Editing Our Self-Map

(created for the Self-Coaching Call Recorded 3/20/20)

Describe YOUR version of your most well self (consider social connections, creative activities/outlets, rest and relaxation, physical engagement and how you move, play, and notice your body, what you eat, what relationships you invest in, how you work, what makes you laugh, the environment you live in, your spiritual and private practices, habits you value that are life-giving and supportive, and so on):
Many of our fears are converging at the same timean unusual occurrence. Most often, needs can be met little by little, but for now, many are experiencing the "sympathetic system" of "flight, flight freeze" in order to stop engagement, we need to pause, hit the brakes and explore priorities. By giving attention to one area does not mean that we are ignoring other areas, it simply gives us <u>a starting place to engage</u> .
Read what you wrote above. As we start to thoughtfully engage, we increase our confidence and begin to shrink the overwhelm. Our brain, having been given the "big picture" of ideal and healthy, will look for ways to support that vision. What needs your attention FIRST on the terrain you described right now? Where did your heart go as you looked at "your map"?
Recognizing CHOICE in our circumstances will bring deposits of confidence, competence and increase our "Power Accounts". Remember that our long list of what is screaming for attention can be

quieted by using the "delay, dump/delete, do, or delegate" model. We can "lay it down" and only carry the current load. What are some ways that you can support and engage your identified priority? **This is a** "menu", not a to-do list. Options for "touching" this area of your "map" to influence, engage, and

move the needle in the direction you desire.

Brainstorming your priority – how might you engage?
Experiences, strengths, insights, resources, & support? What "muscles" IN YOU need to be exercised right now? Recall a time you've used them before successfully. If you haven't, who has? Reach out to them and ask for help. Now more than ever, we must stay connected and remember that we are in this together.
What RESONATES on your "menu"? Start there. Identify HAVES and NEEDSwhat will you leverage for successful participation?
What are your next actions, intention or goals? See them – SMART- how will you measure them? By task or time?
Scale your confidence $(1-10)$ Do you believe in your success? Why? Why not? If you don't answer a scale of at least a 7, revisit the "haves and needs". You next right step may be revealed there. Land with engagement with something you CAN DO.
We are wired to want the Highest plan / design on our lifeI encourage you to stay connected to and make choices from an empowered state of responsibly choosing.
and repeat (revisit your vision, prioritize, engage, reflect, revisit your vision,)
Beneficial reflection? Helpful and healthy insights? Please tell me about your experience.