

EMBRACE

EMBRACE THE HUMAN BEING NOT THE HUMAN DOING™

Emotional curiosity – Get curious with emotions, triggers. Who AM I (connect with you) . WHAT do I want to do (purpose, values, motivation and needs). What lights my fire? What are my unwanted identities? What/Who do you not want to be perceived as? What is the story I am telling myself? Are you knee deep in shame? Are you feeling overwhelmed? Are you sad, mad, upset, frustrated? What are you feeling?

Messy Me– With all our human-ness we need to be okay with our imperfect self. Our sense of belonging can never be greater than our level of self-acceptance. I need to be okay with all the parts of me. If I want to show up as Me, the real me I need to be okay with my flaws, imperfections and put down the masks, stop being the chameleon and trying to fit in and know that I belong to me. Am I okay with the messy, imperfect, complicated, ever evolving me?

Boundaries - Am I comfortable setting Boundaries, sticking to Boundaries and expressing my Boundaries? How do I know when I am out of alignment with my Boundaries? Being busy is no longer sexy, so am I able to say NO, slow down, pause, do less and find joy in the ordinary? Am I comfortable setting Boundaries with friends? Family? My partner? Work? With myself?

Resilience Tool Kit – What are your tools? Talking, journaling, yoga, breathing, friends, mindfulness (pay attention), exercising, creativity, singing, dancing, laughing, connecting to nature, pets, 20 second hug or a 6 second kiss, time alone, time with people. What do you need to get back up?

Action – What action do I need to take? What permission do I need to give myself? Get specific...

Connection – MJF (Marble Jar Friends - by Brenè Brown), Square Squad – Who are they and why? Whose opinions really matter to me? Can I ask for help?

Expectation – Be clear on what your expectations of yourself are? Self-compassion – how you talk to yourself and about yourself matters. There is no one size fits all formula and this is not a step- by-step guide. Commit to small steps daily. Be mindful of conflicting ideals and expectations of others and expectations of yourself? Be mindful of your own expectations as a person, as a parent, as a partner as a friend. What can you let go of?

Relationship Bootcamp

JEN RB ©