

THE POWER OF PREFERENCES:

Getting past the shame of wanting more

The Power of Preferences

Getting past the shame of wanting more

- Recognizing the Shame
- How to Stay in the Healthy Zone
- How to Identify Your “More”

Recognizing the Shame

How to tell the difference between guilt & shame

Guilt

- Feeling bad about our behavior
- Keeps us on the straight an narrow
- There are healthy ways to process guilt

Shame

- Feeling bad about ourselves
- Very little value--robs us of self-esteem
- We have to heal it

Shame Continuum Model

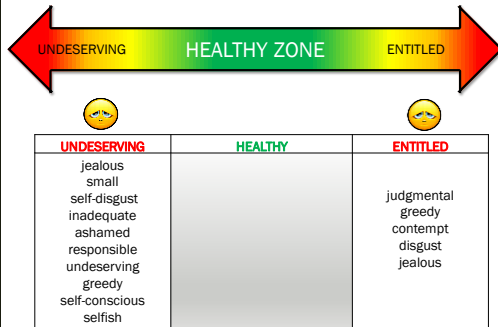


Shame Sounds Like

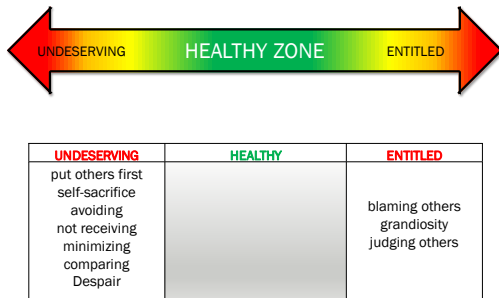


UNDESERVING	HEALTHY ZONE	ENTITLED
I don't deserve		
I'm too...(loud, emotional, direct)		If I don't excel, I'll end up ordinary
I don't matter I can't get anything done right		Other people don't deserve the good things they get
My needs aren't important		

Shame Feels Like



Shame Looks Like



Healthy Selfishness Zone



Sounds like

- direct communication - asking for what you want



Feels like

- peaceful, grounded, compassionate, non-judgmental
- meet life with curiosity
- expect life to go your way
- you first, others second

Looks like

- owning your mistakes with self kindness
- taking responsibility for what you want
- consistent forward motion - baby steps
- living life with no regrets

Stay in the Healthy Zone

- Positive Mindset
- Consistently check in with yourself
 - Ask, “Is this (thoughts/sounds like, feeling, action) in the Healthy Zone?”
- Use your Super Powers
 - Judgment
 - Intuition
 - Curiosity



Identify your “MORE”

- Set up your brain
- Courageously Quiet
- Set yourself up for success

Set up your brain

- Positive Mindset – Be happy
- Check in with yourself and ask, “What do I **want**, what do I **need**?”



Courageously Quiet Exercise

1. What do I really want: _____
2. What do I really, really want: _____
3. What do I really, really, really want: _____
4. What do I really, really, really, really want: _____

Setting Yourself for Success

- Calendar It!
- Outside Accountability
- Celebrate your successes, no matter how small

Stay in...*effortless momentum*



Commit to staying in the Zone

- ✓ "What do I **want**, what do I **need**"
- ✓ Use your Super Powers

Celebrate your successes, no matter how small!

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