



Module 4

SELF AWARENESS

Solar Plexus Chakra. Values. Tolerations.

Honouring Our 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

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

The 3rd or 'Solar Plexus' chakra is located above the navel where our ribs meet (just below the sternum). This chakra is considered the 'fire' chakra and is the center of our personal power. It's focus is creating a healthy sense of self worth, value & will power. The 'stuff' that blocks or interrupts energy flow through this chakra is shame – those things that we hold as disappointments, failures and shortcomings in our lives. It's about accepting & loving all parts of our Self and our journey (the good, the bad & the ugly!).

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)

Healthy 3rd 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

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 this chakra feels to you:

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

3. What are your biggest disappointments in yourself?

4. Where are you holding onto shame around your achievements, experiences or past?

Tips for balancing the flow of the solar plexus chakra:

- ✓ Anything fire related (burning candles, sitting in front of a fire)
- ✓ Write our 'shame' story onto a piece of paper, sign it, burn it with the intention of letting go of our shame and embracing our full story as right, good & perfect for our soul journey.
- ✓ **Affirmation:** I am releasing any shame that I've held onto around my life story and am learning to gently embrace all of me as perfectly imperfect – just as I am.

Learning:

BOUNDARIES

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

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?

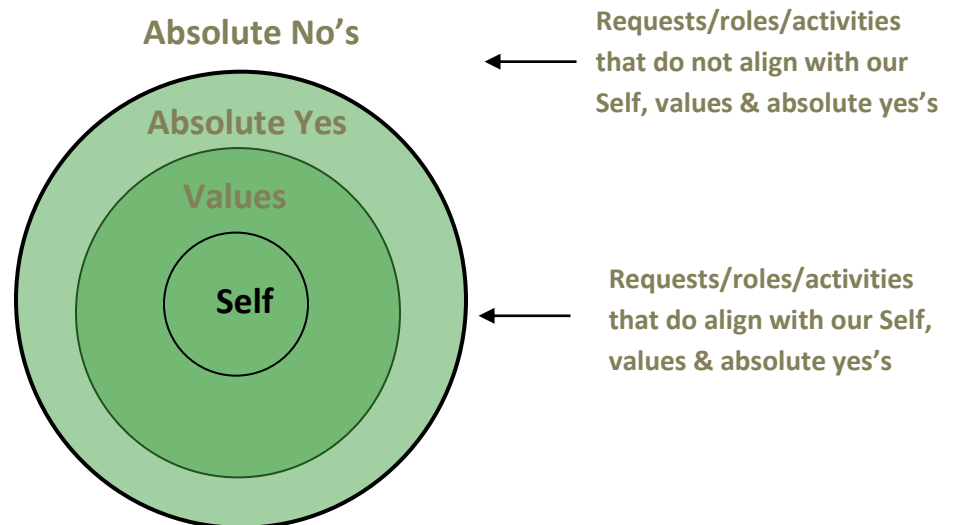
THE 'BOUNDARY MAP'

Now 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

The 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

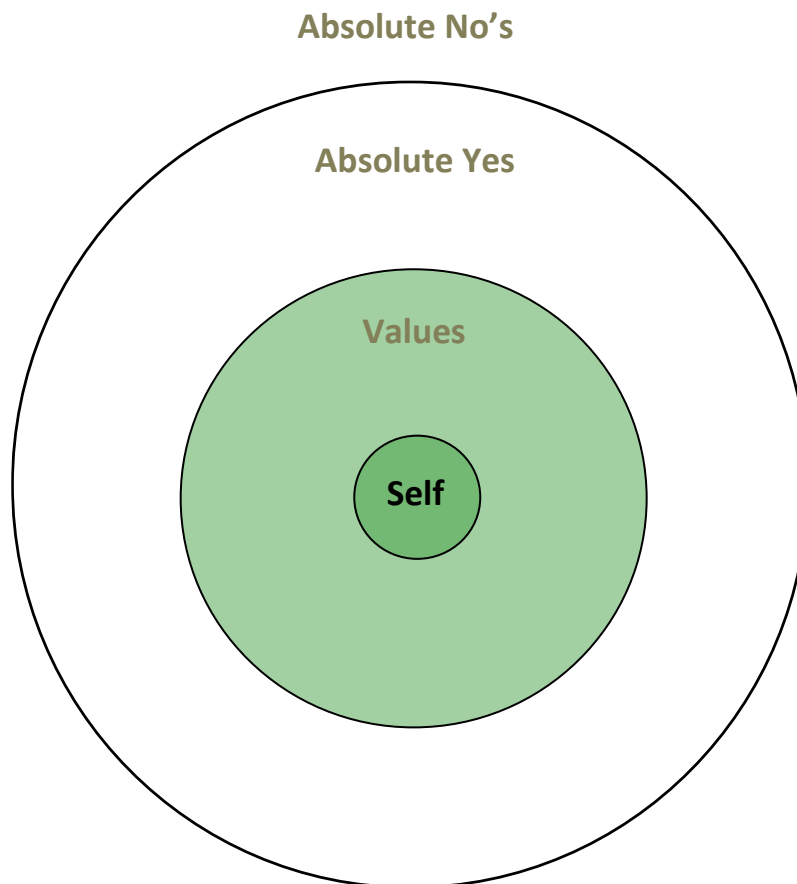
Step 2: Circle the top 10 words that resonate with you the most

| | | | | |
|----------------|-------------------|--------------------|----------------------|--------------|
| 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

The 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 & self knowing.

Now, I can already hear some of you – ‘absolute’ – uck! But, give me a moment here to expand our perspectives on this. When I use ‘absolute’ we are not insisting that by checking the items or statements that they are ‘absolute’ – that in checking or acknowledging them that we are buying into and implementing them in our lives FOREVER.

The word absolute instead is intended to act as a hard and fast guideline for us in situations where, normally, we would just cave-in and go with our first response (usually with what others want from us).

For example:

For me personally, in the past, I was what I would call a ‘yes – person’ or a ‘yes whore’ (excuse the language! But I was!!). Whenever someone would ask me something – to help out, to go out, to get involved in something, to volunteer or organize something – I would immediately say ‘Yes!’.

I felt responsible for their happiness. I wanted to please others, to keep the peace & harmony and to be viewed in a positive light. But, in being a ‘yes person’, I inevitably would wind up drained, exhausted & resentful (& grumpy, irritable and impatient with my loved ones!). I was flat-out committing to wayyy toooooo much!

So, my one of my ‘Absolutes’ is a 24hr Rule.

My 24 rule is non-negotiable (for me!). Regardless of what someone asks me or how important it may seem, I let them know I’ll get back to them within 24 hrs. This gives me permission and the space to figure out what commitments (& level of commitment) will actually align with me, my values and my time so that when I DO commit, I feel great about it (or at least I have no one to blame but my own decision 😊).

MY ABSOLUTE YES LIST

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

****Please note: 'Absolute' does not mean it will never change or that it is inflexible; it simply means we are acknowledging those things that are top priorities for us in our life 'right now'.**

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
- Honour a 24 Rule/period before responding 'yes' to commitments/activities
- 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.

****Please note: 'Absolute' does not mean it will never change or that it is inflexible; it simply means we are acknowledging those things that are definitely NOT top priorities for us in our life 'right now'.**

****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.
- Ignore my own needs & value society's demands above my own happiness.
- 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.

- _____
- _____
- _____

****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?

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.