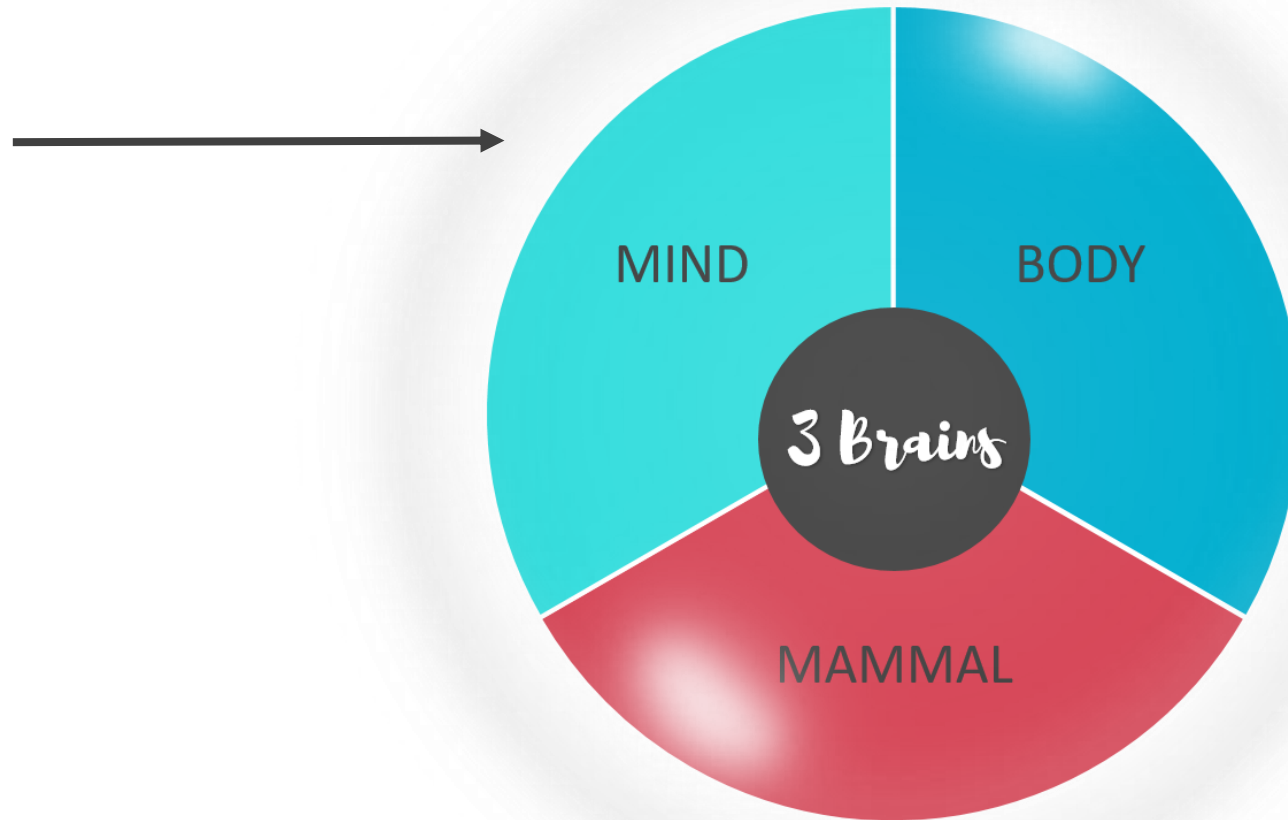


EAT. PLAY. LOVE. *Live*  
YOUR BODY. YOUR LIFE. YOUR RULES

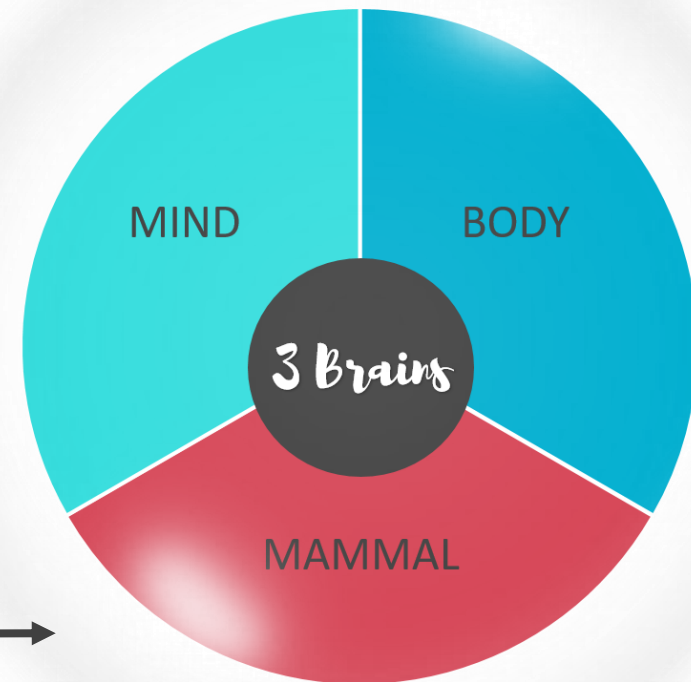
[YOUR INNER COMPASS OF PEACE]

# The Next Layer Of YOUR Inner Compass...



# Bubble of Resilience (Your Self-Image)

- ★ Self-Worth
- ★ Self-Esteem
- ★ Self-Care
- ★ Self-Endorsement
- ★ Self-Acceptance



# The Purpose of this Video...

- ★ Why your self-image dictates everything you do (and don't) do.
- ★ Why defining your values and beliefs (your self-image) are the MOST powerful way to influence how you 'show up' every single day.
- ★ Why this 'stuff' is about so much more than "positive thinking" or motivation (it really is just science)
- ★ Get the ball rolling creating the self-image layer of YOUR internal compass (bubble of love)

# Before We Dive In...

- ★ REMEMBER: It's never about the chocolate chip cookie; It's about who you're **being** in the face of that chocolate chip cookie.
- ★ You can't possibly control your life. The ONLY thing you CAN control in your life is who you choose to show up as every single day.
- ★ Unless you define who that is, you'll be living your life reactively. You'll merely be a passenger.

# No B.S. (and no exaggeration!)

The work we are about to do has the power to (and will!) transform you....

- ★ From undefined to defined
- ★ From full of doubt to certainty
- ★ From shakeable to unshakeable
- ★ From disempowered to empowered.
- ★ From ashamed to proud
- ★ 'Grow you up' from little girl to woman.

# It Really IS Just Science...

- ★ It's not just a mindset or a psychology perspective that says this. The latest in brain research and neuroscience have conclusively found the same thing:
- ★ HARD RESEARCH: "Affirmation of Personal Values Buffers Neuroendocrine and Psychological Stress Responses" J. David Creswell, UCLA Department of Psychology

# Your Self-Image Values + Inner Compass:

You get to say who you are! You CAN create this RIGHT NOW (no matter how long you've been "the way you are"). Right now, you can say:

- ★ This is who I am.
- ★ This is what I believe.
- ★ This is what I'm about.



# It's like leaving breadcrumbs for yourself...

This is where you get to say:

- ★ This is who I **CHOOSE** to be (to the best of my ability) as I go about the business of my life.
- ★ This is my **INTENTION** for who I choose to be.
- ★ This is an **ASPIRATION** for who I choose to be.

# Your Inner-Compass:

- ★ \*\*This doesn't mean that you're 'supposed to' become the embodiment of these values (of your compass) all the time, 24 hours a day. It's simply a tool (that YOU created) to help you get back on course or keep you on your chosen path.\*\*
- ★ **YOU ARE JUDGING YOURSELF ANYWAYS!** At least now you can decide what you are (and aren't) judging yourself by (what you're 'weighing' and measuring.)

# Values (Literally)

- ★ (v.) "estimate the value of," also "think highly of,"
- ★ (n.). "price equal to the intrinsic worth of a thing;"  
"degree to which something is useful or estimable,"

**AGAIN:** You are judging yourself anyways! At least now you can decide what you are (and aren't) 'weighing' and measuring.

# Values (What I Mean)

- ★ Ways of **being** that feel important to YOU -- that represent the kind of experience you would like to have in your life
- ★ **NOTE**: These are aspirational values -- meaning that you might not (and probably don't) feel like you 'own' them fully right now, they are simply values and 'ways of being' of the Self-Image that you are currently working towards feeling and 'owning' -- ones that you really WANT to own.

# Examples:

★ **My Self-Image Values:** Acceptance, Connection, Care

NOTE: Even if you and I end up choosing the exact same words, they would be uniquely OURS because the definitions would be uniquely ours – the neuroassociations we create alongside them would be unique to each of us as well.

# A note about neuro-associations:

- ★ Resonance
- ★ Connection
- ★ Emotion

If there isn't any or all of the above within your self-image values, your definitions, or any of the work we do together, ditch it! It's got to connect, resonate, and MOVE you in order to create the neuro-associations needed for BRAIN-CHANGE.

# Your Self-Image Values (Your Compass)

- ★ Your values **MUST** be chosen by you in order to create their meaning (and in turn your connection to them). Your connection to them is only as powerful as the meaning and definitions that **YOU** give them.
- ★ They must elicit emotion (as in, when you think about them, imagine life with or without them, how do they make you feel?)
- ★ Values override situations and actions (they are a way of **BEing** -- not a **DOing**)

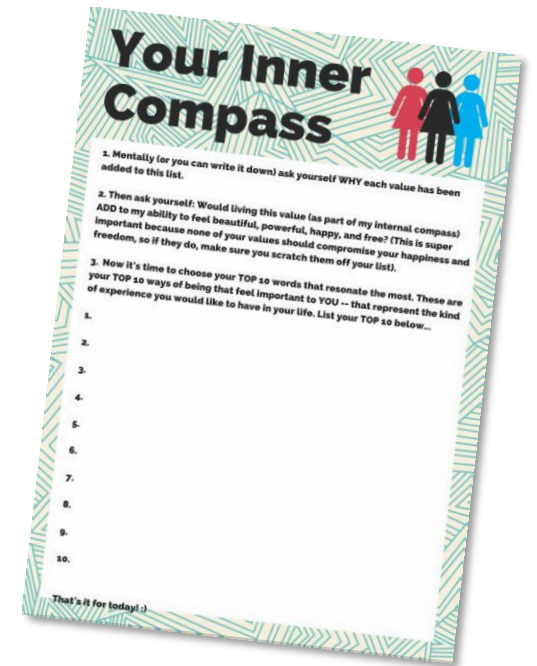
# Your Self-Image Values (Your Compass)

- ★ Your values create your *resilience*. They create your internal bubble of love.
- ★ They create the framework for your core identity-- who you WANT to be (aspirational)
- ★ Values are strengthened to the extent that you PRACTICE them (A.I.R.= Attention, Intention, Repetition)



# Time to Explore! (Step 2)

- ★ Make a list of AT LEAST 25 values that feel important to YOU.-- that represent the kind of experience you would like to have in your life
- ★ (Note: These are aspirational values -- meaning that you might not (and probably don't) feel like you 'own' them fully right now. They are simply values that you are currently working towards feeling and 'owning' -- ones that you really WANT to own)



# Next...

- ★ Ask yourself: WHY each value has been added to this list?
- ★ Ask yourself: Would living this value (as part of my internal compass) ADD to my ability to feel beautiful, powerful, happy, and free? (This is super important because none of your values should compromise your happiness and freedom, so if they do, make sure you scratch them off your list).

# And Finally...

- ★ Narrow it down to 10
- ★ Choose your TOP 10 words that resonate the most.  
These are your TOP 10 ways of **being** that feel important to YOU -- that represent the kind of experience you would like to have in your life.
- ★ List your TOP 10 on the worksheet

# If You Are Struggling...

- ★ Don't be afraid to use the power of GOOGLE 😊 (search: "List of values")
- ★ I randomly googled "list of values" just to find a sample list to get the wheels turning, and I found this. It's be no means comprehensive, but will definitely get the ball rolling for you :)

<http://jamesclear.com/core-values>

*One Last Thing:*

I invite you to **NOT**  
skip this work!!

# Take Action:

- ★ **Grab It:** Your Inner Compass (Values) Worksheet (Part 2)
- ★ **Explore It:** Walk yourself through the steps. Be patient with yourself and give yourself compassion. This is most likely REALLY new to you. Don't stress yourself out. It's supposed to be a challenge.
- ★ **Stay Tuned:** This will keep coming together for you as we add on the next layer 😊

Coming Up:

Your Inner Compass  
(Part 3)!

*See You Then!*