

Welcome to Module 4

THE GATHERING
OF RESOURCES

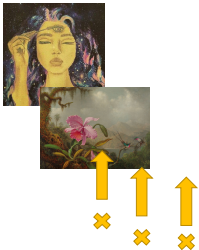


Recap

Week 1: Grand Recap Of Your Life

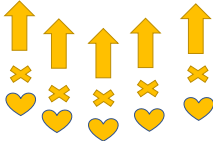
Week 2: Reigniting Your Values

Week 3: The Decision
(to live your most expressed,
magical, soft & true life):
Raising Standards + Practicing "no"



This Week

Week 4:
Name and learn from the
last three weeks, soften into
what you've already created
& gather resources for what
you're about to create



1. Reinterpreting and befriending stress

Reflection Question:

Was it stressful to
raise your standards?

1. Reinterpreting and befriending stress

"Uncertainty, not outcome, is the root of stress."

— Naval Ravikant

"Stress is what arises when something you care about is at stake. It's not a sign to run away - it's a sign to step forward."

— Kelly McGonigal, The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It

1. Reinterpreting and befriending stress

Research shows:

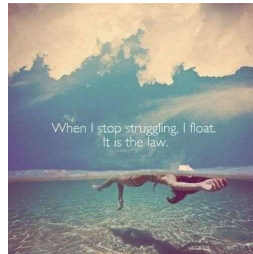
How you THINK about stress directly influences how stress affects you.

Think stress is good (and helps you grow, meet challenges, etc.)? Stress doesn't have a negative impact on health.

Think stress is bad (and is detrimental to your health, etc.)? Stress has a negative impact on health.

1. Reinterpreting and befriending stress

Conclusion :
Let the stress
about the stress go



2. The "how" question

I asked you to admit to yourself:
What are you afraid to admit is no longer up
to your standards?

2. The "how" question

This might be something big:

- A job
- A relationship
- Ways of interacting
- A habit
- A project

... and you may getting
paralysed because you
don't know HOW ...

2. The "how" question

You don't need to know the full "how".

What you do know:

- ❖ You made a commitment: Leave falseness behind.
- ❖ You started taking action towards what you value (and you're learning from it).
- ❖ You're building your trust muscles by doing so.
- ❖ This week we're gathering resources and getting ready to engage with this big desire.

3. Softening (no matter what)

Not about anything external.

Becoming unconditional with yourself.

Bringing the love in the new places.



3. Softening (the how)

- I. Having this as an intention is already very powerful
- II. When something becomes uncomfortable, decide to STAY with yourself, stay with the sensations. (this too shall pass)
- III. RAIN: Recognize, Allow, Investigate, Nurture (Tara Brach)
- IV. Allow your standard raising work to *not feel good*.
- V. Become willing to be with the places in you that accepted standards not being met in the first place

3. Softening (the how)

VI. Become an observer of your thoughts. Know they can be expressions of pain and fear and that's okay. Thoughts like: "I'll never be good enough", "I'm a fraud", "What will they think of me" are all signs that your prostitute is fighting and is in a way a good sign.

VII. Don't make you feeling good someone else's job.

VIII. Know that "feeling like you're dying" in some way is a good thing.

IX. Breathe into it.

X. Meet the new places that are coming to the surface

3. Softening (the how)

XI. Use this chart:

In my control.

Can you take responsibility for this end?

Not in my control

Can you trust that this part gets taken care of too? (and soften)

3. Softening (the how)

XII. Allies : identify those in your life who are your allies, no matter what. The ones who cheerlead you. The ones who are also in the arena and get this game you're playing.

Final Word: Don't let this softening be PASSIVE.

We're building momentum here and if you let yourself become passive, you're killing that momentum. Actually softening needs to be ACTIVE.

-> Do WOOP <-

3. Softening (the how)

WOOP: Wish, Outcome, Obstacles, Plan.

Passive energy uses hope as a strategy. It's not effective.
Active energy uses strategy as a strategy. It's effective.

- **Wish:** Reiterate what you want
- **Outcome:** Imagine what it'll feel like having that outcome
- **Obstacles:** Anticipate the potential obstacles
- **Plan:** Make an if-then plan for each obstacle.

Specific Actions

1. Active Softening
 1. RAIN
 2. Up to me / Not up to me
 3. Stay with yourself as things feel not awesome
2. WOOP on your tricky zone or on your big desire
3. Continue
 1. Training yourself & others to respect your no & honor your yes
 2. Raising your standards
 3. Finishing up or redoing last week's exercises

