



## Module 4

# SELF AWARENESS

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*Values. Boundaries. Tolerations.*

## Creating Personal Boundaries

**DEEP SOOTHING BREATH...** Any turmoil and uncertainty will begin to balance out over the coming weeks and you'll start experiencing the peace that comes with knowing Who You Are.



## Our Next Step Together...

How do we function with EASE in the world around us? This begins with creating clear, supportive boundaries that nurture (rather than drain) us.

In module 4, we'll explore:

- ✓ **The Solar Plexus Chakra & how it relates to Intuition**
- ✓ **Boundaries:** values, absolute yes & no's and creating boundaries in relationships with others & activities

### Suggested Resources:

- The Art of Extreme Self Care – Cheryl Richardson

# *Learning:* **SELF AWARENESS**

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**Ahh** - Breathe deep. We're shifting gears from 'Self Knowing' into 'Self Awareness'. From here on out, the uncertainty and feelings of being 'off', unsettled or confused will pull together and balance out into clarity, confidence and peace of mind...and you'll most likely begin to notice a distinct shift in your awareness of your intuition.

Phase 1 of your Personal Mastery journey was all about figuring out Who You Are - letting go of all the things you've been told to 'be' and acknowledging the truth of you. These core 'knowings' are the foundation from which your intuition awakens & shows up (if we don't know ourselves, we don't have a hope of recognizing our intuition!).

## **SELF AWARENESS**

The next phase of your spiritual awakening is to begin developing awareness around your habits and patterns – how you show up and process the world & others around you. It's in clarifying our own awareness of self that we begin to 'see', 'hear', 'sense' and 'know' the voice of our intuition. As our self awareness deepens, the chattering & uncertainty in our brain slows down and we actually find the quiet, space or silence to hear the subtle voice of our intuition.

As heart-centered women, we have a tendency to find ourselves 'pleasing others' and 'fitting in' to maintain the harmony around us that we value so deeply. On a conscious level, these tendencies work well in helping us to avoid confrontation and maintain harmony; however, we wind up creating our own inner turmoil & confusion – losing sight of what OUR needs & desires are. We wind up aligning ourselves (& our boundaries) with society & other's values and boundaries.

**Self Awareness is About Letting Go**  
*of what doesn't serve us  
so that we can begin creating a life  
that honors, energizes and nurtures us*

# *Learning:* **SOLAR PLEXUS CHAKRA**

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**T**he 3<sup>rd</sup> or 'Solar Plexus' chakra is located above the navel where your ribs meet (just below the sternum). This chakra is the center of your personal power and its purpose is to find a healthy sense of self worth & value.

The Solar Plexus chakra is associated with our thought processes & ego, the seat of our personal power, self worth and self value. It is within this chakra that we figure out:

- Why we struggle with self esteem, worth & value (or why it flourishes)
- Why we struggle with money (or enjoy it)
- Why we push our power on others (or allow others to take our power)
- Why we struggle to feel valued & heard (or find it easy)

## **Healthy 3<sup>rd</sup> Chakra**

When our solar plexus chakra is healthy and flowing, we find our self embodying our power to have, Be, do & experience whatever our soul desires. We trust that the Universe will find a way to make it happen. We honour our wants as gifts – not something to hide or be ashamed of. We step into our personal power in a way that is full of integrity and that benefits ourselves & serves others. We feel respectful of our Self and others, confident, calm and solve problems effortlessly.

When overflowing/too active, we feel judgemental, stubborn, critical and tend to bully others. When this chakra is underflowing/blocked, we experience low self esteem, find ourselves procrastinating, apathetic and typically feel like we're being taken advantage of.

## **How It Relates to Intuition**

Our solar plexus chakra relates to how clear our thought processes are, which impacts how clearly we see/hear our intuition. Are we processing our insights logically? Is our ego in control and swaying our judgement or are we staying neutral in our assessment of the information that is coming in?

When we step into our self worth, we begin recognizing self worth (or the lack of it) in others around us and strengthen our understanding of 'truth' around & within us.

## Tool #1:

# ASSESS YOUR SOLAR PLEXUS

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### 1. Acknowledge the physical states related to solar plexus imbalances

**\*\*Circle all of the options below that apply to you**

Pancreatic Issues	Diabetes	Hypoglycemia
Liver Issues	Digestive Difficulties	Ulcers
Lower Back Pain	Cirrhosis	Hepatitis
Liver Cancer	Gallstones	Hemorrhoids
Varicose Veins	Problems with the Spleen	Other: _____

### 2. What do you find yourself saying, do or being?

**\*\*Circle all that apply to you**

I wish I had the money...	I have money to do what I desire
Wanting power is bad	Power is healthy & a gift
Wanting things is greedy or wrong	Wanting things is a gift & a right
I struggle to feel worthy & valuable	I feel worthy & valuable
I often feel unappreciated or unvalued	I feel heard, respected & admired
I give my power away to friends/family/customers	I speak up for myself
When I feel afraid, I struggle to find courage	I find the courage to do things that scare me
I struggle with will power & self control	I easily exert will power & self control

### 3. Indicate with an arrow how open you believe this chakra is:

Closed	Balanced						Overactive			
0	1	2	3	4	5	6	7	8	9	10

# Learning: BOUNDARIES

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Our initial step in developing self awareness is to create an understanding of boundaries and how they relate to our experience of life (& the strength of our intuition).

## What Are Boundaries?

Essentially, boundaries are the 'sum' of the things that we say yes and no to (consciously or unconsciously): the commitments, activities, behaviours, conversations, etc that we do (or don't) make, involve ourselves in, or put up with. Essentially, every time we make a decision and respond/take action, we are setting a boundary for ourself.

*When our boundaries are clear,  
life moves out of struggle and into ease*

Boundaries are intricately connected with our sense of intuition:

- 1) If we don't value our self, we'll struggle to value our intuition (if we don't value ourself, our boundaries will be weak)
- 2) If we're unclear on what we do & don't value, we'll be unclear on what is other people's thoughts/energy/emotions and what is our thoughts/energy/emotions

## Weak Boundaries

**We create weak boundaries for ourself when we are unaware of our values, priorities and preferences and are concerned about pleasing others or are trying to avoid confrontation.**

Every time we put up with derogatory comments aimed at us or someone else that we don't feel good about, say yes to a request that isn't a priority for us right now, agree to go out with friends that make us feel inadequate or unappreciated, we are creating weak boundaries and sending the message that what we value & who we are doesn't 'matter'.

***Unfortunately, it is way too easy to disregard our boundaries – in fact, it's much easier to disregard our boundaries than to enforce them.*** However, the consequences for allowing 'blurred' boundary lines often involves drama, tension, arguments and disharmony.

I can almost guarantee you that at some point, the very thing we're trying to avoid by disregarding our boundaries will show up – but blown wayyyy out of proportion to what we would have experienced had we enforced our boundaries to begin with.

## Strong Boundaries

**We set strong boundaries for our Self when we become aware of our values, priorities and preferences and honor them moment to moment in our decisions & responses.**

Every time we lovingly indicate that a request isn't a priority for us right now, stand up for ourself or others when someone makes hurtful comments, agree to go out with friends that make us feel loved, valued and appreciated, volunteer to help out with an activity or a cause that fulfills and nurtures us, we are creating strong boundaries and sending the message the what we value & who we are 'matters'.

**Fortunately, setting strong boundaries is possible and very doable once we're aware of Who We Are and what fills us up.** Life will always be a mix of ease and challenges, but when we are clear on the how and why of our boundaries, the drama & trauma associated with weak boundaries rarely shows up (cause we've been clear right from the start).

## Strong Boundaries + Clear Expectations



## Easy Decisions, No guilt, Clear Intuition

## Tool #2:

# ACKNOWLEDGE YOUR BOUNDARIES

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Take a few minutes to reflect on your boundaries in life, relationships, jobs & experiences.

**\*Circle all that apply to you**

### In work/career/volunteer roles, I struggle with the following:

Saying yes (when I should say no)

Agreeing with others for approval/appreciation

Working a job that drains me

Volunteering for everything

Going along with others (to maintain harmony)

Going along with requests (against my values/instincts)

Working overtime to gain approval/recognition

Working long hours (ignoring family needs)

### In friendships, I struggle with the following:

Always helping out (even when it's too much)

Allowing blame, gossip & negativity

Trying to be just like others (likes/dislikes)

Going along with others' wishes (to maintain harmony)

Constantly giving, never receiving or asking for support

Trusting too quickly then being disappointed

### In romantic relationships, I struggle with the following:

Saying yes (when I mean no)

Agreeing to win approval/appreciation

Trying to be just like them (likes/dislikes)

Trusting too quickly

Liking/disliking the same things (to avoid awkwardness)

Constantly giving, never receiving or asking for support

Trusting & honoring my intuition & gut instincts

Acknowledging my needs, expectations or desires

### What are you realizing or acknowledging?



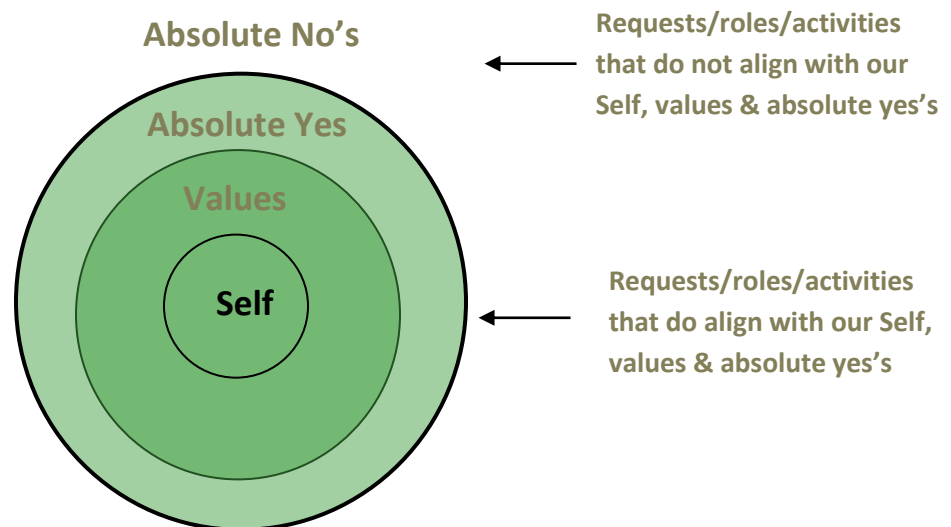
## THE 'BOUNDARY MAP'

**N**ow that we've got an understanding of 'boundaries', let's begin exploring the components of self awareness that contribute to the development of clear, strong boundaries.

The Boundary Map is composed of layers of self awareness. These layers move into our awareness as a result of personal growth and often shift and grow stronger and clearer as we age. The various layers are often tied into one another and feed off of our core self: personality type, strengths, passions and love language(s).

Our goal is to use the concept of the 'Boundary Map' to identify and get to know our various boundary layers and then bring them together to create our personal Boundary Map.

### PERSONAL BOUNDARY MAP



The 'Self' or center circle is composed of our personality, strengths, passions/purpose and our love language(s). Our 'core' being is further identified by our personal values and absolute yes & no lists. The sum of these traits & preferences creates our boundaries or perimeters that all activities, requests, circumstances must cross in order for them to support & nurture us. (i.e. if there are 'absolute no' activities in our life (within your boundary map), we're likely to feel drained, overcommitted, exhausted, unfulfilled, unvalued, unappreciated, etc)

## Tool #3:

# IDENTIFY YOUR VALUES

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**T**he first layer of the boundary map is values. Your values are those concepts, priorities or beliefs that guide you to naturally align with an activity/person/request (or that keep you from enjoying an activity/person/request that you've committed to). Our values serve as our personal compass, pointing out what is most important to us.

**Review the following list of descriptive words below.**

**Step 1:** Cross out any words that do not resonate with you

**Step 2:** Circle the top 10 words that resonate with you the most

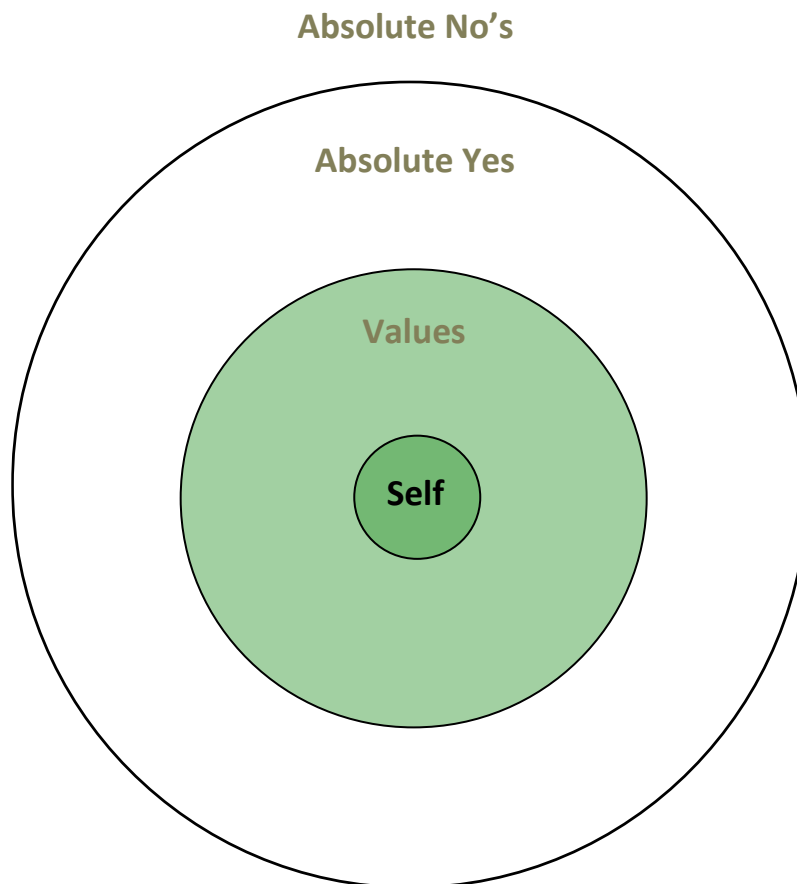
Integrity	Nurture	Entrepreneurial	Collaboration	Focus
Honesty	Genuineness	Love	Motivation	Relatable
Purpose	Beauty	Progress	Evangelism	Achievement
Authenticity	Romance	Inspiration	Change	Persistence
Accountability	Freedom	Inner Peace	Personal Health	Leadership
Approval	Exploration	Healing	Hospitality	Mastery
Directness	Creativity	Relationships	Environment	Competence
Sincerity	Fun	Team	Integration	Precision
Winning	Artistic	Community	Making a difference	Excellence
Strength	Spontaneity	Belonging	Perfection	Pleasure
Privacy	Knowledge	Wisdom	Power	Volunteering
Planning	Independence	Balance	Sacrifice	Identity
Intimacy	Legacy	Stewardship	Faithfulness	Commitment
Principles	Family	Meaning	Friendship	Frugality
Rationality	Marriage	Influence	Communication	Orderliness
Nature	Duty	Truth	Gentleness	Sharing
The Outdoors	Honor	Passion/Purpose	Compassion	Empathy
Forgiveness	Heritage	Travel	Adventure	Caring
Emotion	Lifelong Learning	Competition	Responsibility	Investment
Leadership	Harmony	Diversity	Spirituality	Success
Pleasure	Sexuality	Security	Fulfillment	Healing
Recognition	Stability	Change	Devotion	Community
Respect	Peace	Democracy	Learning	Teaching
New Challenges	Adventure	Career Advancement	Personal Development	Courage
Thoughtfulness	Opportunity	Generosity	Efficiency	Discipline

**Step 3:** Identify your top 5 values out of the 10 that you've circled and record them here:

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**Step 4:** Write the names of your top 5 values inside the 'Values' circle on the diagram below.

## *My* 'Boundary Map'



## Reflection Questions

1. Reflecting on my relationships, activities, work and my life, I can see how I am aligned with my top 5 values in these ways:

Being in alignment with my values makes me feel \_\_\_\_\_. Please explain.

2. Reflecting on my relationships, activities, work and my life, I can see that I am not aligned or am in conflict with my values in these ways:

Being out of alignment with my values makes me feel \_\_\_\_\_. Please explain.

## Tool #4:

# ABSOLUTE YES & NO LISTS

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**T**he second & outer layers of the Boundary Map are your absolute items. These are things, activities, people & situations that are an easy, *resounding YES!* (and a quick, resounding NO!). Establishing an awareness of what these are allows you to begin figuring out where your boundaries lie and how you might create further clarity.

## MY ABSOLUTE YES LIST

The Absolute 'YES' list is a way to identify what things energize, revive and honor you at a soul deep level. By acknowledging these activities, you essentially establish a boundary – a way of giving yourself permission to do things/activities that align with you and fulfill you.

*Indicate all that apply, then add in your own Absolute Yes items in the space provided.*

### I WILL ABSOLUTELY:

- ☐ Reserve time daily to nurture myself (and not feel guilty about it!)
- ☐ Honor & incorporate Who I Am (type, strengths & passions) in everything I do
- ☐ Spend time with people I connect with and feel inspired by weekly
- ☐ Agree to commitments/roles that energize & value me
- ☐ Ask for help & support from others (instead of trying to do it all by myself)
- ☐ Be me – all of me – without apology
- ☐ Seek to have real conversations with others (rather than surface conversations)

**Now, extend this list further. Add your own items that are absolute YES's for you.**

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**\*\*Add your 'yes' items to the absolute yes layer of your boundary map (p. 11)**

## MY ABSOLUTE NO LIST

The Absolute 'NO' list is a way to identify what things do not energize, revive and honor you at a soul deep level. By acknowledging these activities, you essentially establish a boundary – a way of giving yourself permission to let go of things/activities/responsibilities that don't align with you and that leave you feeling drained, overcommitted or unfulfilled.

***\*\*Indicate all that apply, then add in your own Absolute No items in the space provided.***

### I WILL ABSOLUTELY NO LONGER:

- ☐ Allow my own needs & desires to cause me to feel guilty.
- ☐ Make excuses. I choose to look for opportunities.
- ☐ Allow others to determine my worth. I know, value & appreciate myself.
- ☐ Spend time with people who talk 'at me' instead of 'with me'.
- ☐ Let my mind be anxious or worrying constantly.
- ☐ Deal with difficult life situations by myself.
- ☐ Try to impress others. I will just be my awesome self.
- ☐ Feel bad about saying no when no is what's best for me.
- ☐ Put other people down, gossip and/or blame.

**Now, extend this list further. Add your own items that are absolute NO's for you.**

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

***\*\*Add your 'no' items to the absolute no layer around the outside of your boundary map (p. 11)***

## Reflection Questions

1. Where is it easy for you to implement boundaries (relationships, work, family, volunteer commitments, roles, etc)?
2. What is it that makes it easy for you to implement these boundaries (acceptance, safety, seems natural, other)?
3. Where are you struggling to implement boundaries (relationships, work, family, volunteer commitments, roles, etc)?
4. What makes it difficult for you to implement boundaries in these situations/relationships (fear, insecurity, uncertainty, other)?

## Tool #5:

# WHERE ARE YOU AT?

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**After learning about self awareness, values & boundaries, I'm feeling:**

***\*\*Circle all of the words that apply to you***

Relieved

Excited

Surprised

Motivated

Overwhelmed

Intrigued

Frustrated

Determined

Clear

Aware

Inspired

Curious

Other: \_\_\_\_\_

**As a result of being more aware of Who I Am and how to create supportive boundaries in my life, I am acknowledging & appreciating my:**

***\*\*Circle all of the words that apply to you***

Self-Worth

Self-Value

Need for boundaries

Energy Levels

Relationship Challenges

Values

Commitments

Ideal Activities

Ideal roles in my job/career

Current Circumstances

My Differences

Uniqueness

Other: \_\_\_\_\_

**This Week's Daily Affirmation:**

I am learning to \_\_\_\_\_ and let go of \_\_\_\_\_

so that I experience increasing \_\_\_\_\_ in my life, relationships and activities.