

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

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 even when it's 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.

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

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?

Your Process

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

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