

~Challenge Accepted?~

BE CURIOUS, EXPLORE, OPEN YOUR MIND, AND WONDER.

LOVE YOURSELF.

REPEAT.



Last on the List.

Deepening Your Awareness and Enhancing Your Wellness
Using Self-coaching Strategies

VALUES MINING



DRIVES



INDIFFERENT



DRAINS

What values and beliefs are showing up for you?

Diving in. No minute to spare today!

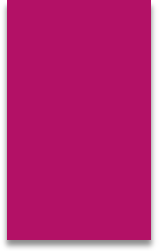
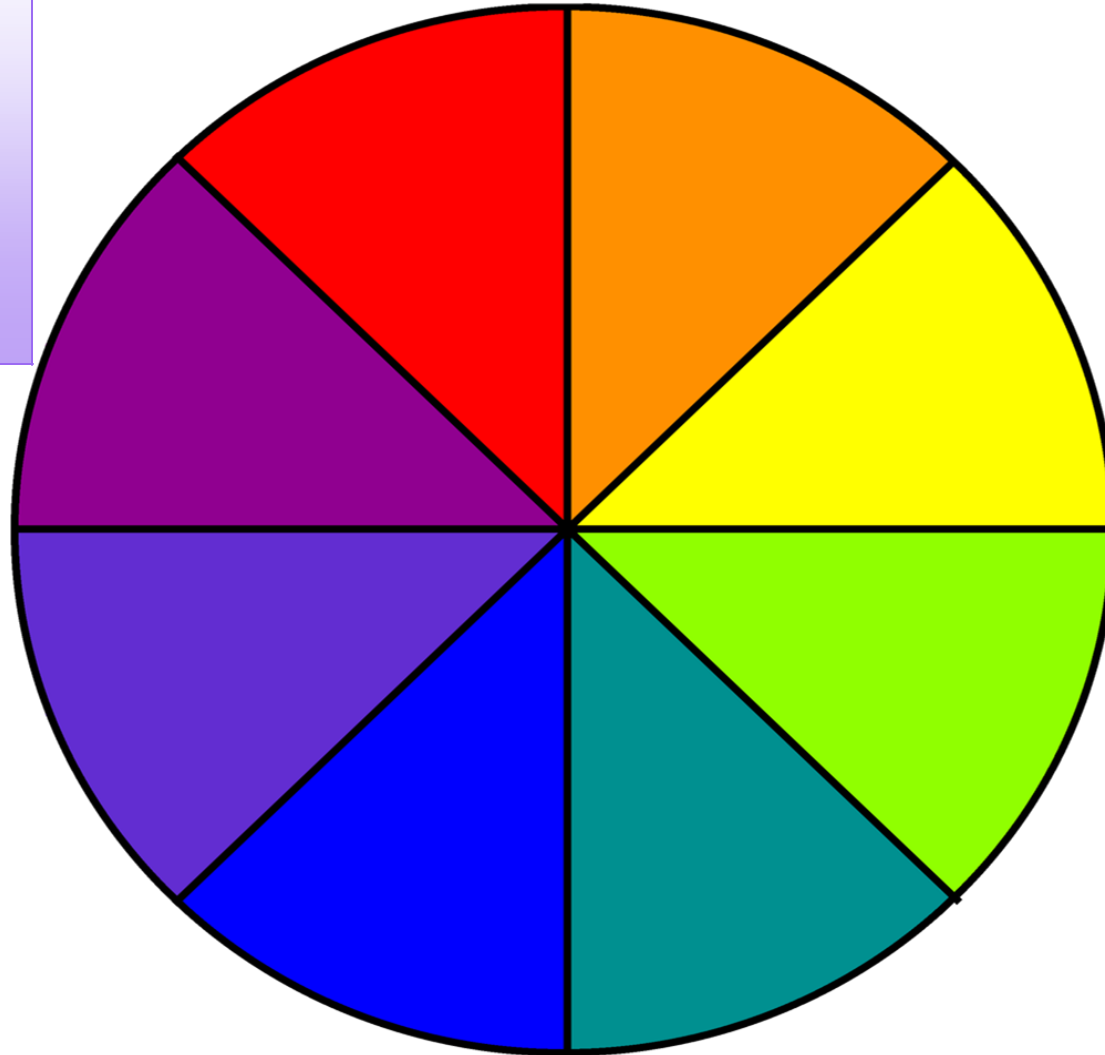
Breakout→

Share a value that stands out to you-- the one that speaks loudest in this moment. How are you honoring/not honoring that value right now in your life?

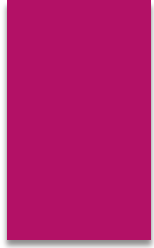
Some values to consider...

Acceptance	Boldness	Curiosity	Flexibility	Individuality	Optimism
Accountability	Brilliance	Decisiveness	Fun	Innovation	Service
Achievement	Calmness	Dependability	Generosity	Joy	Simplicity
Adventure	Community	Diversity	Growth	Kindness	Success
Ambition	Compassion	Empathy	Honesty	Learning	Teamwork
Autonomy	Connection	Enthusiasm	Humor	Loyalty	Trustworthiness
Balance	Creativity	Ethics	Independence	Nature	Wisdom

1. Identify your top 8 values
2. Score each value 1-10 on how you are expressing, honoring, or living in this value. (1=Low, 10=High)

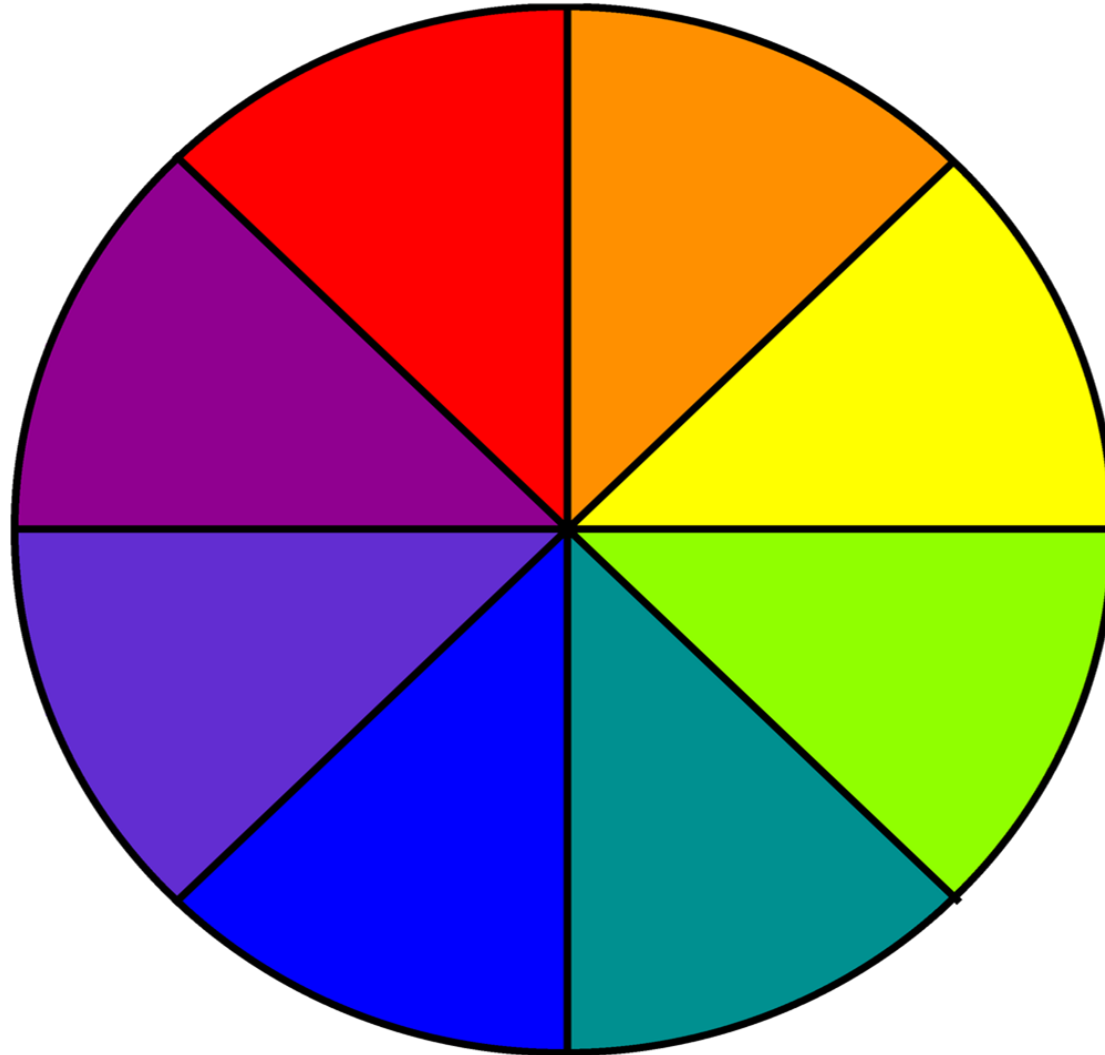


Star the top 2



Top 8

- Connection
- Optimism
- Love
- Adventure
- Nature
- Possibility
- Creativity
- Energy



*Pick 1 value you want to live into more and honor more in your life. What would life look like if you were truly honoring it?

FREE VALUES ASSESSMENT→

<https://www.valuescentre.com/tools-assessments/pva/>



WE CAN DO THIS.

WE'RE


EDUCATORS.

WE'RE BORN TO

MAKE A

DIFFERENCE.

-Rita Pierson



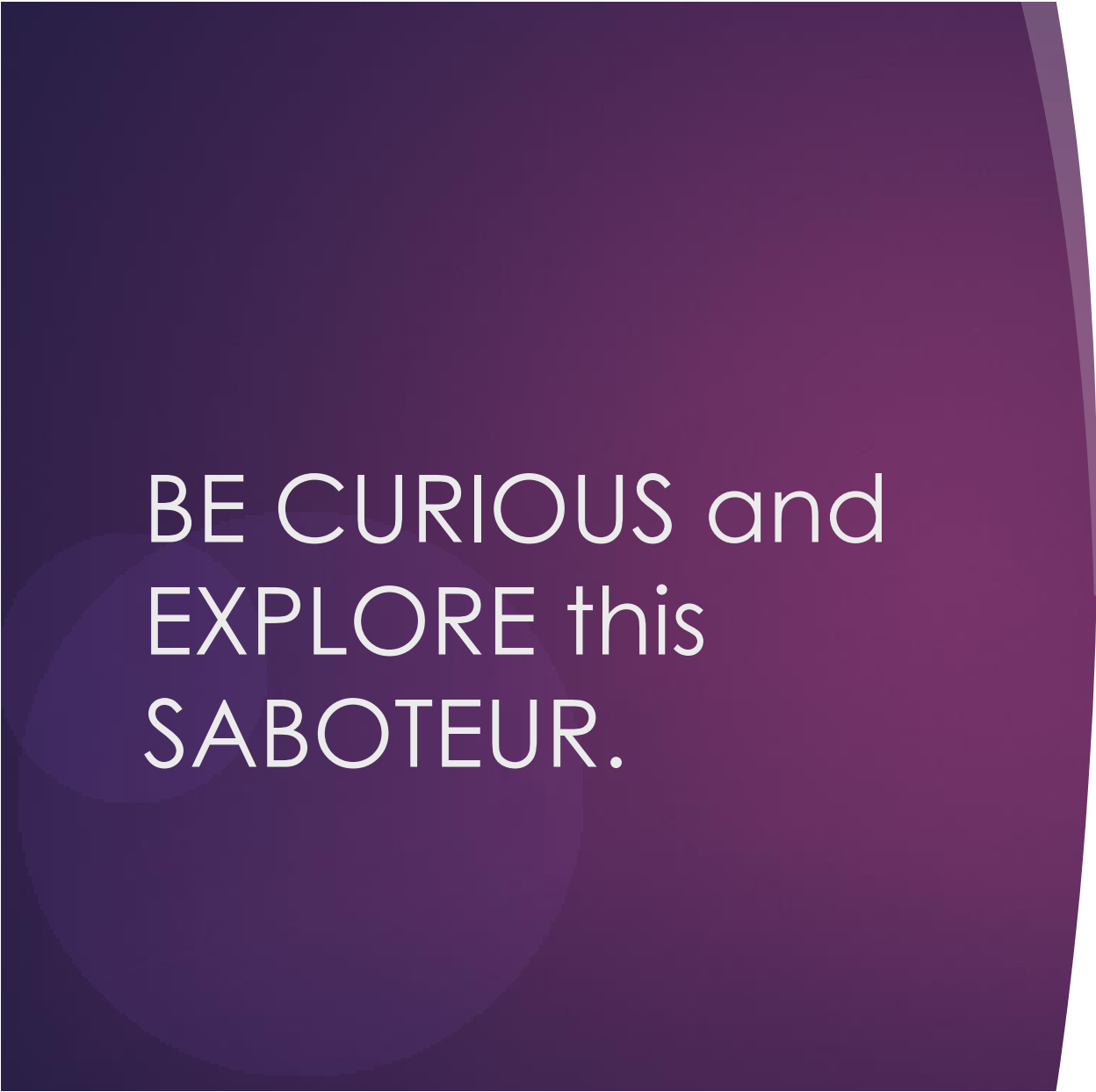
#100

Don't ask me why I'm
treating you cold, I'm not.
I just quit trying and
expecting. I'm tired of
getting my hopes up and
being disappointed.

TheTennagerquotes.com

INNER SABOTEUR → SAY WHAT?!
INNER SABOTEUR → SAYS WHAT?!

As humans, we often have thoughts that get in the way of living into our values or realizing our purpose. When we do this, when we buy into our negative inner chatter and allow it to run our lives, it creates dissonance for us.



BE CURIOUS and
EXPLORE this
SABOTEUR.



HOW DOES YOUR SABOTEUR
SHOW UP?

HOW COULD YOUR
SABOTEUR IMPACT YOU?

BE ON THE LOOKOUT...

How to Spot It?

- ▶ Wants to keep the status quo and avoid change to protect you
- ▶ Generally a complainer
- ▶ Judgement of self and others
- ▶ Can use shame and guilt
- ▶ Can show up when values are off
- ▶ Avoids creativity and solutions
- ▶ Avoids anything new or different because it is uncomfortable
- ▶ Seeks evidence to confirm the negative

H.A.L.T. the C.O.W.S.

- ▶ HUNGRY? ANGRY? LONELY? TIRED?
- ▶ COULDA
- ▶ OUGHTA
- ▶ WOULDNA
- ▶ SHOULDA

- ▶ 90 MPH

GIVE YOUR
SABATEUR A
NAME

NAME IT
GIVE IT A
VISUAL IMAGE
EXPOSE IT

- ▶ Inner Critic
- ▶ Gremlin
- ▶ Negative self-talk
- ▶ IBSC (Itty Bitty Shitty Committee)
- ▶ The Judge
- ▶ The Jury
- ▶ Habit Nature












Based on the work
of Shirzad
Charmine/Positive
Intelligence

Dive Deeper→

FREE ASSESSMENT on
SABOTEURS

www.positiveintelligence.com/assessments/

		MOTIVATION		
		Independence	Acceptance	Security
STYLE	Assert	 CONTROLLER	 HYPER-ACHIEVER	 RESTLESS
	Earn	 STICKLER	 PLEASER	 HYPER-VIGILANT
	Avoid	 AVOIDER	 VICTIM	 HYPER-RATIONAL



Your #1 Tool?

YOUR ABILITY TO
MANAGE YOUR MIND

Tools for Self-Coaching

1. Awareness of values and purpose
2. Awareness of the Saboteur & Decide How to Handle It
3. Building your support team / Future Self / Rooted in your values
4. Self-coaching Questions: Asking Questions that Serve You
5. Thought Downloads
6. Decide that Managing Your Mind and Your Wellness is at the Top of The List



How to Handle the Saboteur...

... in a way that honors your values.

Hey Little Guy→

- ▶ How is my saboteur wrong?
- ▶ My saboteur is telling me _____. What happens when I listen to that voice?
What happens when I don't?
- ▶ How does that voice define me?
- ▶ What would happen if this voice was not me?
- ▶ Where do I think these thoughts could be getting in my way?
- ▶ Where does this voice have unrealistic expectations of me?
- ▶ Is that me or my saboteur talking?
- ▶ I'm curious. Imagine what it would be like if you didn't listen to that voice?



- ▶ Future Self Visualization → Drawing
- ▶ Email bloomingiriscoaching@gmail.com
- ▶ **MORE ?'s Offer to your district? 1:1 Coaching?**
www.bloomingiriscoaching.com

Questions. Questions. Questions.

▶ Questions that DO NOT SERVE (dead end):

- ▶ What am I supposed to do?
- ▶ Why is nothing changing?
- ▶ Should I do this or that?
- ▶ Why can't they...?
- ▶ What is wrong with me/them?
- ▶ Why is this still a problem?
- ▶ How am I going to get through this?
- ▶ Why is this so hard?
- ▶ What did I do to deserve this?
- ▶ When is it going to get better?
- ▶ Why is this happening to me?

▶ Questions that SERVE (move you forward):

- ▶ What is perfect about this?
- ▶ What do I want/need to believe about this?
- ▶ How do I want to feel?
- ▶ What are they thinking or believing that might make them do that?
- ▶ What is funny about this?
- ▶ How can I make this more fun?
- ▶ How can I create what I want?
- ▶ How might this benefit me?
- ▶ What can I learn from this?
- ▶ What is a solution I can try next?
- ▶ Why am I so lucky/blessed?
- ▶ What's the good news here?
- ▶ What am I making this mean?

Programming → Thoughts → Feelings → Actions →

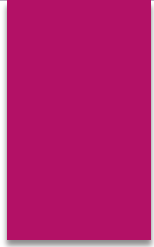
*Values, beliefs, what we have thought over and over and over
*Be sure you actively CHOOSE these values and beliefs.

- Here is where our Saboteur can show up. Respond in a way that honors your values and beliefs. Note if there is a conflict.
- Stop the loop

Here is where we start to notice somethings off.

What we do

?



WINSLOW WARDEN BEDMINNER AT THE TOP OF THE LIST

Honor your values. Love yourself. Decide.