

HOW YOU SHOW UP MATTERS

RESTORING YOU



VIDEO 1

EVERYTHING IS _____

Who is someone you admire and respect? How do they show up to the people and things in their life? What exactly are they doing and saying? What is their energy?

Who & what have you noticed around you this week, and what kind of energy were they sending out?

Your internal world is made up of...

- 1.
- 2.
- 3.

And is externalized into and through...

- 1.
- 2.
- 3.

Body language can be either open/expansive or closed/constricted

**Reflect back on the people you mentioned above - What was/is their body language?
How did it make *you* feel or see them differently? What stood out to you?**

Now let's turn inward and look at YOU

**Reflect on the ripples you are sending out
(leave any shame or judgement at the door! Seeing and acknowledging how you
show up gives you the power to change it as needed!)**

What tends to trigger you negatively?

What things make you feel expansive?

NOTES

CONSTRICTORS

How do these show up in your life?

How do they feel in your body? Where do you feel them?

What thoughts are associated?

How do you act when you feel this way?

REFLECT ON EACH

Shame

Guilt

Doubt

Anger

Fear

Resentment

Obligation

Pick the emotion that you struggle with most & use it to have a dialogue on the next page



LEARNING FROM YOUR EMOTIONS

What are you trying to show me?

Why did you show up in this moment or circumstance?

Is there something that I need to address or change?

How can I reframe this thought and feeling into something empowering?

What *positive* action can I take as an alternative to my normal response?

EXPANDERS

How do these show up in your life?

How do they feel in your body? Where do you feel them?

What thoughts are associated?

How do you act when you feel this way?

REFLECT ON EACH

Joy

Gratitude

Determination

Hope

Trust

Freedom

Curiosity

How can you lean into these more this week?

NOTES