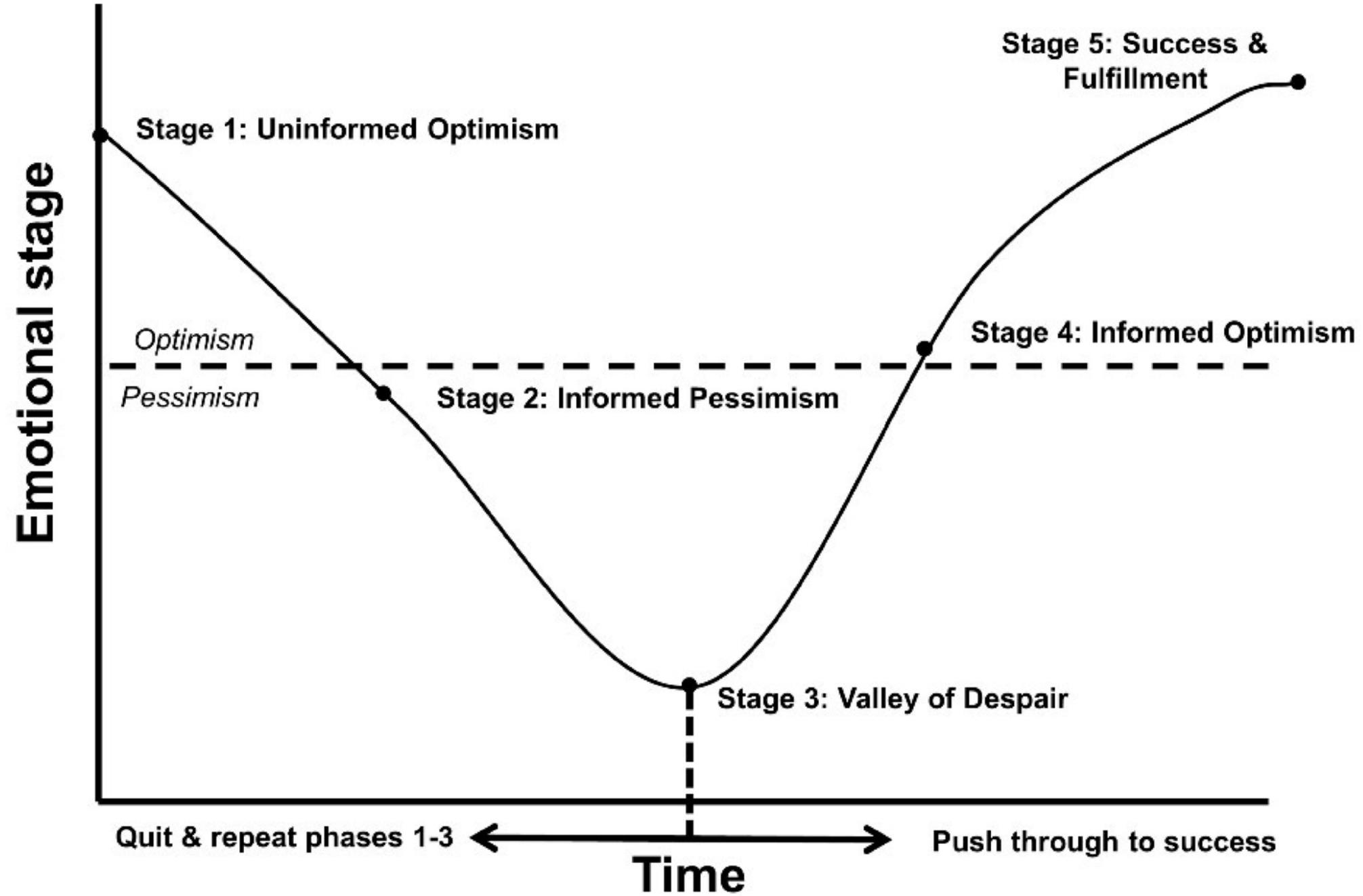
1. Smile at yourself in the mirror before & after you brush your teeth.
2. High five yourself in the mirror each morning.
3. Get some sun on your face every morning.
4. Count your breaths at every red light.
5. Notice the context of each situation.

**Your mindfulness is in the practice and consistency.





The Emotional Cycle of Change



II. Bias Yourself Towards Action

- It is easier to change your thoughts through outward action...than it is to change your actions by thinking about them.
- Action is a vital way of knowing that we often ignore.
- Action is part of every success story.
- Avoid/limit pseudo-action.



Bias Yourself Towards Action Tips

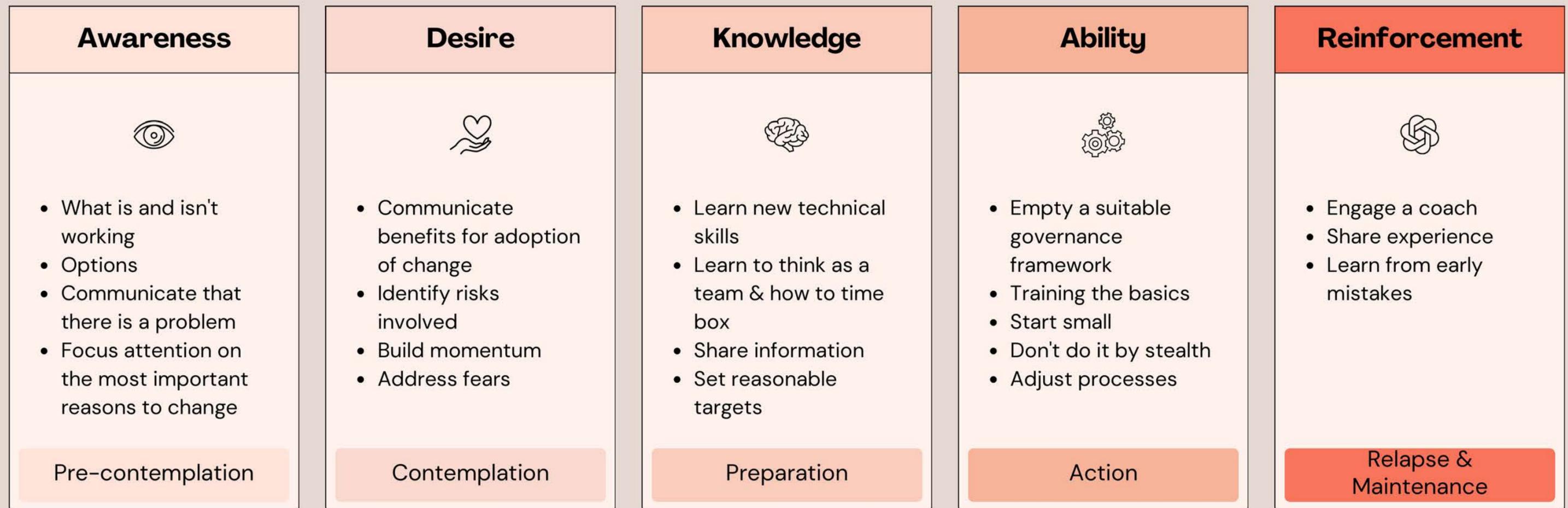
1. Take at least one value based action each day - text a friend, chat with a neighbor, arrive early, share something with a friend, etc.
2. Try 30 brave things in 30 days.
3. Value strength over comfort/ease.
4. Look for the pain of inaction instead of the pain of action.
5. Remember pessimism or despair is not a reason to quit.



ADKAR Change Model

(Hiatt, 2003) Tested in 900 organizations across 59 countries.

The goal of the ADKAR model is coaching and support to employees within organizations as changes are made.



acceptance, mindfulness, defusion, values, self as context, experiments

committed action, reflection, celebration

Mindfulness Moment



What is Present?

- Present = fully conscious of and engaged with our current experience.
- Presence happens when we are able to relate to and accept our emotions, even difficult ones.
- Making contact with the present moment.



2 minute meditation

Gyan Mudra

improves concentration & sharpens
memory

(helps you embrace the
observation of thoughts
moving through your
mind)



Purpose Art



Art for Imaginary Hindsight

- What value do you want to focus on in the next 12 months?
self expression, health, intimate partner relationship, education, family, friendship, parenting, sports, spirituality, work/vocation, community, creativity, service, school, personal development, hobbies, etc.



Art for Imaginary Hindsight

- Imagine something in you would love to accomplish in line with that value in one year.
- Remember, we don't accomplish our values, we move towards them through our actions.
- Be specific about the task you want to accomplish.







Value: Creativity
Goal: Daily
painting practice
or complete one
painting a week



Value: Learn and explore
professionally

Goal: Conduct research and
submit for publication



Value: Self expression,
creativity, spirituality,
helping others

Goal: Publish a book

Art for Imaginary Hindsight

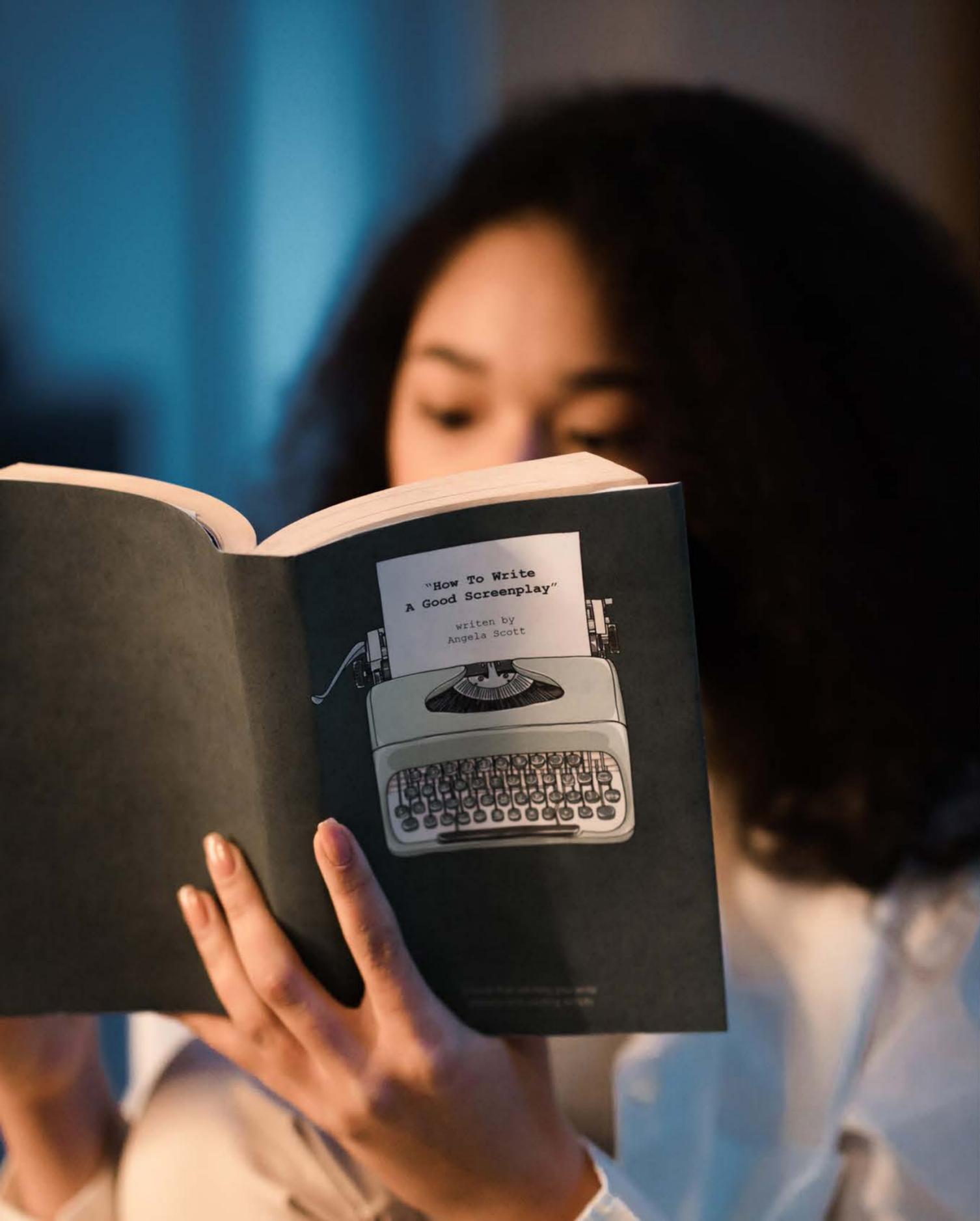
- Create an image to how you would like to be living your purpose 3, 6 or 12 months from now.





Make art 5 minutes







Writing

- What value are you focusing on?
- What will have happened 1 year from now?
- What 3 committed actions did you take to get there?
- Give your art a title.





Give your art a title and write three words to describe it.





What action will you take this week
to move you towards your value and
goal?

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

a reminder!

life gives you plenty of
time to do whatever you
want to do if you stay in
the present moment.

— deepak chopra



Affirmations



**I am a woman
who...**

- **takes action on
her values.**



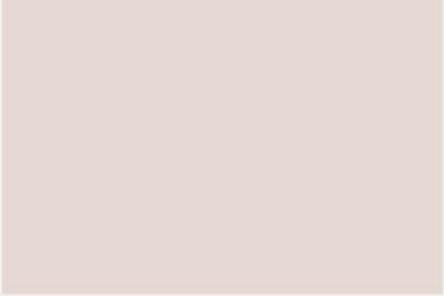


Finish the sentence in the chat:

"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

**3 Ways to Get
in the Moment**

2

Self Awareness

3

**Modern
Creative
Why**

4

**Written
Reflection**



3 Ways to Get in the Moment

- Read about the three strategies in your workbook.

Practice Mindful Breathing

Use Your Senses

Cultivate Gratitude

- Set your timer and alternate through these strategies and see what you like best.



Self Awareness Mindmap

- Set your timer to see how long this takes
- Sit quietly and focus on your breathing.
- Each time you have an awareness, write it in one of the circles.
- After each one, return to your breathing.
- Were you surprised at the time it took your brain to become aware of 8 things?



Your Modern Creative Why

- Take a few deep breaths and think about your Modern Creative Why.
- Reflect on what you value the most, why you do what you do, and what inspires you.
- Imagine you are fully living your “Why”.
- What thoughts will you need to think, and what feelings will you need to cultivate to live your why?
- What would you be doing today if you are living your Why?



Written Reflection

- What was it like to make contact with the present moment this month?
- What do you know now about the present moment that you did not know before?
- What will you do next? How will you carry present moment awareness forward?
- Avoid judgements.



**BREATH 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.



Ready for More?

Friday at noon PST on IG live
@dramybackos

Book your VIP Creativity day or weekend

Podcast

Paris Trip - June 3-7

The Modern Creative Woman



What will you remember about
today's class?

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



Thank
you!