

your meaningful move

self leadership masterclass #3: tap into the power of the self for motivation and self-direction

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introduction

we've explored who you are and what you're struggling with, the final step is deciding: now what? how does self-leadership actually help me to find my mojo and do more of what i say i want to do.

a. **move**

imagine you are driving the bus of life... your struggle doesn't drive the bus, your problem doesn't drive the bus... you do. this is about YOU deciding: now what? you put down the rope, so now what?

you are free – untethered – from whatever hard thing has been holding you back, keeping you stuck, or standing in the way of what you are longing for. you put down the rope, even if for only a moment, so that you can move forward towards what you want for yourself.

and you must step forward in some way. if you do not step forward you will always be in the same place!

this class will focus on the moving forward.

b. **mojo**

mojo = motivation. moxie. magic. aliveness & energy for. positive spirit towards. "get up and go."

vs "nojo." meh. blahness. languishing = weak, depleted, lose vitality, dulls motivation. joyless, aimless, empty.

how do we create mojo?

- **action.** starting. effort. behaviours.
- **beliefs.** inner perspective. self-talk. goals are possible.
- **mission** (not obligation). service to others. flow.

c. **meaning**

this is the secret ingredient. you make mojo when your next steps mean something to YOU. how do you know? let your SELF lead... choose next steps that are...

- rooted in your strengths (what makes you stronger)
- congruent with your values (what adds value to an experience)
- cultivate your desire (who you wish to be... your future self)

activity:

i am.

review: these are the three components of self-leadership

- the self – **identity** – i remember and strengthen who i am
- the struggle – **allow** – turn towards struggle, allow parts to put down the rope
- the next right step – **meaningful move & mojo** – i decide what i do next

if you look at what those 3 steps spell out... it is: I AM

the way you decide what to do next is by remembering who YOU are and remembering your one desire... the type of person you want to be.

say it out loud: **I AM** _____. now, what would that person do? what would that person believe? how would that person live their everyday life?

meaningful behaviours

decide what you want to do, what action you will take. i like to remind people who feel stuck that the hero you have been waiting for is YOU! you are the hero of your story. but here is the real secret: your hero is FUTURE YOU – the you of your desire, the you you wish to be. (part1 on the self) the aim here is to choose identity based behaviour... this is about creating a self-led outer world.

1. golden rules of meaningful behaviour

a. start first and feel the motivation second.

- i.e. do not wait for motivation in order to start. motivation is not discovered but created through forward, intentional action
- action creates momentum creates motivation – you act yourself in to feeling your mojo (rather than feel yourself into action)
- what do you know about you that helps you take action? (schedule, invest, celebrate small wins, micro deadlines, clear steps/segments, routines/rituals)

b. you can struggle AND ALSO move forward.

- i.e. do not wait to be done struggling in order to start
- CBT = thoughts/feelings/behaviours are all linked, they all drive each other. so you can choose behaviours (ie DO something) AND ALSO be stuck (you don't have to wait to feel better to do better)
- ACT is about allowing: life = struggle, change, loss, etc. hard things! you can move forward even if you still have that hard thing happening in life.

c. this is you doubling down on you...

- you moving forward in a way that means something to you.
- i.e. this is not doing something just because or just doing what someone said you should do; it's not ignoring how hard life is, and not staying stuck doing nothing at all.
- this is you being more conscious, more intentional, about your behaviours and actions.

2. choose the behaviour that means something to you

a. your identity

- your actions are how you embody your identity. (self is the pre-requisite)
- what are your strengths in action, your values in action, your desires in action?
- your actions have meaning to you when doing them helps you be the person you desire to be, when you get to use your strengths, and when you practice what you value. check in with yourself often: do my actions match who i say i am, who i say i want to be?

b. your desire

- james clear – *author atomic habits*: every action you take is a vote for the type of person you wish to be. what do you want to stand for? what are your values? who do you wish to become? your actions prove your identity to yourself (or they don't)
- your desire – not just what you want (in the outer world) but the you you wish to be... your inner self... your desired future self. a defining characteristic of humans – connection to future, to an ideal future self...
- suzanne eder – *author what you want wants you* - true desire, deep desire, is not based on fear, it's based on love. look at your desire. look at the reason for what you want. and ask, is there any unkindness to this desire? is there any fear? or is it all love and kindness for your self.

c. your direction

- motivation towards or away from? do the thing vs avoid the thing. incentive = drive towards something desirable, pleasurable; aversive = drive away from something undesirable, not pleasurable.
- avoiding/disconnecting from unpleasant experiences can make it hard to connect with pleasant ones, and we also know that what we avoid or resist goes to the basement to lift weights. key: prioritise pleasure
- choose a values driven, strengths driven or desire driven activity.
vs avoidance driven

3. make it easy to start

a. try baby steps

- sometimes forward action feels really hard! overcoming inertia can be hard, so can doing something for you if you haven't been able to put your own dreams first for a long time or if you've lost your direction or mojo.
- sometimes the hard things we have been dealing with act like a black hole – sucking away our ability to do the very things we long to do.
- a baby step is a way to tiptoe through inertia – the tiniest version of what you want to do

b. try imperfect steps

- sometimes we can convince ourselves not to do a thing because we aren't ready enough, we aren't skilled enough, we haven't practiced enough, we don't know enough.
- this is permission to do it anyway. do it badly! give yourself the grace to be imperfect.
- give yourself imperfect grace. i.e. you'll forget sometimes, you'll be hard on yourself sometimes, but you can come back to grace

c. try the next right step

- sometimes we get caught up in having it all figured out, all planned, all mapped, all ready. this is permission to start now and just see!
- this is not a tattoo – what you do next isn't forever. it's simply one little step, the next right step.
- figure out what's next after that.

remember: baby steps, imperfect steps, single next right steps all still count as forward action. you get to decide YOUR meaningful move forward, the one specific to who YOU are. (your struggle doesn't get to decide what you do, YOU do.)

activity: my meaningful move

consider your **i am**. what would that person do? now consider: what is the tiniest, babyest version of that action? what is a bad, beginner version of that action? what is one single next right step you could take now so that you can figure the rest out later?

be sure to check in with yourself often: do my actions match who i say i want to be?

bonus content: tricky stuff when moving forward

meaningful beliefs

a belief is something one accepts as true or real, a firmly held opinion. beliefs are held in our subconscious mind as a fact (subconscious doesn't care if belief is true or false, it simply stores fact for later use) and subconscious mind acts on autopilot (to manage life, keep us safe) so shows us which 'facts' might be useful to us. this is why our beliefs feel like they must be true, but what we all need to remember is that all beliefs are made up! the great news is that we can make up new ones that serve our mojo and our moving forward. this is about creating a self-led inner world.

1. what to know about beliefs

a. empowering vs limiting beliefs

- help you, support you, motivate you, ignite your sense of self vs restrict you, stop you, hold you back, dim your sense of self... can be about yourself or about how the world works, how you interact with world
- notice: what beliefs do you have based on who you are? ex: wise perspective = empowering: i have a unique way of looking at things & limiting: everything i share has to be inspiring and special!
- all beliefs are made up so how do we intentionally make and anchor more empowering beliefs (and release the limiting ones!)

b. noticing & questioning

- many of our beliefs are so habitual, so routine we aren't even aware of them. bring your beliefs into awareness by noticing them moment to moment. label them! *yep, that's a belief. oh that's a belief. ooooh that's a limiting belief for sure.*
- question: *is this true? how do i know this is true? where did this come from? what if the opposite is true? who am i with this belief? who am i without this belief?* questioning/challenging limiting beliefs = they lose power
- all beliefs are made up, so again this is about becoming more intentional! noticing our beliefs allows us to choose wisely!

c. be aware of cognitive dissonance

- state of tension, when a person holds 2 beliefs that are opposing/contradictory – might notice mental discomfort, difficult to anchor a new empowering belief, desire to reject new belief, decrease its importance, or avoid it all together
- brene brown: key is to stay curious! and resist choosing comfort over courage. "it's brave to invite new information to the table, to sit with it and hear it out."
adam grant: "intelligence is the ability to think and learn. but another set of skill might matter even more – our ability to rethinking and unlearn"

- again, be intentional. choose! act in the way you believe you are. double down on the behaviours that match your new belief... that match the kind of person you wish to be.

2. how to create beliefs

a. choosing a new belief statement

- we need to create the beliefs that serve the kind of person we wish to be... that future self of our desire... beliefs that strengthen, empower, and cultivate self. **what belief do i need to have to be that kind of a person?**
- you are what you believe you are. your beliefs feel true because this is what you feed your mind. choose intentionally!
- take a limiting belief and recraft it to be an empowering belief, or simply choose an entirely fresh belief based on your chosen identity

b. how beliefs are formed

- a thing happens (experience, inference, accept what others tell us is true) and stories are built or vows are made base on our **perception**
- we then find **evidence** to support that belief & this is cemented through **repetition & time**
- our minds work just like a SM algorithm, echo chamber, feedback loop = confirmation bias

c. build a new, empowering belief

- shift in **perception** – new view about your self, new stories, new vows
- collect **evidence** – the more evidence you have of a belief the more strongly you will believe it, be the leader of your mind! you decide what evidence gets collected
- **repetition & time** – to make your new belief rock solid. conscious reminders in your environment, intentional noticing and labelling, strategic remembering.

3. belief building...

a. try growing your belief like a tree

- start with what you know for sure = the core. when that gets easier stretch it a little, like adding rings of growth to the trunk of a tree. and then stretch again to where your belief needs to be. i.e. we're not trying to fake it until we make it! we start with something we believe and we keep growing that belief
- root belief = bedrock of who you are (formed and moulded since you were born); trunk belief = the core of who you are here to be (desired self); branch beliefs = smaller beliefs branching out, impact on different parts of life; leaf beliefs = seem insignificant/small but important day to day...
- example: new belief = i am a warrior, i have my own back, i don't give up on me; root/what i know for sure – i am an aries, i am strongwilled, i am a fighter. build layers: i am a fighter, i fight for what matters to me like i fight for others... i don't give up on me. branches = i deserve to prioritise me at home/daily life; leaves = i walk every day, i protect my time to walk

b. turnarounds

- from byron katie (author *the work*) = an idea or thought, however true it might be to you, could be equally true if you formulate the exact opposite idea/thought...
i am not good enough to do this = i am good enough to do this
- can also try replacing words to create a solid belief:
my thinking (belief, mindset, effort) is good enough; i am willing to be good enough; i look forward to being good enough; i am well enough/ready enough
- or try to turn it around entirely: *this is not good enough to do me*
Martha Beck: if i write this book something terrible will happen to me = i am going to happen to something to something terrible if i write this book.
"it's about taking apart the trap that a thought has put you in linguistically and breaking the language so that you can break the thought"

c. one possibility

- all beliefs are made up. we can make up as many as we like... we can make up millions if we want to! try it – write as many possible beliefs as you can come up with – aim to get ridiculous, absurd, wild, scary big, as tiny and mundane as possible
- and then we can choose the ONE possibility that is the belief we wish to anchor, make rock solid... the belief that not only represents the kind of person you wish to be, the one that makes you feel excited, motivated, hopeful, expansive, empowered

- mary morrisey (ted talk: *hidden code for transforming dreams into reality*):
"everything is created twice, first it has to be a thought before it can become a thing." free thinking all of the infinite possibilities allows you to find the one you wish to choose

remember: all beliefs are made up! have i mentioned that?

activity: my empowering belief

however you'd like to do it, make up one new belief that empowers you. collect evidence that affirms that belief (what sort of evidence are you going to watch out for – grab a note book or start a folder on your device so you can intentionally begin collecting evidence!) then repeat it and repeat it and repeat it.

be sure to create anchors for your empowering beliefs! you need to see it, need to say it, need to repeat it. try: a belief wall (posters, whiteboard marker on window or mirror), reminders on phone, in your car, in your shower, on your laptop screen. write it down in your planner/journal every day. sing it out loud! make a playlist of songs aligned to your belief, make it a ringtone or daily alarm. wear it on you – a bracelet, a tshirt, a tattoo!

bonus content: tapping for belief

meaningful being

what kind of being are you being? be a meaningful being – live a meaningful life... a life of meaning, of purpose. being = existence, how you show up in day to day life... aim is to show up with meaning and purpose. this is about creating a self-led life.

1. how to choose your purpose

a. about your purpose

- number one misconception about purpose is that it is something you have to find, figure out, discover or uncover. like it is something magical, something bestowed on you or planted inside of you, and somehow you are supposed to realise what it is.
- a purpose is not something you seek and find, it is something you pick and choose. you decide what your purpose is. you can pick any purpose you want, and you can have as many as you want, and you can change your purpose as often as you like.
- it *feels* magical (because when we have purpose, life has meaning, and that feels amazing!) but it's actually very ordinary... you get to simply pick one!

b. choosing your purpose

- how? you need to have a strong sense of your self – the you that is just for you, the you wish to be. you let that self be your guide.
- pick a purpose that allows you to use your strengths, practice your values, or cultivate the kind of person you wish to be.
- or choose a purpose that feels like a good fit for you right now in your particular situation (eg i needed to be a well-being warrior, my purpose was simply to fight for myself every day.)

c. using your purpose

- **help someone** else who is struggling – this is a great way to put down your own heavy rope for a while!
- **be of service** – volunteer, pitch in, join up, give back, get involved, offer your assistance/expertise
- **pick a thing that matters** to you – you don't have to change the whole world but find one thing that you care about, something bigger than yourself – and ask: how can i contribute?

2. why meaning matters

a. positive psychology

- one of the pillars of positive psychology is the meaningful life – a life with meaning, purpose, and belonging where we contribute to something larger than one self... using your strengths and values in the service of something much larger than you are
- efficacy – the belief we can make a difference; self-worth – the belief we are good and worthy; accomplishment – the belief that your actions matter;
- flow = being completely absorbed, focused, involved in activity and deriving enjoyment from that engagement

b. widen your focus

- when you are in struggle your focus can narrow. channel miller (*author know my name*) describes this as **looking through a toilet paper tube**... all you see is your struggle, your problem.
- sometimes it is good to let the tube just rest on a string around your neck for a bit – it's still there, your struggle hasn't magically disappeared – but you can widen your focus.
- helping, being of service, contributing to something outside of you, larger than you, is a way to widen your focus.

c. languishing vs flourishing

- if you feel you have been doing these things (helping, being of service, contributing) and you still feel like you are languishing, like you don't love your life, or like your days have no meaning...
- do explore further: **are you getting to use your strengths? are you able to practice your values? are you being the kind of person you wish to be?**
- i was volunteering at school and frankly, helping felt like a burden. the strengths i was using – leading a team, organising, making shit happen – are things i am good at but they don't really strengthen me. i had to find a greater purpose to being there, a bigger desire for change that i could contribute to, and find ways to use my truest strengths and values.

3. be like a superhero

i like to remind people: you are the hero you've been waiting for, you are the hero of your own story. so what kind of superhero are you? and how can this help you create a meaningful life

a. mission

- all heroes have a mission... your mission is what you are here to do, it's how you contribute, help, or serve
- you get to decide what your mission is.
- it can be as simple as "be kind" or "spark laughter" or it can be more nuanced "help people shine like a lighthouse"

b. superpowers

- superheroes have superpowers.
- the work you do to strengthen your sense of self is how you learn your superpowers.
- the ways in which your particular combination of strengths, values, desires (and anything else you cultivate within your self) are your unique superpowers.

c. secret identity

- superheroes also have secret identities
- sometimes your mission is something you do on the sidelines, in the shadows, or undercover
- you show up to your job, your volunteering work, your work at home but that work itself isn't where you find meaning... the meaning is where you get to use your superpowers.

remember your anchor from part 1 – the self? that's your superhero emblem, imagine it hidden under your everyday "work clothes" you know it is there – what is the work you are doing when you are being that you?

remember: your purpose is whatever you say it is. a purpose can feel complicated but it doesn't have to be... just pick one. meaning is something you can create and/or derive. it has meaning because it means something to you... it's meaningful because you say it is.

activity: my purpose plans

pick a purpose and then brainstorm how can i add more of this to my every day life?
how can i add more of ME (my self, my future desired self) to my every day life.

write a purpose statement:

i am _____

i am here to _____

i can do that by _____

conclusion

it is safe to chose YOU over your struggle. do not abandon your SELF for your struggle. make a commitment to your true self, your inner self or soul self... to your meaningful behaviours, beliefs, and being.

commitment = action in the direction of what matters to you, even in the presence of struggle/obstacles/resistance.

what matters to you? living a life that is consistent with your SELF... your values and desires, your beliefs and behaviours... a meaningful life.

commitment is doing the things that move you toward that life.

commitment looks like this: i **am** _____. so i **will** _____.

the two biggest barriers to commitment are:

- internal struggle – fear, anxiety, shame... emotional reactions
- outer struggle – outside pressure, reactions from others

for the first – you now have the tools to turn towards these emotions, to allow and to have compassion for the parts of you that struggle. and for the second, your job is to stay true to YOU, align to YOUR values, desires (not others.) we talk about putting down the rope, well it's also not your job to hold anyone else's rope! it is safe to prioritise YOUR SELF.

commitment is backing your SELF with your actions.

what will you do today that takes you towards who you want to be?

activity:

i was me today.

even though i am _____ (name your struggle) i was me today.

how do you know? eg behaviours, beliefs, being... you find you in those places.

thank you for joining me for this 3 part masterclass series on self-leadership. if you have any questions please DM or email. other resources you might be interested in including 1:1 coaching... find all of this and me at karengunton.com. until next time, keep shining.