



Module 5 – How to Overcome Visibility & Self-Worth Gremlins: The Art of Being Seen

I'm Good Enough, Smart Enough and Gosh Darn It I Like Me

The most universal and damaging thought is, "I am not good enough." It's SHAME and unworthiness, and it's a disease almost everyone has.

This may take many forms such as "I don't deserve this" or "who am I to do this?"

It keeps us small, from showing up, and even from allowing others to connect with us. Cultivating deep self-love and self-worth gives us the confidence to show up and truly be SEEN, and to be seen as we are – in all our beauty and all our faults.

In an outwardly focused world, we are taught to feel valued by how we make others feel. We are rewarded or punished by others in accordance with how our actions made them feel. As a result we are often not guided toward knowing what actually feels good for us and we are often seeking love and approval from others to feel the love we crave.

self-worth - *-noun*

the sense of one's own value or worth as a person; self-esteem; self-respect.

Thoughts on Self Worth

"Self-worth comes from one thing -thinking that you are worthy." - Wayne Dyer

"Don't compromise yourself. You are all you've got." - Janis Joplin

"If your self-worth is based on anything other than your relationship with God, you are in big trouble." - Hyrum Smith



What Do I think About Me Anyway Practice

We have over 60,000 thoughts per day and for the average person 80 percent of them are negative. **Just because we think something does not mean it is true.** The mind's job is to constantly review, break down and attack. It is literally holding us in a war of terror. When we believe our limiting thoughts we suffer. We must begin the process of re-programming the mind. We do this consciously and subconsciously.

Notice your self-talk. Take an inventory for two days and notice what comes up for you.

What is the negative self-talk that arises for you? Distill it down to one or two.

Is this really true in this moment?

How do you feel when you think this thought?

Who or what would you be without that thought?

Who do you need to BE to let that go?

I Love YOU!

Brenne Brown in her work about shame says that three most powerful ways to release shame is:

1. Talk To Yourself the Same Way You Would to Someone You Love –

You wouldn't say to your lover or your child, "You are so stupid!" yet we say it to ourselves. How would you speak to a friend or child who is feeling down and out about themselves? For example:

I love you.

You are doing great.

You will figure this out.

You don't have to do it all or get it all right today.

You have a ton of help.

You are so loved!

Now can you talk to YOU that same way?

2. Reach Out to Someone – I know my husband is my go-to cheerleader when I am feeling like a loser. No matter what evidence I bring to him to validate my "poor me/I'm a loser" story, he just won't have it. He listens to me and then often says some of the exact same phrases above, and he often has a perspective I don't see. I have learned that reaching out when I feel the most down or ashamed is the most powerful thing I can do.

3. Share Your Story – I know this feels so counter-intuitive. We just want to hide or push away our shame stories, but shame needs secrecy to flourish. Sharing what your struggles are is a great way to release them!



Cultivating Self Worth and Blessings

Counting our blessings and really owning our gifts is a powerful act of self-love. We often believe we need to stay humble which means not owning or truly celebrating how wonderful and magnificent we are as beings. Few of us have ever taken an inventory of our gifts though we have certainly taken an inventory of our foibles.

Complete the steps below in my sure-fire method to help you feel blessed.

Step 1: Write down as many blessings that you have as an individual such as I have a great sense of humor, I have great eyes, I love to laugh, I cry easily. I am gifted in math, languages, etc. Make it as long as you can....Dont be shy or bashful. If you wont dance your dance, who will??

Step 2. Having these blessings means I can offer _____ to the world. Translate as many of your blessings into gifts you can offer the world.

Step 3 Having these blessings means I can offer _____ to my students. Translate as many of your blessings into gifts you can offer them to your students.



*Know Yourself
Be Yourself
Love Yourself*

Your Inner Saboteur:

We talked about negative self-talk and fears, now it is time to become aware of your inner saboteur. We all have an inner saboteur. It is an inner voice that is telling you that you cannot do something, be someone or have something.

Recognize this as fear. It is normal to feel fear anytime you go out of your comfort zone. Any time you do something different or new, there is always some sort of inner voice telling you that you can't do it, that you aren't good enough or that you may fail. The only person stopping you from living your greatest life, your deepest dharma is you!

By simply being aware and recognizing when your saboteur is taking over, you can then take charge and shift and close the door on this unwelcome visitor.

Give your saboteur a name:

My inner saboteur often says:

Become aware and conscious of what your saboteur often tells you. So when it shows up at the doorstep of your mind you will recognize it.



Visibility Challenge

Yoga means union – and what is more beautiful than connection with another person. Yup, that means actually extending ourselves out to another in the world...So your Visibility Challenge is:

1. Extend yourself to someone this week...it could be asking someone to have coffee...It could be asking for help...It could be offering help...
2. Post something about yourself on Social Media. Yup, share something real, authentic, inspired or funny about you! For examples check out Shasta's personal Facebook page.

This is me stuffing my face with organic coconut ice cream in Mexico. You know this was all over social media!

