

Showing Up

While we arrive...

What is one "spark of an idea" that has come up for you in this *Showing Up* process?

- Write it out in **one** sentence
- Sketch the idea using **only** shape line & colour

Week 8: Resilience





Safety

Resilience

The Observer

**Capturing Sparks
of Ideas**

True Welcome

**Celebrating the
Little Things**

Our Gremlins & Fear



Following Our Deepest Calls

AUTOBIOGRAPHY IN FIVE CHAPTERS By Portia Nelson

I

I walk down the street.
There is a deep hole in the sidewalk. I fall in.
I am lost ... I am hopeless.
It isn't my fault.
It takes forever to find a way out.

II

I walk down the same street.
There is a deep hole in the sidewalk. I pretend I don't see it.
I fall in again.
I can't believe I'm in the same place. But it isn't my fault.
It still takes a long time to get out.

III

I walk down the same street.
There is a deep hole in the sidewalk. I see it is there.
I still fall in ... it's a habit.
My eyes are open.
I know where I am.
It is my fault.
I get out immediately.

IV

I walk down the same street.
There is a deep hole in the sidewalk. I walk around it.

V

I walk down another street.

Resilience & Values

What am I “showing up” to?

Creativity

Compassion

Curoosity

Learning/Growth



Resilience

A Stretch You Are Always Doing

You are always building resilience.... The question is to what?

Resilient to coping, to stress, to unhealthy patterns? Or resilient to following your deepest intentions living out your core values even when its hard/unclear.

Throughout this process of 'showing up' you have arrived to scary, unclear things. But you have muddled through and have much more clarity about what a process like this can look like and offer. You have also been enacting some of your core values!

Being truly resilient means standing on your own, showing up for yourself what you truly value and knowing that you can do it!



List of VALUES

Accountability	Ethics	Kindness	Self-respect
Achievement	Excellence	Knowledge	Serenity
Adaptability	Fairness	Leadership	Service
Adventure	Faith	Learning	Simplicity
Altruism	Family	Legacy	Spirituality
Ambition	Financial stability	Leisure	Sportsmanship
Authenticity	Forgiveness	Love	Stewardship
Balance	Freedom	Loyalty	Success
Beauty	Friendship	Making a difference	Teamwork
Being the best	Fun	Nature	Thrift
Belonging	Future generations	Openness	Time
Career	Generosity	Optimism	Tradition
Caring	Giving back	Order	Travel
Collaboration	Grace	Parenting	Trust
Commitment	Gratitude	Patience	Truth
Community	Growth	Patriotism	Understanding
Compassion	Harmony	Peace	Uniqueness
Competence	Health	Perseverance	Usefulness
Confidence	Home	Personal fulfillment	Vision
Connection	Honesty	Power	Vulnerability
Contentment	Hope	Pride	Wealth
Contribution	Humility	Recognition	Well-being
Cooperation	Humor	Reliability	Wholeheartedness
Courage	Inclusion	Resourcefulness	Wisdom
Creativity	Independence	Respect	<i>Write your own:</i>
Curiosity	Initiative	Responsibility	_____
Dignity	Integrity	Risk-taking	_____
Diversity	Intuition	Safety	_____
Environment	Job security	Security	_____
Efficiency	Joy	Self-discipline	_____
Equality	Justice	Self-expression	_____

meditation

Your Process

1. Stillness/Arrive
2. Set an Intention
3. Ask a Question
4. Trust Impulses
5. Trust the process
6. Write

Intentions to Explore in the Creative Process

"Today, I intend to

1. Be present.
2. Be patient.
3. Make conscious choices.
4. Listen to my intuition.
5. Allow joy to find me.
6. Express my gratitude.
7. Do something that scares me.
8. Move slowly.
9. Listen to my body while I create.
10. Pay attention to colour.
11. Only explore shapes.
12. Only explore lines.
13. Welcome ____ feeling to join me in this process.
14. Pause during my process and be in touch with my observer.
15. Show myself compassion.
16. Fully trust the process.
17. Let my skills be just where they need to be today.
18. Listen for my deepest calls.
19. Be my true self.
20. Be kind and patient with myself.
21. Relax.
22. Have fun.
23. Celebrate my creative expression.
24. Discover more about my inner world.
25. Pay attention to my old habits and ways of being.
26. Try new things.
27. Believe in myself.
28. Hold space for this feeling.
29. Allow myself to be whatever I need to be for the next ____ minutes.
30. Be ok with my discomfort.

Questions to Explore in the Creative Process

Self-Discovery

- 1.What are my strengths in relationship?
- 2.What are my tried-and-true resources or supports that help me when things are hard?
- 3.What do I value most in my life?
- 4.What emotions do I find most difficult to hold space for?
- 5.What is a change or transformation I am ready to move in to?

When you are in a hard spot.

- 1.What message do I most need to hear right now?
- 2.What wisdom can my wise self-offer me about this situation right now?
- 3.What is another angle or perspective I can bring to this challenge?
- 4.What wisdom would _____ person share with me about this?
- 5.If this situation were a gift, what would it be offering me?

Practicing Mindfulness

- 1.What am I noticing about myself right now in this moment?
- 2.What would compassion look like for me right now?
- 3.How do my typical negative patterns unfold in my life?
- 4.How can I offer loving kindness to myself, someone beloved, & someone I don't know right now?
- 5.What is something little in my environment or my life I can pay attention to right now?

Gratitude

- 1.What ordinary things bring me the most joy?
- 2.What is something that went better than expected this week/day?
- 3.What is ideal/perfect in my life right now?
- 4.In this moment right now what I am thankful for?
- 5.What have been the greatest gifts of my life so far?

Creative Expression

- 1.What are my creative strengths?
- 2.What ideas and inspirations have been calling me lately?
- 3.How can I use my creativity to express this feeling, experience, or thought I have been having right now?
- 4.What is holding me back from creative living?
- 5.Find a random image, object, or word. How can I collaborate with this thing and create something new in response to it?

Observing Myself

- 1.How has fear been showing up in my life lately?
- 2.If I could redo or revisit that situation, what would I do instead?
- 3.What parts of myself have shown up today so far?
- 4.What does the wise patient part of myself want me to know right now?
- 5.How have I been showing up to life lately? Is this how I intend to?

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It's ok to feel like a beginner.
More importantly, it's ok to fail.
It's ok to not know how to do something;
the key is to be unafraid to attempt it in
the first place.
Life is about mastering the art of winging
it and still managing to come out on top
more often than not.

-G.Boston