



Goal: To learn to trust myself and my thoughts and feelings. To honor and be true to myself while also honoring others and seeing all humans value as equal.

Affirmation: Post on a card or make it your wallpaper this week.

***I fearlessly trust myself.
I stand up for myself
with strength and love.***

Take the Quiz

Your innate Power comes from being truly and uniquely you. It comes from claiming your innate love and strength. It also comes from claiming your gifts and your purpose and doing so in a loving way. Your power comes from trusting who you are. This is important because if you are afraid and don't trust yourself, no one else will either. Likewise, if you show up with ego people may not trust you.

Do you Trust yourself? Take the quiz...

1. Do you ask for what you want or need? How well do you honor your own needs?
2. Do you tolerate bad behavior from others and then fantasize later about what you wish you had said? Do you feel sick to your stomach at the thought of standing up for yourself?
3. Do you confront people and sometimes handle it with more ego than love? Do you offend others?
4. When you make commitments to yourself, do you keep them?
5. Can you make tough choices and not doubt your decisions? Do you like to get advice from others because you trust their judgement more than your own?
6. Do you prefer not to get advice from others about your choices, so you don't feel obligated to follow it?
7. Do you stand up for yourself and insist that others honor your boundaries?
8. Do you enforce your boundaries and sometimes do it harshly?
10. Do you feel confident to try new things or take risks?

Boundaries are rules or policies you set to protect you from your own weakness, fear and lack of trust in yourself. They are not rules for other people. Brainstorm this week some areas where you need a policy to make sure you honor yourself and your needs.

ClarityPoint:

“The only real conflict you will ever have in your life won’t be with others, but with yourself.”

–Shannon L. Alder

My New Boundaries Exercise

People may not...

- Take out their anger or grouchiness on me
- Gossip in my presence
- Invade my personal space
-
-
-
-
-

I have the right to ask for...

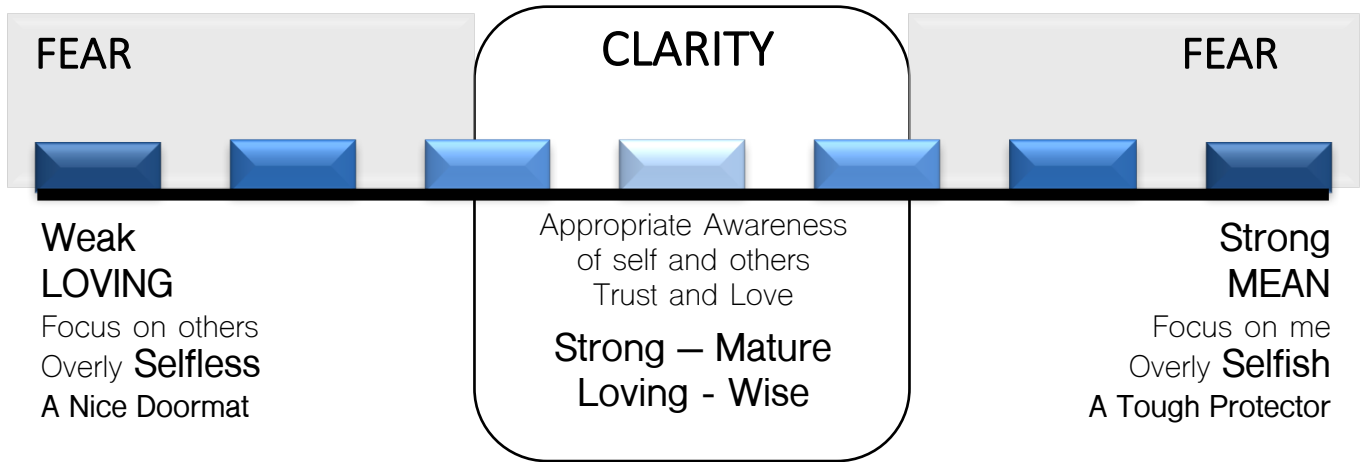
- Help
- Privacy, quiet, space or time
-
-
-
-
-

To protect myself, it’s okay to...

- Turn my phone off
- Say no to watching my sister’s kids
-
-
-
-
-



Finding Clarity and Balance Chart



Finding Clarity in any situation means choosing trust and love.

1) I choose to be Strong:

Being strong does not mean being dominate, forceful or in any way placing yourself above other people. Strong is just a place without fear. Real strength comes from trusting the journey and your value.

2) I choose to be Mature:

I have a tendency to see other people as different from me. In reality they are scared, struggling, infinitely valuable beings just like me. I will put myself in their shoes before I take any action. I will see them as the same as me.

3) I choose to be Loving:

I trust my value is not on the line. In this place I am capable of being focused on giving love. I do not need to defend myself. I may still want to talk about this issue but I can do so from a place of love for myself and others. How can I be kind and loving to both of us?

4) I choose to be Wise:

Choosing the wisest course of action requires me to look at why I might choose each option.

There are fear reasons and LOVE reasons to do everything. Identify them. Then decide which is the most loving, mature, strong and wise response.

Option 1: _____

Option 2: _____

Fear Reason:

Fear Reason:

LOVE Reason:

LOVE Reason:



The Clarity Questions Worksheet

Here is a list of questions you can ask yourself to make sure you are seeing a situation accurately and to find the most appropriate response.

The Clarity Questions:

1. Do you remember that your value is infinite and absolute, no one can diminish you, and you are the same you, no matter what they do or say?
2. Do you remember that your life is the perfect classroom journey for you and every experience is a perfect lesson?
3. Do you see this person as the same as you? Can you see that they are a work in progress, just like you?
4. Can you see what they are afraid of? Are they afraid of loss or afraid they aren't good enough?
5. What does the other person need right now?
6. Are they tired, hungry or incapable of mature behavior because they haven't had the opportunity to learn a better way? What has happened in their life, that affects their current behavior?
7. What are some possible options in response to this situation (think of many)?
8. Write next to each option what you think the outcome of choosing that option would be. Figure out if you are fear or love motivated to choose each option.

For example: if your option was "to not say anything about the offense" a fear-based reason to do that, would be "I'm too chicken. I'm afraid it will go bad if I say anything." A LOVE reason might be because "I see their fear and that the offense really isn't about me, so I can just forgive them and let it go." That would be a loving reason to not bring it up.
10. Cross out all the fear-based options and choose an option with a LOVE-based reason that feels right to you.



The How to say NO Worksheet

If you can't say NO or enforce your boundaries you will always fear success. You will be afraid you can't handle more, which you can't without boundaries. If you are stuck in your career and not moving forward this could be one of your issues.

You may subconsciously know that you can't handle more commitments or responsibilities, than you currently carry, unless you learn how to say NO.

How to say NO or YES, while being strong and loving...

1. Never commit to anything on the spot. Always say that you need to check your calendar and get back to them. This gives you time to think about your answer.
2. Check your calendar and if you don't have time to do this, without it pushing you over the edge of sanity, you need to say NO. If you do have time go to the next question...
3. Check your motivation. Are you feeling fear, obligation, selfishness or guilt? Are you motivated to do this because you would really love to? Could you choose love motivation?
4. If you are fear motivated, you need to say NO.
5. Call the person back.
6. Tell them that you can't do it. (No explanation is necessary).

You could ask the questions below, but DO NOT let them make you feel guilty. You will ask these questions because you care, that's all.

- *"Do you have any other options if I can't do it?"*
- *"How are you going to feel if I have to say no?"*
- *"Is there any other way I can help you if I can't do this?"*

After which you will still say NO with love.

Approach a Problem with Love & Respect

This powerful question is a popular tool with Claritypoint Clients. It works anytime someone is bothering you and you want to bring it up without causing a fight.

"_____, if I was bothered with _____ how could I bring it to you, in a way that would still show you how much I love and respect you?"



Optional Challenges

Talk to your coach about which challenges they recommend for you.

Challenge 1:

Stand up for yourself by enforcing your boundaries in a strong and loving way this week. Standing up for yourself does not have to come from ego. Gentle loving strength works even better, although you may need to spend some time visualizing what that looks and feels like, because it may be a place you have never been. Be prepared to share what you did.

Challenge 2:

Practice getting to a state (in the middle) that is strong and loving at the same time in every situation. Before we move on to communication skills next week, you must understand that the state you are in (energy wise) may be more important than the words you say. Use the Clarity Questions worksheet and the Finding Clarity and Balance Chart to help you find your power in trust and love.

Challenge 3:

Do some of the Optional Journaling. We want you to choose which of the questions you should answer. Read each of them and decide if the exercise would serve you. We don't want you to do any busy work, so choose the questions that resonate with you,

Challenge 4:

Pick something to do this week that scares you. Get out of your comfort zone and practice staying in trust and love as you do it. Go for something that requires you to practice trusting the journey.

MOST IMPORTANT: Practice trusting the universe and the process of life this week. Play with choosing trust and be prepared to share what difference it made in your week.

Challenge 5:

Re-write some policies you are now aware of. You may use your assessment report to find out of balance policies you may have. Use the worksheet in this material to help you write new policies that would serve you more.



Optional Journaling

Journaling is a great tool of self-discovery. It gives you a chance to record your thoughts thus enabling you to review them. It also gives you an opportunity to explore ideas and concepts and make some decisions about them, all in a space and time that is not threatening or judgmental.

You'll notice that some journaling assignments ask a pair of questions, and after the first question, we ask you to rip out the page and throw it away. While throwing this page away I the trash say..." **I am so done with this!**"

Possible Journal Writing Questions:

- 1) Describe ways that you don't trust yourself, speak your truth, or stand up for YOU. Describe ways that you didn't honor your own boundaries or rules. (*Throw this page away.*)
Write about what makes you feel happy and confident. (*Keep this page in your journal.*)
- 2) Describe times when you have spoken your truth and possibly done it from a place of ego. (*Throw this page away.*)
Write about how you could speak your truth being strong and loving at the same time.
- 3) Write a list of areas in your life where you experience scarcity thinking, hoarding, coveting, criticizing others for their wealth or fear of not having enough. (*Throw this page away.*)
Write about things that make you happy or make life feel abundant. (*Keep this page in your journal.*)
- 4) Write about how you will enforce boundaries and say no but do it in Clarity, not fear.
- 5) Write about how you will ask for what you want and need, while still honoring the needs of others.
- 6) Write about how you are realizing your PI influences the way you handle disagreements or people problems. Do you tend to be more weak and loving or strong and mean. How do you want to show up instead.



Reading 4

1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

We recommend you record this on your phone with some baroque classical music in the background and listen to it 3 times a day. Or you can read it three times a day – for a week or two.

I trust myself

I am a strong and loving person. My power comes from my love and strength and a correct sense of my place and value in the universe.

My power also comes from TRUST. I trust the universe, the process of life and myself. I embrace my power and claim the right to be me!

When I was small, the big people in my life told me things like:

be quiet,
be nice,
don't toot your own horn,
be obedient,
blend in,
don't be a know it all!

They said "who do you think you are?" and "you should be ashamed of yourself."

Well I am not ashamed of myself! I can now see the truth. I am awesome, unique and important. I will no longer stay quiet unless I want to be. I will be nice but I will also be accurate, honest and strong. I will be true to my inner truth and I will stand out and stand up for myself!

I will toot my own horn and be proud of my accomplishments. I do this because it gives other people permission to be their best too. Sometimes I will claim the right to be quiet if that is how I feel. I have spent my whole life trying to make other people happy. I am now true to myself first.

I am not small anymore and I don't play small. I honor my own rules and boundaries. I give myself permission to...

be myself,
ask for what I want,
make mistakes
speak my truth
and honor my own opinions most of all.

My confidence does not come from ego. I treat all people with love and respect. When I do this, I earn their love and respect. People only trust and respect me as much as I trust and respect myself. Because I am aligned with my purpose I trust and respect myself a lot and speak my truth in a respectful way.



Reading 4

I trust myself to make the right choices. When I make a choice that doesn't turn out well, I get to learn from the experience. A wrong choice is always be the right, wrong choice I was supposed to make, so I could apparently learn an important lesson. I can trust myself and my life.

I trust myself to speak my truth with love. I have the right to ask for what I want and need. People who ask the most, get the most.

I honor my own boundaries and protect myself when necessary. I have the right to ask for more time or space when I need it. I have the right to ask for time to think before responding. I have the right to remove myself from any situation that doesn't honor who I am. I consistently honor these rights.

Beginning today I am comfortable and secure being me. I live my life on my terms, living my purpose and giving my gifts to the world.

I trust myself to make choices that are right for me. I have an inner sense of knowing my truth. I listen to this voice and honor what it says. I trust myself to do difficult things. I was perfectly created with everything I need to be successful and happy.

I honor my innate personality and take time to nurture this real me. I trust myself to go out of my comfort zone and to try new things. I give myself time to learn without judgment or criticism.

I look for ways to trust my instincts and take inspired risks. I let the real me come out and enjoy my life. I live joyfully and fearlessly.

I trust myself by standing up for myself in every situation. I never allow anyone to make me feel small. I am not a victim. I am strong and loving in every situation.

I have unlimited potential and live true to my own values. By doing this, I give others permission to live in integrity with their values too.

I trust myself to accomplish big things and become a force for good in this world. I claim my right to be strong, loving and powerful. I can do anything.

The abundant universe is open to give me everything I need when I am doing my part. I trust this truth and take action to create what I want. I trust my own abilities. I trust the universe will help me.

I can do anything. I am ready to start living and embracing my life with strength and love. The real loving, strong, powerful me has finally arrived.