

# Life. Fun. Purpose.

With Purpose Coach Fawn Miller

## Module 6

### Module 6.3-6.5

### Interactive

### Workbook

Values

Standards

Boundaries

Golden Relating Tools

Red Flags



**YOU Get to Be “Captain Call the Shots” in Your Social Life  
You get to decide the quality of your relationships!**

## **Core Values**

Your Core Values are your North Star, your compass, and litmus test for the people and relationships that you have in your life. Please refer to the [Core Values Exercise](#) to determine your top 10 Core Values personally *and* socially.

### **1. My top 10 *personal* Core Values are:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

### **2. My top 10 *social* Core Values are:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

# **Standards**

**YOU get to choose your standards, aka *the quality of people and social situations that you have/experience in your life.***

- **Below Par = settling**, little growth, 'holding you back'
- **At Par =** meet your values, pretty much 'on the same wavelength'
- **Above Par = HELL YES!** Inspiring, growth-forward, high-respect, positive impact...

**Think of 5 people you know *personally* who inspire you. Who are they? What inspires you about them? What level are they at (At par/Above Par)**

**1. Name:**

**What is it about them that inspires you/resonates with your standards?**

**2. Name:**

**What is it about them that inspires you/resonates with your standards?**

**3. Name:**

**What is it about them that inspires you/resonates with your standards?**

**4. Name:**

**What is it about them that inspires you/resonates with your standards?**

**5. Name:**

**What is it about them that inspires you/resonates with your standards?**

**Think of 5 TV/Movie/Book Characters/Public Figures/Role Models who inspire you. Who are they? What inspires you about them?**

**6. Name/Character:**

**What is it about them that inspires you/resonates with your standards?**

**7. Name/Character:**

**What is it about them that inspires you/resonates with your standards?**

**8. Name/Character:**

**What is it about them that inspires you/resonates with your standards?**

**9. Name/Character:**

**What is it about them that inspires you/resonates with your standards?**

**10. Name/Character:**

**What is it about them that inspires you/resonates with your standards?**

## **“Hell YES” Standards Visualization**

For this exercise, close your eyes and take a few moments to envision yourself in “Thrive Mode” - aka, a day in your “Hell YES!” life. Really give yourself permission to visualize yourself in this “future snapshot” feeling *really* fulfilled and lit up by your life.

Now, in this visualization, what kinds of people are in your “Hell YES” life? What are the qualities of the people in your social circle? Your friends, peers, mentors, support system. Who are you excited to go to lunch with? Who are you excited to learn from? Who are you excited to go to a women’s workshop with for an entire weekend? Etc.

**In your journal or in the space below, list the characteristics, qualities, avatars, or real-life people that are part of your “Hell YES” social circle. These are helpful clues for identifying your standards!**

***In my “Hell YES! Thrive Mode Visualization”, these are the kinds of people that I’m surrounding myself with, and these are the kinds of things we’re doing!...***

**Putting it Together:**  
**Define YOUR Standards**

My standards for the *people / social situations* in my life include:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

# **Boundaries**

**YOU get to choose your *boundaries*, aka your “Authentic YES and NO.” You have the right to own and express what is in alignment with your safety, values, and standards in any situation. Your boundaries are your ‘safety zone’ for well-being.**

**1. Reflect on your values and standards to become clearer about what your *boundaries* are.**

**2. Please read the following articles before answering the questions in this section:**

- [“How to Create Healthy Boundaries”](#)
- [“Setting Personal Boundaries”](#)

**3. Please take this [“Beliefs About Boundaries” Assessment](#) before moving forward.**

- What were your scores?
- Where are you doing well?
- Where can you improve?



## **Defining YOUR Boundaries**

### **Examples / kinds of boundaries:**

- *Professional*
- *Personal*
- *Interpersonal*
- *Moral*
- *Physical*
- *Emotional*
- *Spiritual*

## **Boundaries: “Authentic NO”**

**What are your “Authentic NO” boundaries for people or social situations?  
Aka, what are you NOT ok with? What will you do if each boundary is violated?**

- 
- 
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## **Communicating Boundaries**

- **Express your boundaries using NVC language or “I” language.**
- **Include a clear consequence in expressing your boundary.**

*Note: You don't have to explain, justify, or defend your boundary.*

*Ex: “I am feeling anxious and annoyed because I have a need for personal space, would you be willing stop touching my arm? If not I'm going to walk away from this conversation.” OR “I am not comfortable with you touching my arm, please stop touching me or I will walk away from this conversation.”*

- **Only express boundaries and consequences that you *will* enforce.** When we back down or ‘cave’ with our boundaries, we teach ourselves and other people that we don't mean what we say, and that they can cross our boundaries whenever they want. They can continue pushing us and eventually we will give in. This is a really dangerous habit!
- **If, at any time you feel unsafe and the other person is not cooperating, you have every right to leave or seek help/support.**

# The “Relating Treasure Chest”

Please reflect on the Module 6.4 “The Relating Treasure Chest” tools. Which tools will you begin to use and how?

1. Core Values & Standards
2. Boundaries
3. Nonviolent Communication
4. Clear or Colored Glasses?
5. Level the Playing Field
6. Active Listening
7. Curiosity
8. Empathy
9. Acceptance
10. Nurturing and Maintaining Relationships
11. Places & Ways to Connect with Your Tribe

## Golden Relating Tools

Here are some of the Golden Tools. How can you begin implementing them?

- **Active Listening** - In essence, this is the act of *really* tuning in to the other person or people. It involves fully concentrating on what is being said, getting out of our own head, and engaging with the speaker in both verbal and non-verbal ways.
  - **I can listen more actively by:**
- **Curiosity:** tuning into and connecting with the other person by tuning into what genuinely interests *you*.
  - **The things that I am genuinely interested in about other people are:**

- **Clear Lenses:** Lose the judge, story, and critic!
  - **I can be more open-minded by:**
  
- **Empathy:** The ability to understand and share the feelings of another.
  - **I can practice empathy by:**
  
- **Maintenance:** Nurturing and proactively engaging in the growth of the relationship.
  - **I can be more proactive about maintaining and nurturing my relationships by:**
  
- **Be proactive! Actively seek and engage with your tribe!** Here are some great ways to find and engage with your tribe:
  - [www.meetup.com](http://www.meetup.com)
  - [www.volunteermatch.org](http://www.volunteermatch.org)
  - Workshops
  - Host a dinner party or crafts night where friends bring friends
  - Suggest a group game or activity night with friends, and have them bring their friends
  - Book clubs
  - Classes
  - Exercise classes
  - Neighborhood functions
  - Flyers for events at the grocery store!
  - Networking events and social hours
  - Seminars
  - Concerts
  
- **I will proactively seek and engage with my tribe by:**



## **Red Flags**

It is SOOOO important to inform ourselves about unhealthy, dysfunctional, and toxic behaviors and personality traits in others. We aren't given this information (directly) in life, and being ignorant of it can cause immense pain, struggle, psychological and emotional harm, and wasted time, energy, and life!

- **Please read through the 6.5 workbook** and familiarize yourself with Red Flags.
- If you detect a red flag in someone, don't try to process it in an echo chamber! Talk to your friends, therapist, coach, family to explore what might be happening.
- That said, *trust yourself*, and avoid, break away from, or cut ties with anyone who exhibits Red Flags or breaks your boundaries.

**Please list any Red Flags that you are aware of from your past:**

**Please list any Red Flags that you are aware of from your present:**

**What will you do to create healthy boundaries and safety for yourself?**

## **Who is Sub-Par or a Boundary Pusher?**

**List anyone in your life that you may want to re-evaluate in terms of the health of the relationship or their impact on you. What is it that is questionable or a “NO” for you? What will you do about this?**