

women  
making  
meaning

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

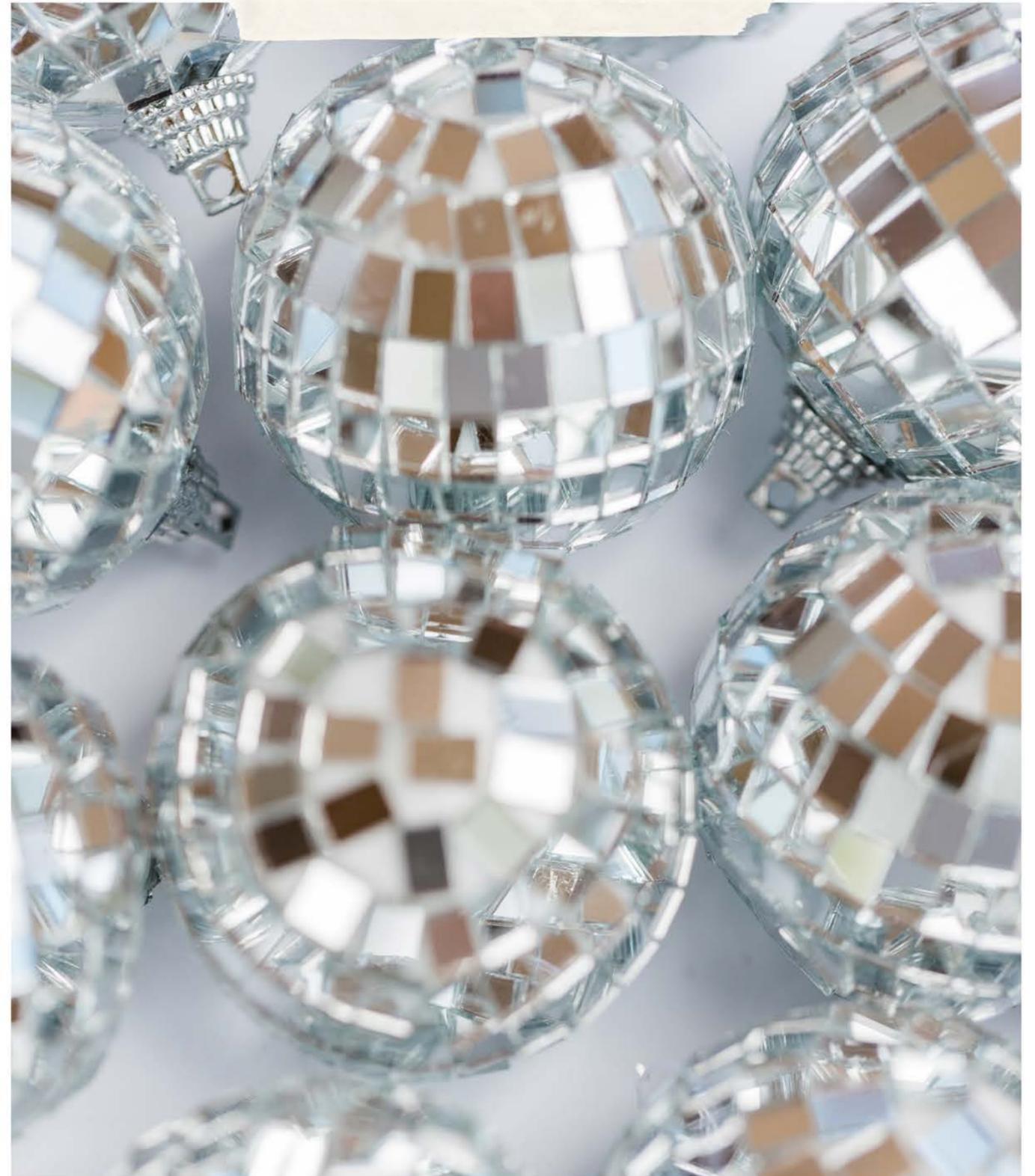
0 = completely checked out, not present

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



meaning making looks different  
for every woman.

we have to think and act  
creatively...otherwise we end up  
trying to make ourselves squeeze  
into other people's dreams.

- amy backos

# Modern Creative Woman Timeline

**MINDSET**  
RELATIONSHIP  
TO YOUR  
THOUGHTS

WEEK  
**01**

**PRESENCE**  
PRESENT  
MOMENT  
AWARENESS

WEEK  
**02**

**PURPOSE**  
YOUR  
UNIQUE  
VALUES

WEEK  
**03**

# Purpose





*What do you most enjoy doing?  
When was the last time you did  
it?*

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

# 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.



# 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.
- Example: 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 Increase your Meaning & Purpose**



# How to Increase Meaning & Purpose

1. Add more value-based actions to your day.
  - Ask yourself: What is most important to me today? How can I take action or demonstrate, to myself and others, what is important?



# How to Increase Meaning & Purpose

2. Look for the existing value in your everyday actions.
  - For example: Why to do you exercise? Take care of parents or children? Clean the house? Write? Follow traffic rules?
  - Ask yourself: “Where can I find value in my current actions?”



## II. Committed Action

- 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 Action Example

- For example, if you act on your health value, then your behavior will show it through consulting doctors/health care providers, 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 Action 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.

## **Committed Actions**

### **Why we Need Them**

**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.

**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.



# Rank Your Values Exercise



**Grab a Pen**  
**Time for a values inventory.**



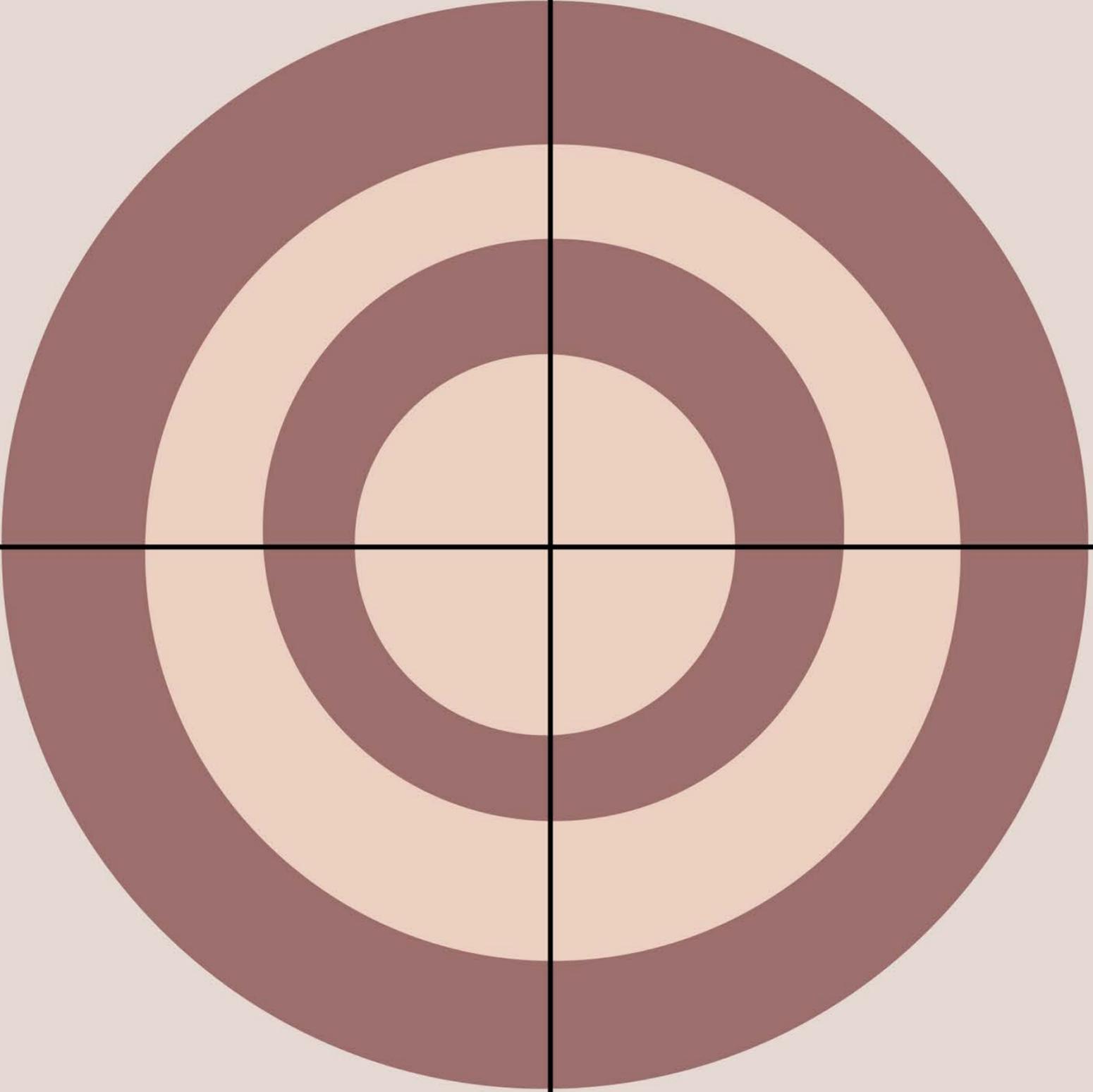


# Values Assessment

- This exercise gives you a quick overview of how closely aligned you are with your values and purpose.
- I do this at the end of each month to capture a picture of how much my actions reflected my values.

**Personal Growth  
& Health**

**Work / Education**

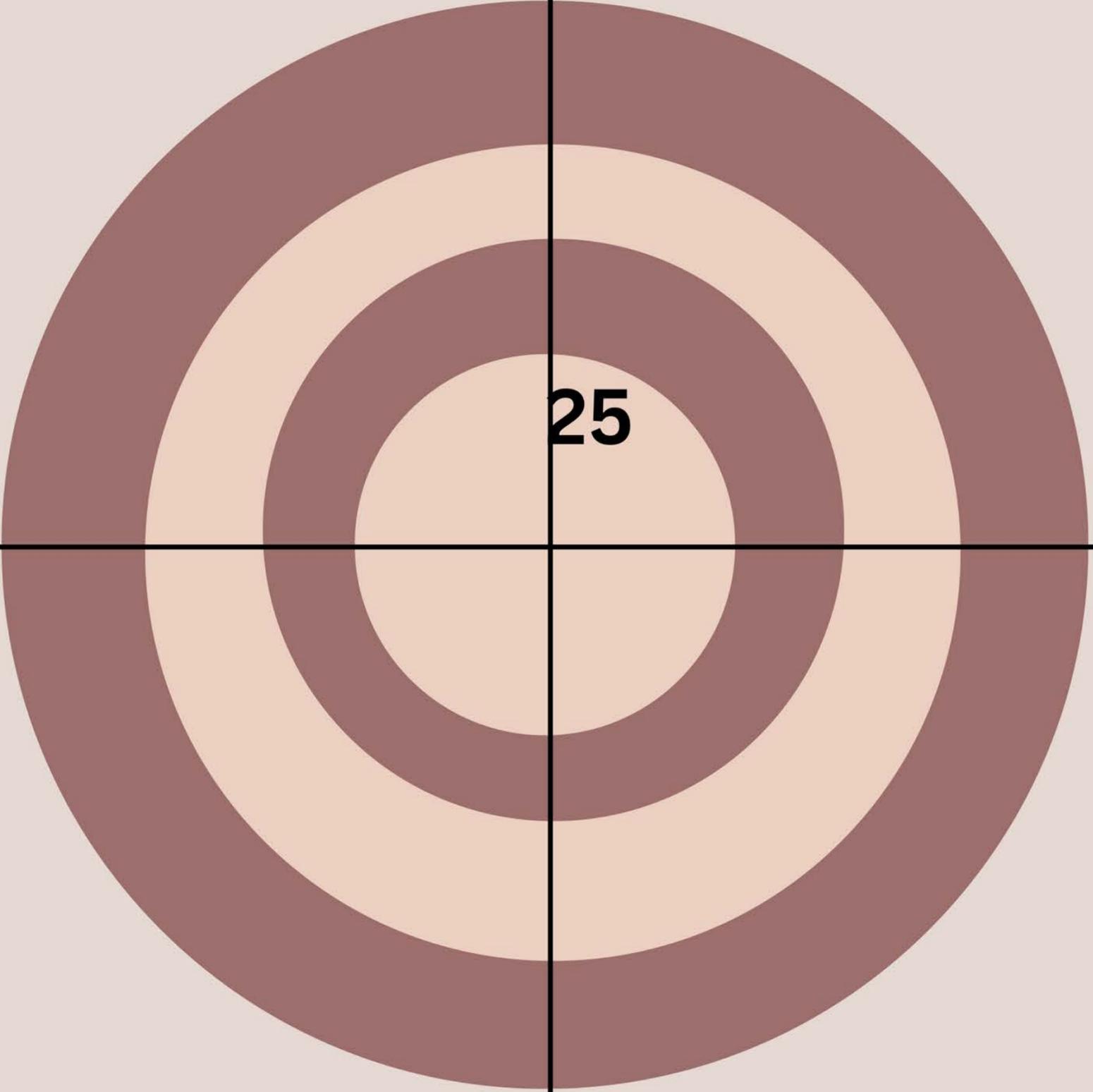


**Leisure**

**Relationships**

**Personal Growth  
& Health**

**Work / Education**



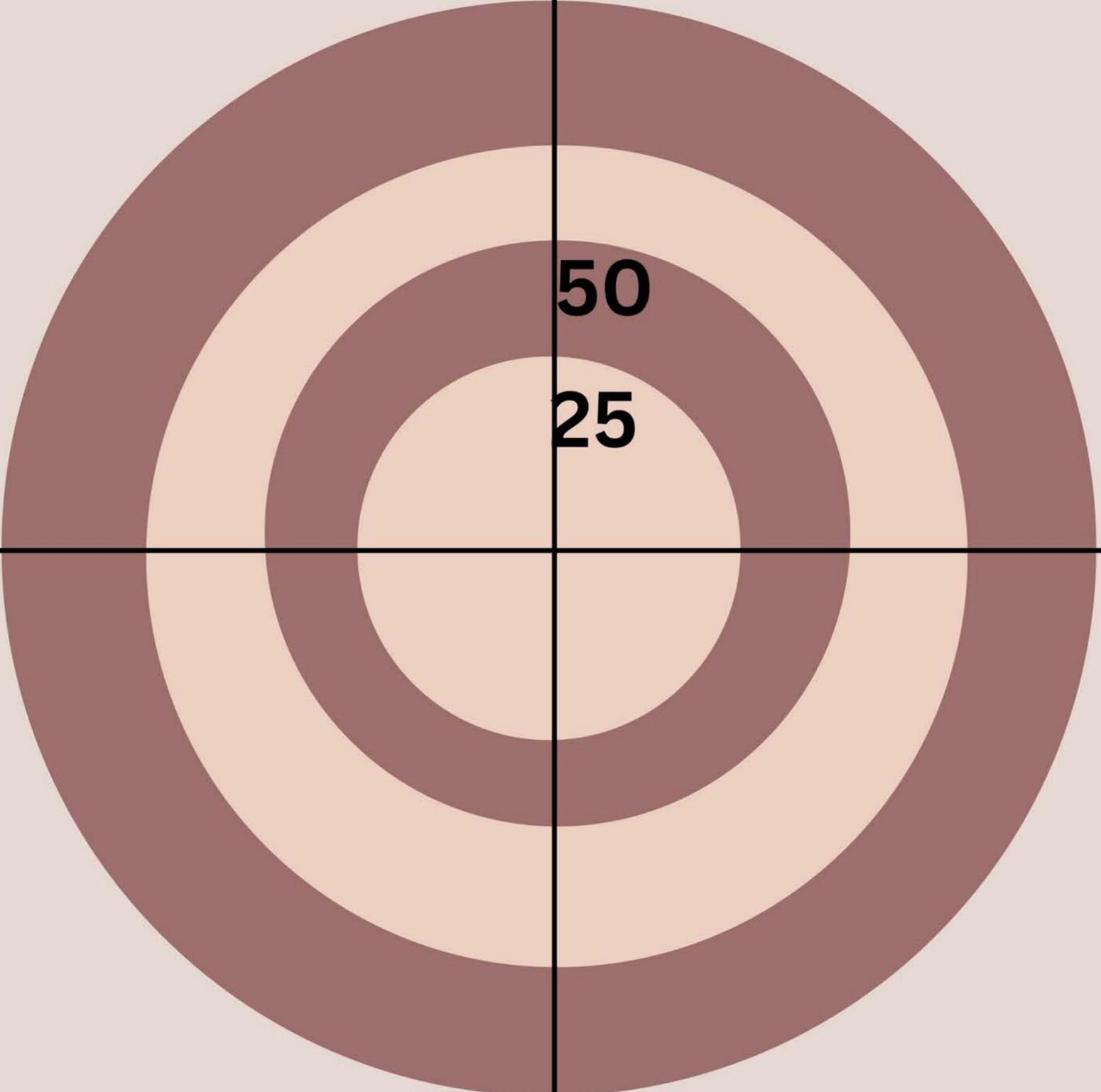
**25**

**Leisure**

**Relationships**

**Personal Growth  
& Health**

**Work / Education**



**50**

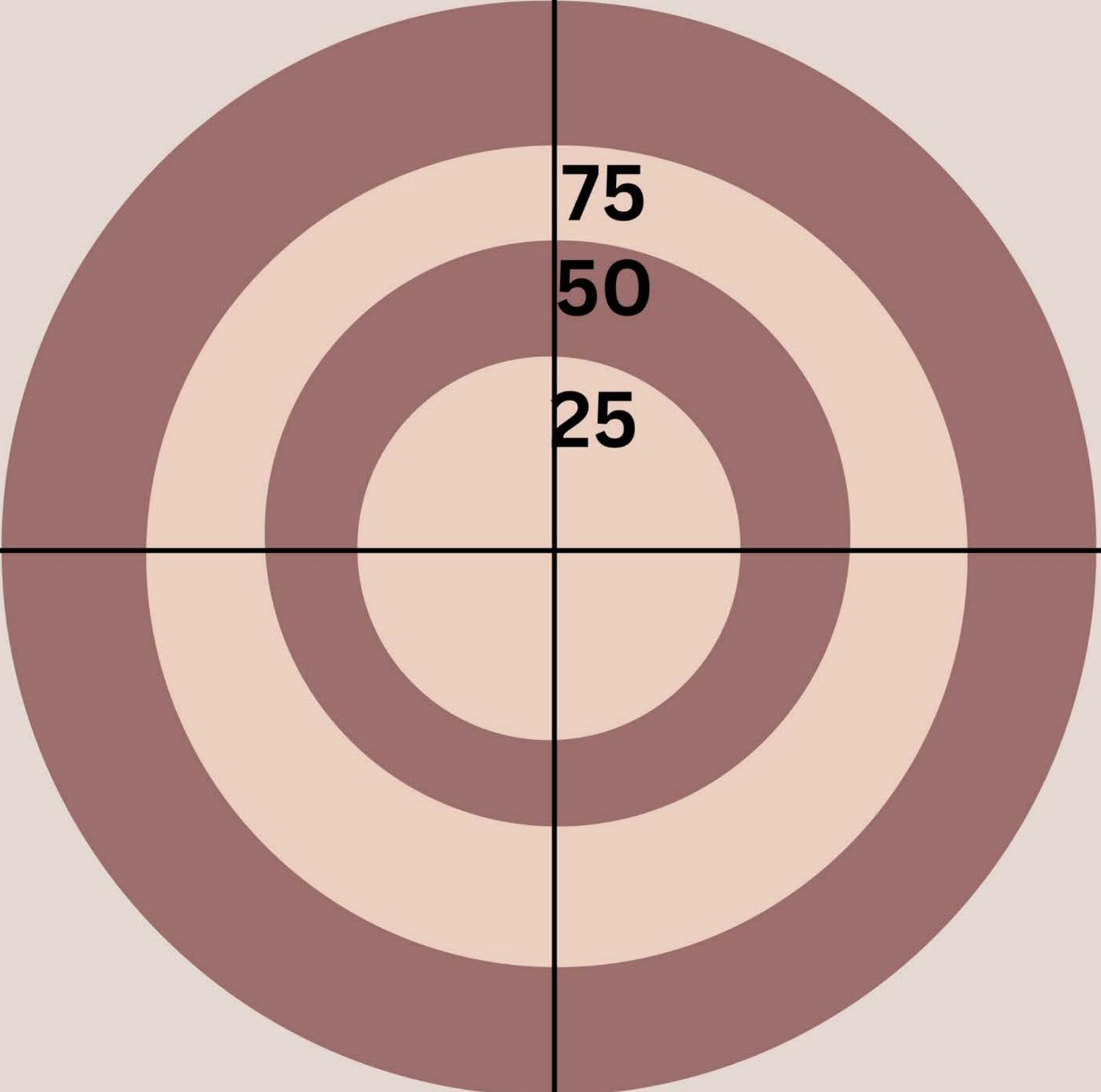
**25**

**Leisure**

**Relationships**

**Personal Growth  
& Health**

**Work / Education**



**75**

**50**

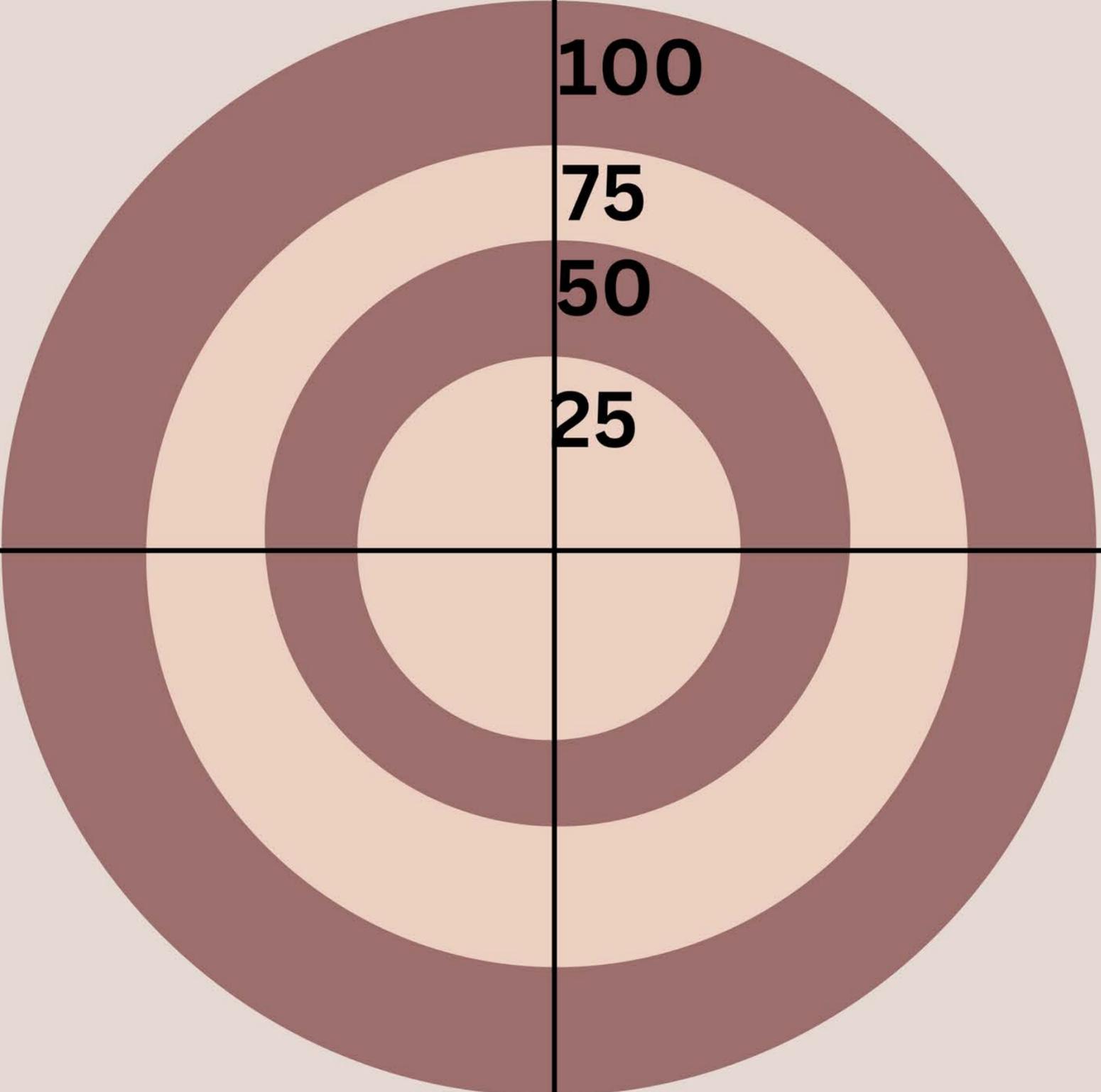
**25**

**Leisure**

**Relationships**

**Personal Growth  
& Health**

**Work / Education**



**100**

**75**

**50**

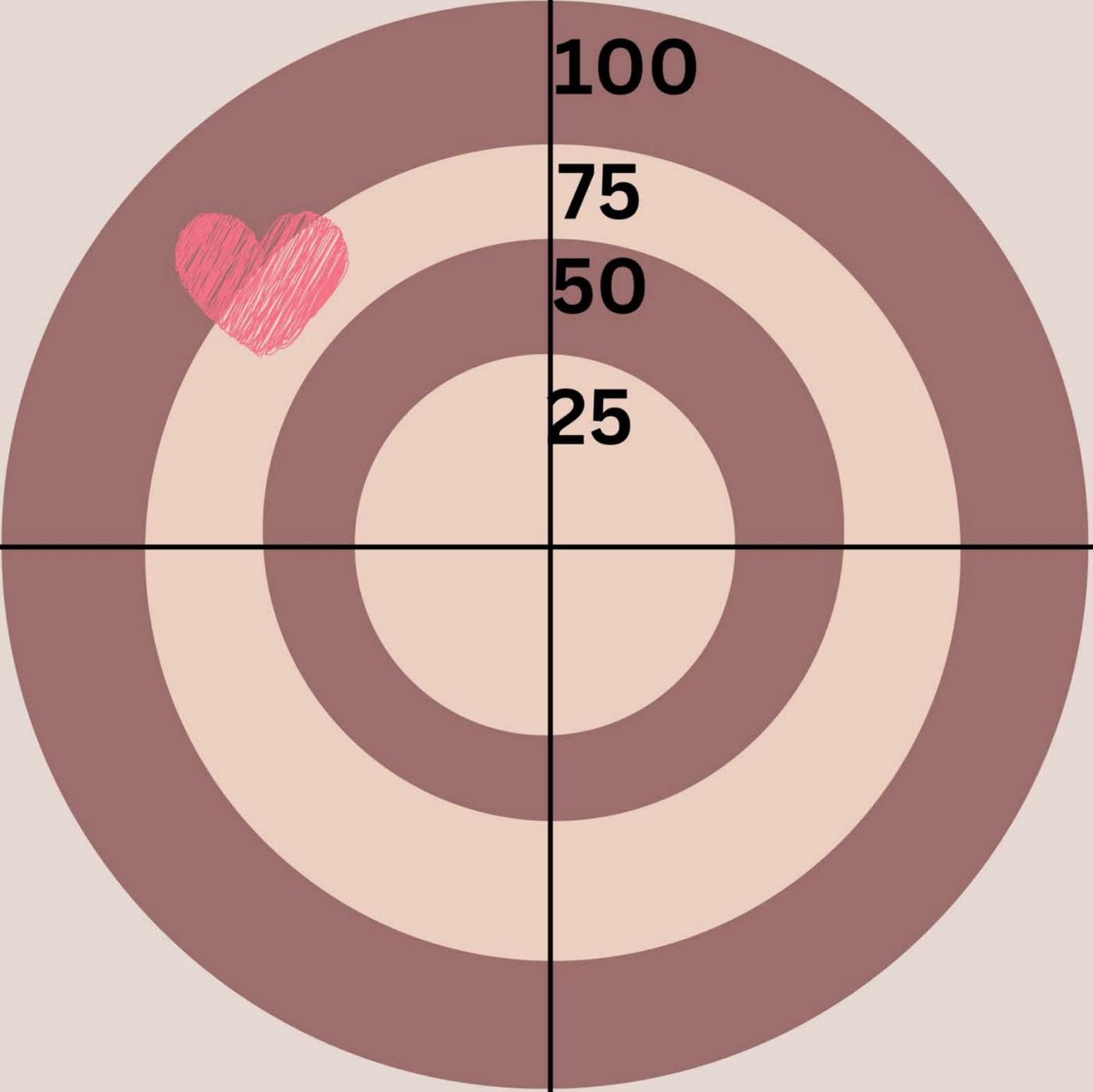
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**Leisure**

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100

75

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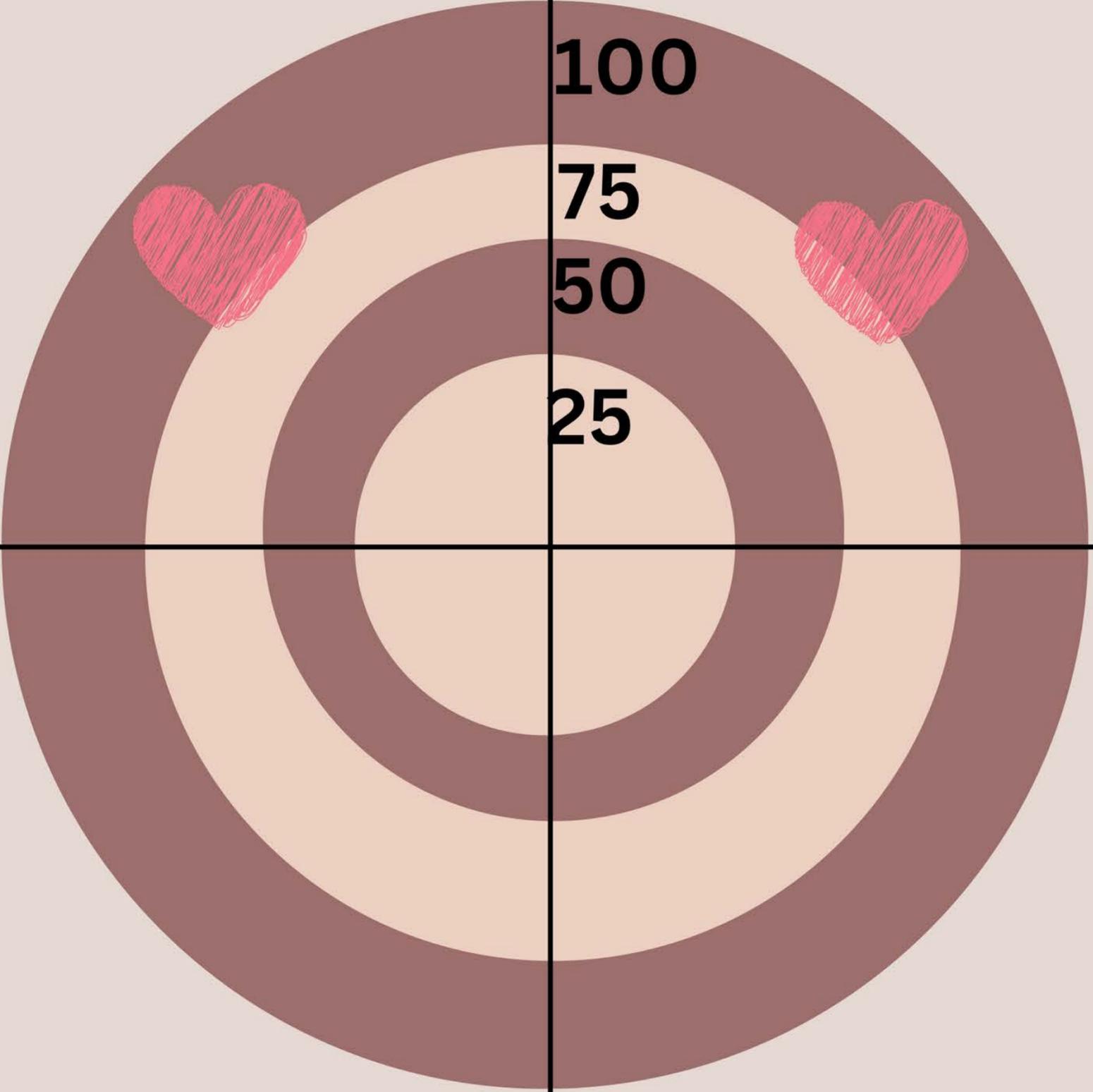
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**Leisure**

**Relationships**

**Personal Growth  
& Health**

**Work / Education**



100

75

50

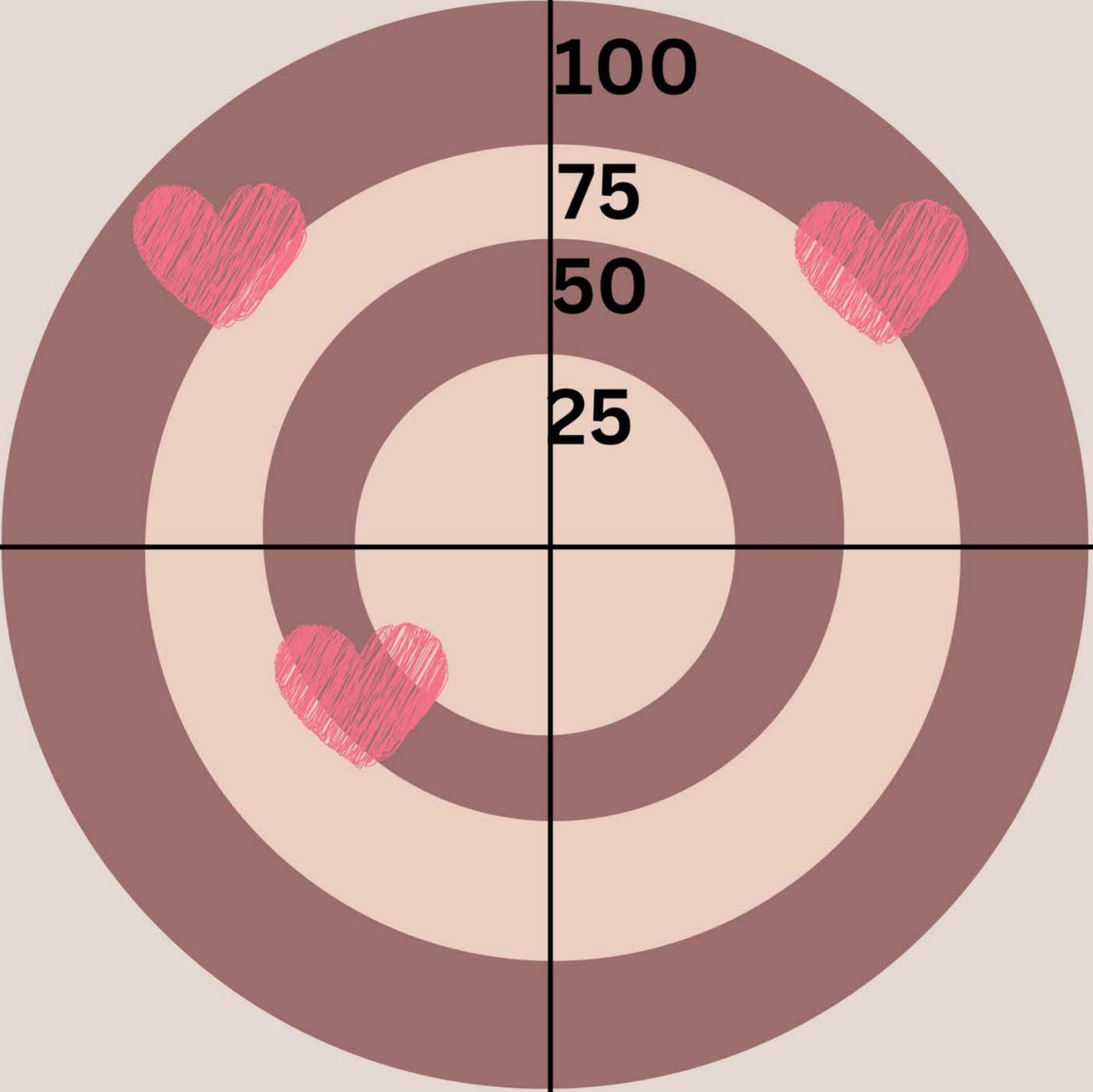
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**Leisure**

**Relationships**

**Personal Growth  
& Health**

**Work / Education**

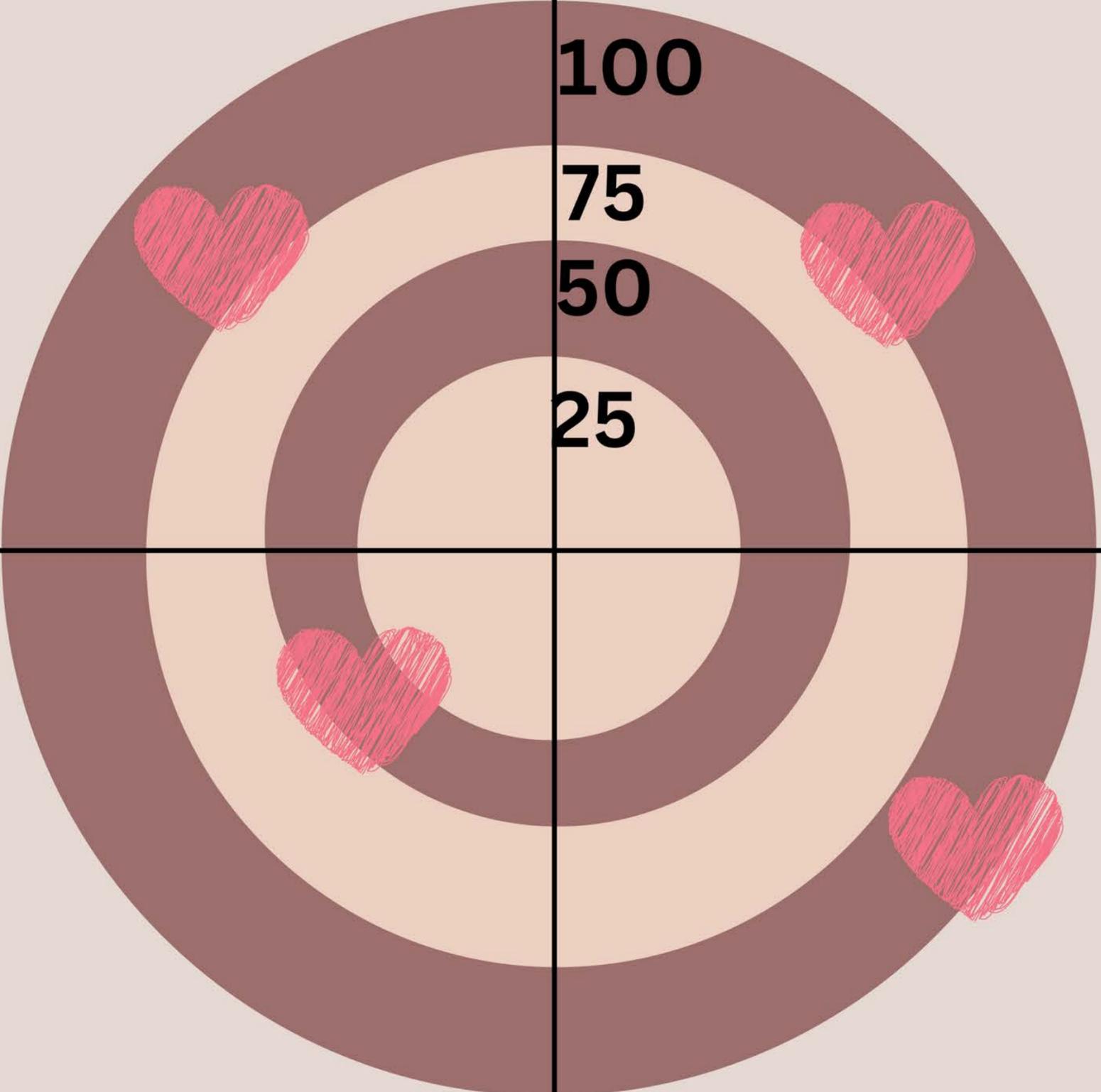


**Leisure**

**Relationships**

**Personal Growth  
& Health**

**Work / Education**



**Leisure**

**Relationships**

**Personal Growth  
& Health**

**Work / Education**

**Leisure**

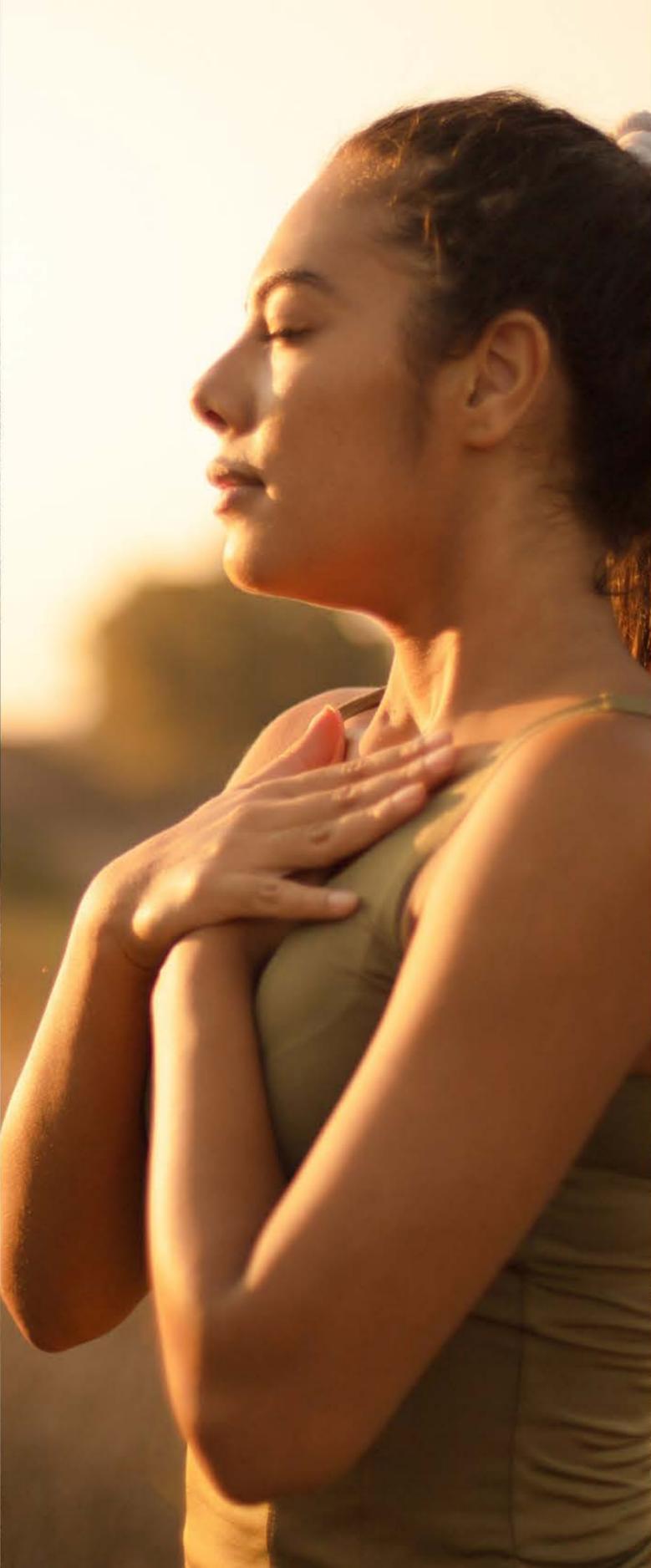
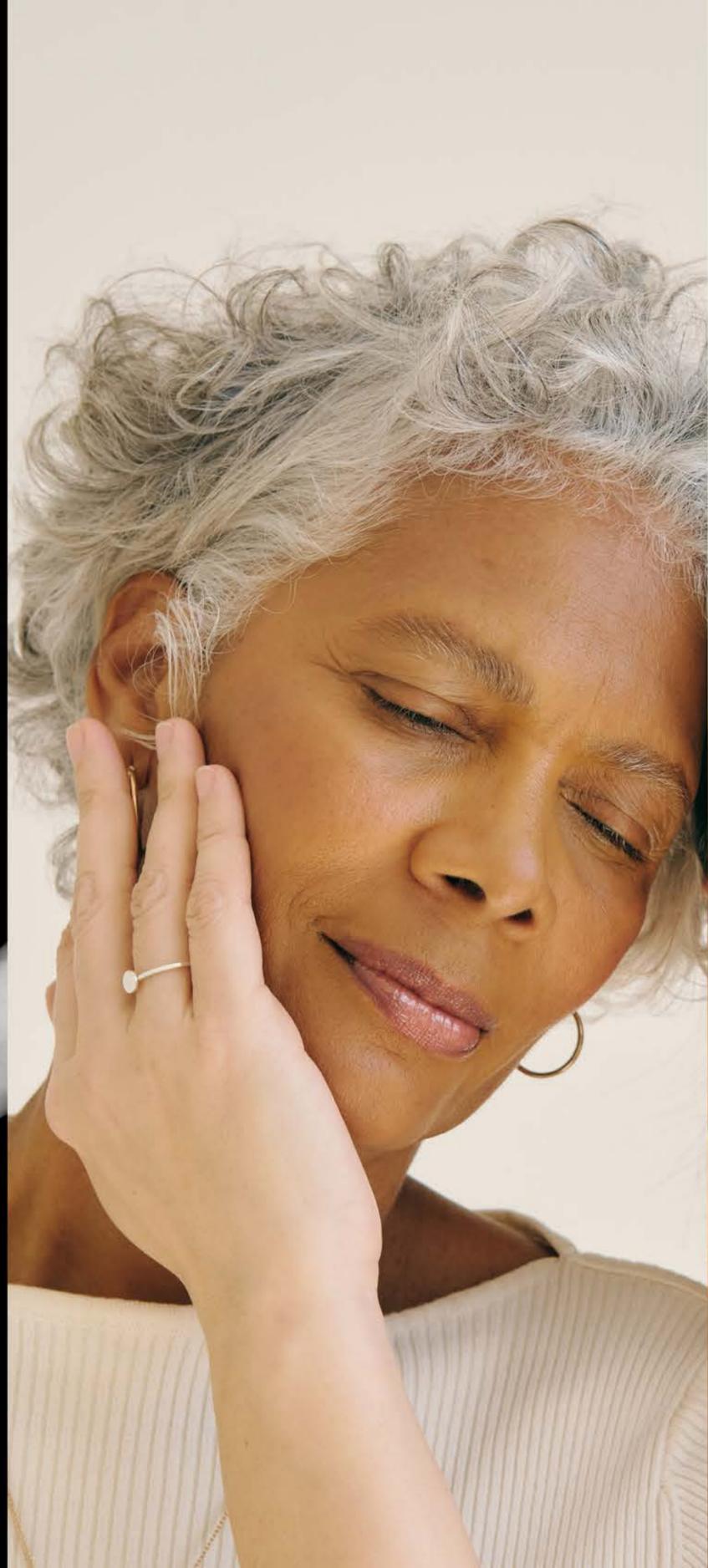
**Relationships**

# Writing Exercise

1. How do you think and feel of your results?
2. What do you think of how you spent your time this month?
3. What would you like to change in one of the areas for next month?
4. What are 3-5 actions you can take to increase your value-based actions in that area?

# Mindful Moment





# 4 Breaths

- **Classic** (One hand on heart & one hand on diaphragm).
- **Butterfly Hug** (Hands crossed on your heart and tapping to the beat of your heart).
- **Cheek to Cheek** (One hand on your cheek and then switch).
- **Eyes Up** (Eyes and chin tilted upward, shoulders down).

**ACT on your Values**



# Value Domains

Work	Creativity
Education	Healing
Personal Growth	Leisure
Health	Friendships
Spirituality	Nature
Community	Aesthetics
Parenting	Love
Family	Justice
Relationships	Fun



# Grab a Pen

- What is most important to you today?
- Make a list of all the possible things that are important to you today.
- Circle the one that is most interesting to you.



How will you act on this?  
In other words, how will you  
demonstrate (to yourself and  
others) what is important?  
List as many ways as possible.





What is most important to you today?

How will you act on this? In other words, how will you demonstrate (to yourself and others) what is important?

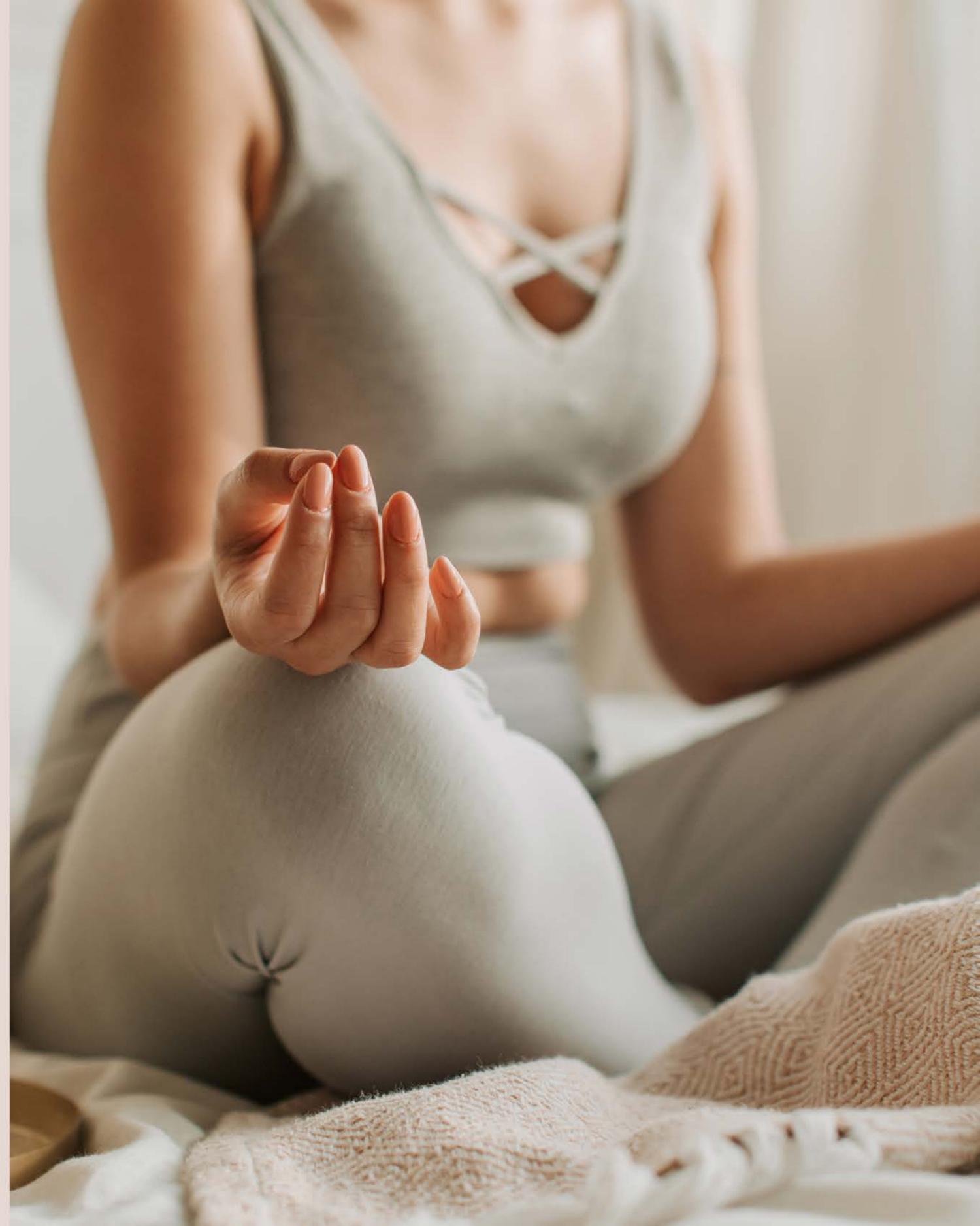
# Powerful Defusion Exercise

A modern approach to  
relate lovingly &  
realistically to your  
thoughts.

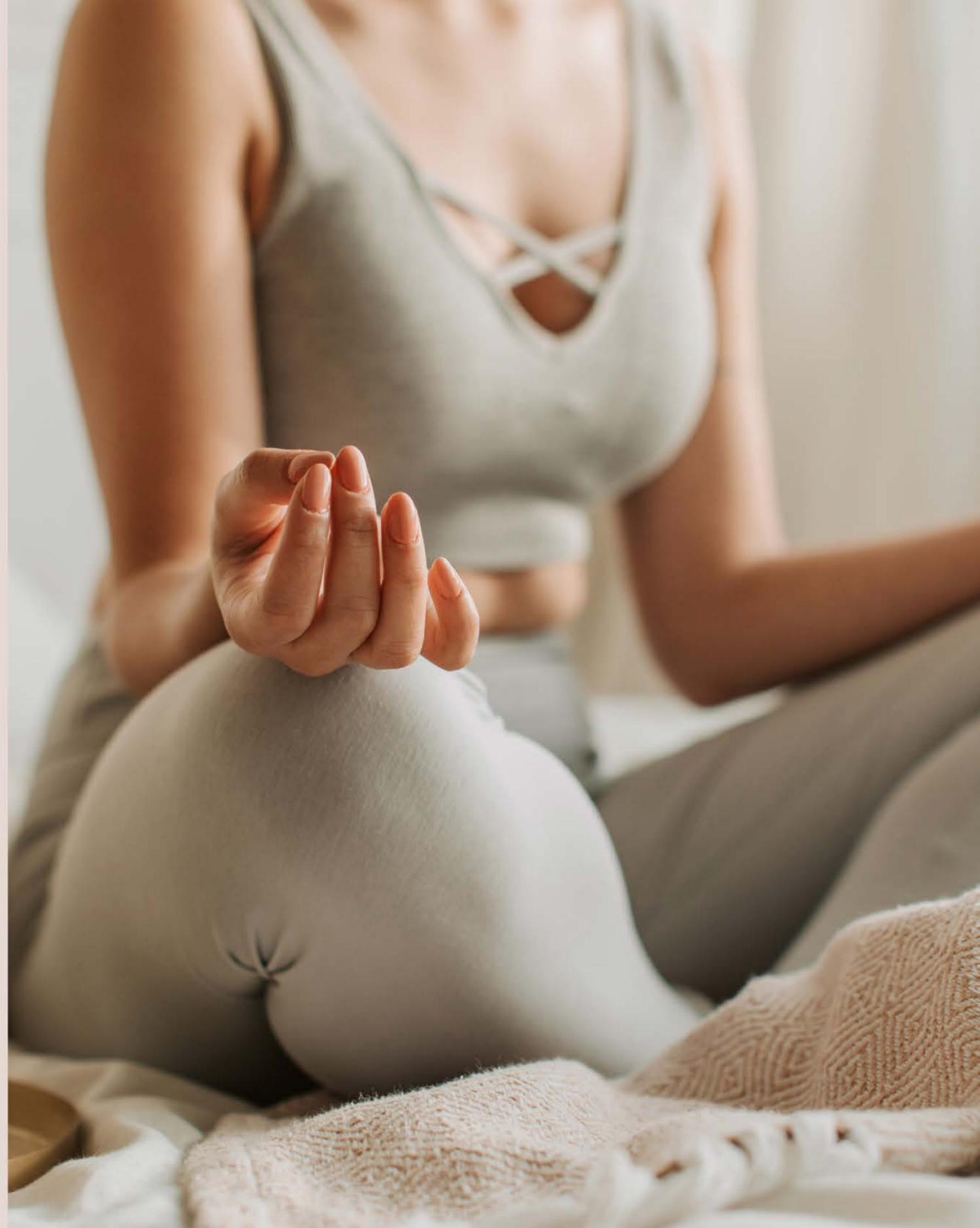


# Defusion Practice

“I am...”



I am...



I am having a thought  
that...

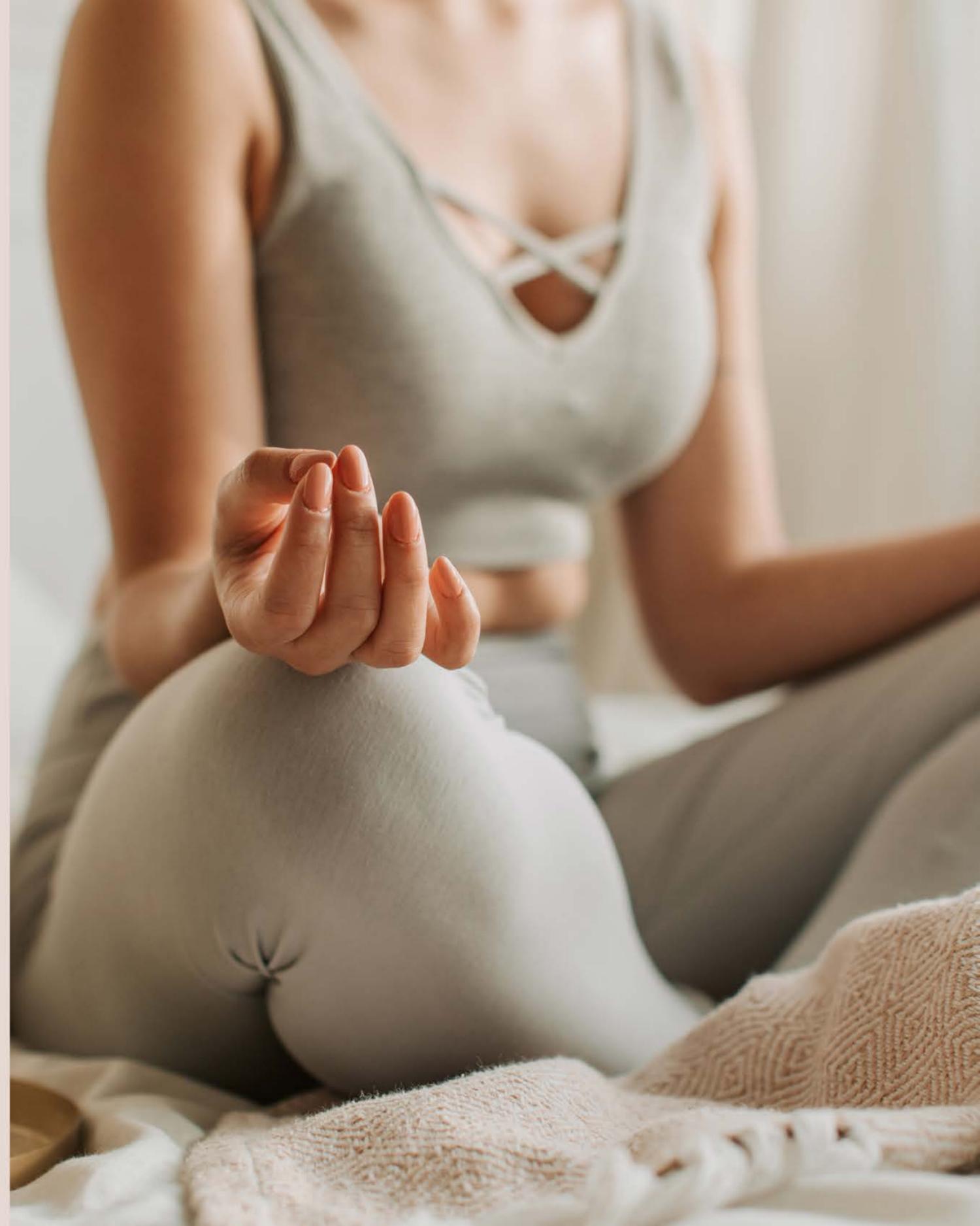
I am...



I am aware that I am  
having a thought that...

I am having a thought  
that...

I am...



words mean more than what  
is set down on paper. it  
takes the human voice to  
infuse them with shades of  
deeper meaning.

— maya angelou from  
i know why the caged bird sings



# Affirmations

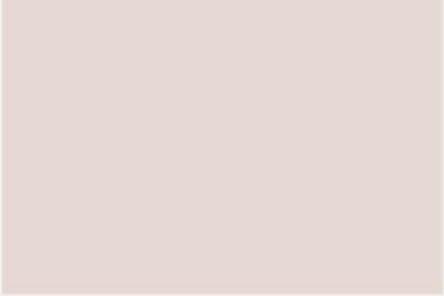


**I am a modern  
creative woman  
who...**  
finds many ways to  
act on her values.



# 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

**Mindset of  
Meaning**

2

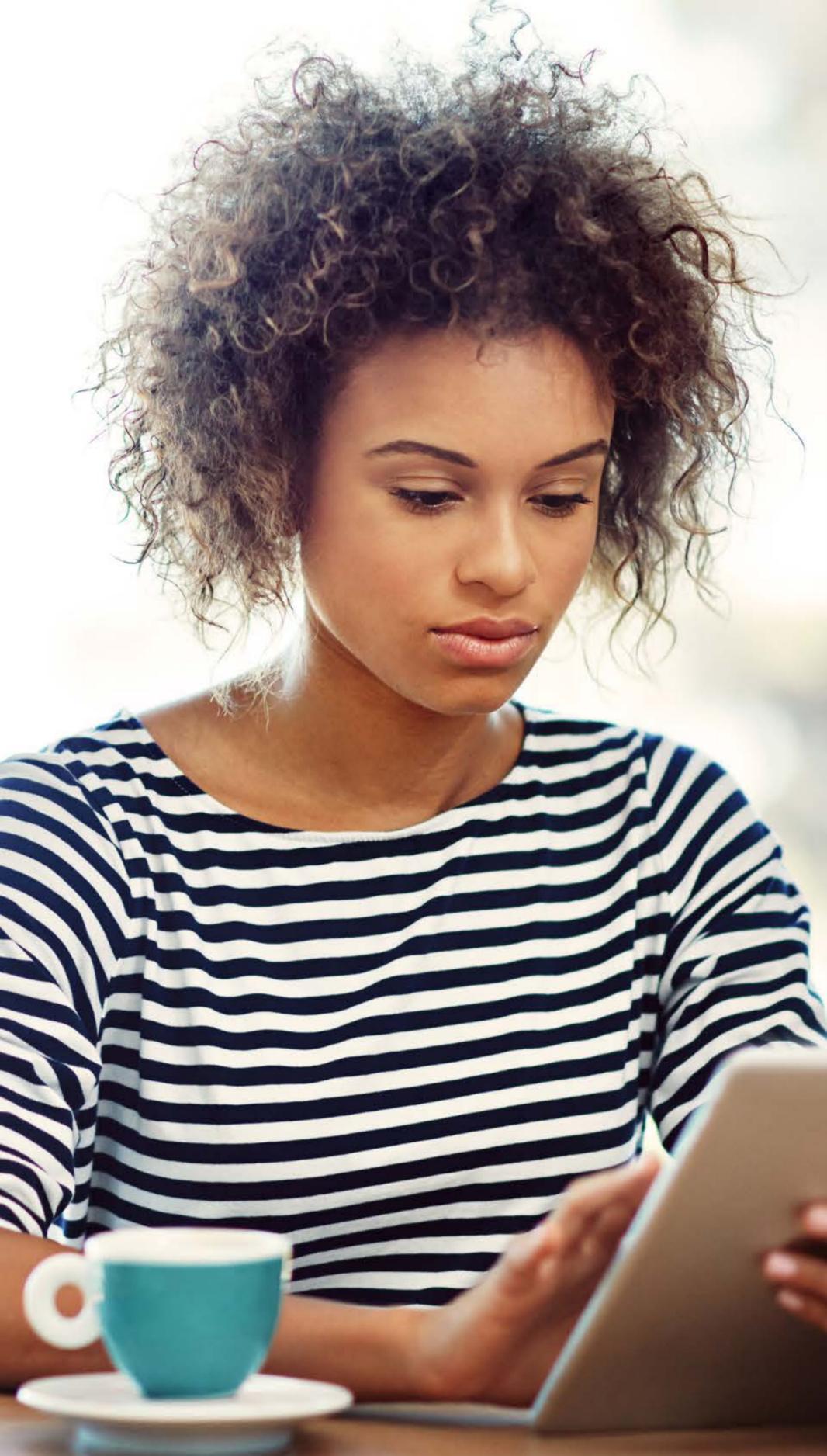
**Your Modern  
Creative  
Why**

3

**Mind Map  
of Your Why**

4

**Written  
Reflection**



# Meaning & Purpose

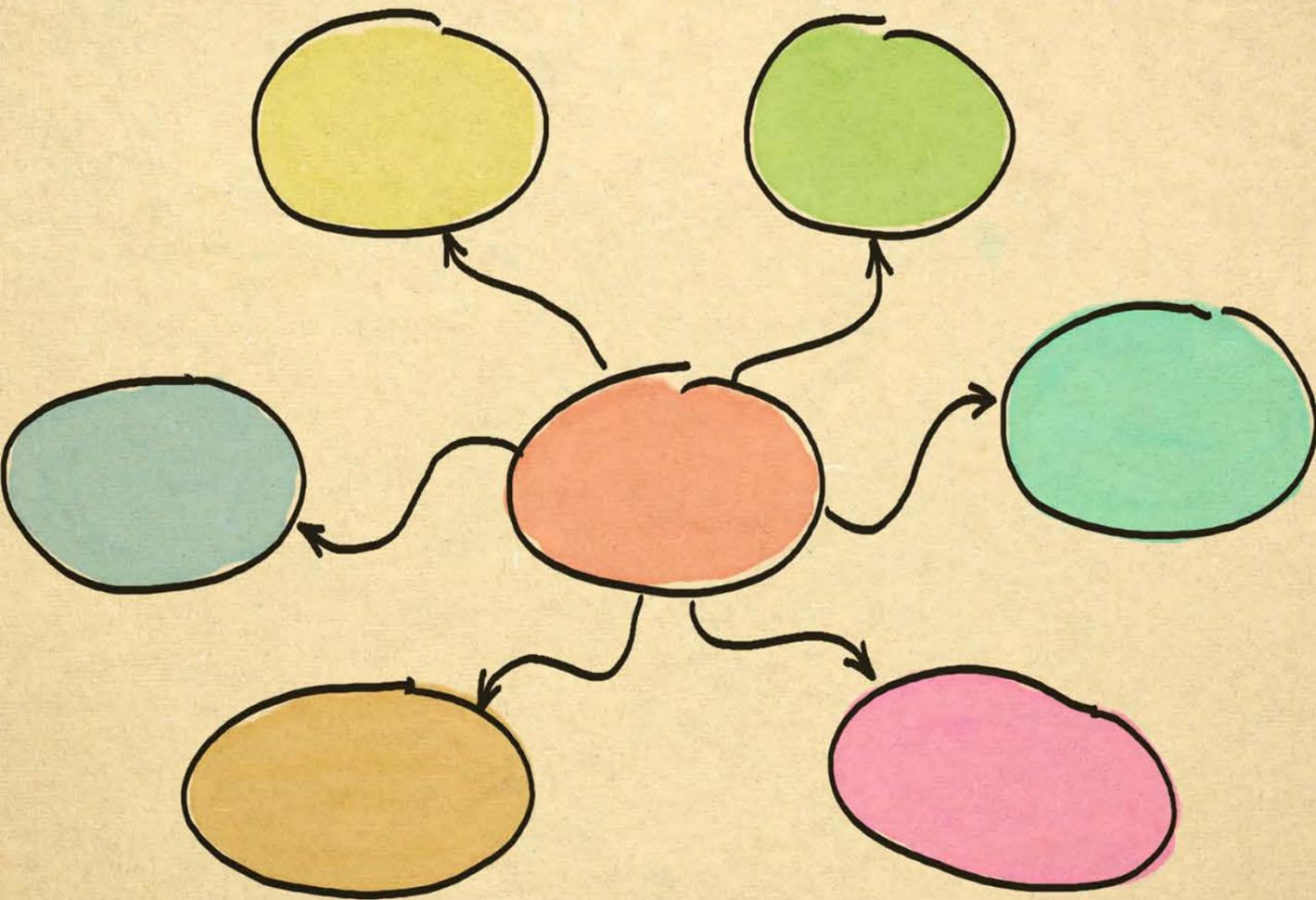
- Define your values and what is most important to you these days.
- Choose whatever you desire and try to avoid writing answers that you THINK would be desirable answers.
- Nobody is going to read this, so be completely honest.



# Your Modern Creative Why

- Reflect on your Modern Creative Why (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”?

# Mind Map



- How will you know how to move towards your why?
- Fill in the circles with words and/or art to get really clear what your Why entails.
- If your current “Why” is about your work, you might fill in the circles with - keeping up with industry, having fun, scheduling retreats, taking care of your body with sleep/exercise/nutrition.



# Written Reflection

- What was it like to make contact with meaning and purpose?
- What are the surprising benefits you noticed? What challenges did you encounter?
- What do you know now about yourself that you did not know before?
- How will you carry meaning forward?

The Modern Creative Woman



**BREATH IT ALL IN.  
LOVE IT ALL OUT.**

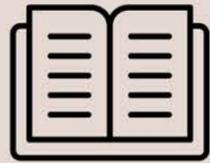


On a scale of 0 -10, how present are you  
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

# What To Do Next



## **Review**

Review your notes & 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

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!