



LIFE. FUN. PURPOSE.

Call #58
Workbook!

SUCCESS + EXTERNALIZED SELF-WORTH

“Sometimes letting things go is an act of far greater power than defending or hanging on.”

– Eckhart Tolle

INTRODUCTIONS

(20ish Mins, 2-3 mins each)

Fawn will lead intros

1. Name
 2. Location
 3. Gratitude for Self
 4. What interests or resonates with you about this call theme?
-

RELATABILITY QUESTIONS

IMPORTANT

→ **SEE *Self-Worth Relatability Questions Workbook*** ←

- Tune into how you *feel*
- *More free? Less free?*
- “High” vibration / “Low” vibration
- What thoughts, beliefs, or “tapes” are correlated to the way you’re feeling?

THREE DESTRUCTIVE MYTHS

(Didn't *directly* get to this on the call, but super pertinent)

It's time to question + unlearn 3 MYTHS that we've been taught are True and thus unknowingly embraced as Beliefs:

Myth #1: Our personal value as a human being is variable and conditional (vs. complete + innate / unconditional).

Myth #2: With more "Worthiness Tokens" (stamps of approval) we can become MORE worthy or "enough" – vs. we are always worthy and enough.

Myth #3: If we let go of approval seeking + external validation, and instead choose to unconditionally love ourselves + embrace our innate self-worth, we'll either:

1. A) Lose our drive and turn into unmotivated, unproductive, insignificant couch potatoes living a life of mediocrity.
2. B) Turn into self-important ego maniacs driven by delusions of grandeur .

OPERATING SYSTEMS

Social Operating Systems

Outdated Operating Systems – Conditional Systems of Control

- Slavery
- Women's rights
- Child labor

Updated Operating Systems – Reconnecting to the Truth About Ourselves

- *Innate Thrive Mode!*
- *Like all creatures, we are designed to Thrive!*
- *We are inherently, intrinsically worthy, valuable, and “enough”*

Where did this come from?

Origins

- Reward/Punishment – Celebrated / Vilified
- Conditional vs. Unconditional
- Really great way to get people to do what you want them to
- We arrive complete, whole, designed to *thrive*
- We were judged, evaluated, “graded” from the beginning – *shaped* into doing/performing/behaving...
- Performative
- Not taught to “hear” our truth, our inner north star – taught to play by the rules, play the game, “measure up”
- Original Sin / Inherently Flawed
- Separateness / Belonging

- We learned to internalize the voice of our “judges” –

- We learned to judge ourselves, thinking that doing so would help us perform better/gain approval, which would help us avoid the pain, shame, and sadness of being disapproved of by our caregivers + peers
- Really great way to get people to do what you want them to

- Taking things personally – internalized interpretations:

- From “*I wasn’t able to nail it this time*” to “*I did it wrong*”, to “*I am wrong*”
- *I am bad, wrong, not good enough, something’s wrong with me,*
- “*I tried and learned*” vs. “*I failed*” vs. “*I’m a failure*”

- Observation: “*I’m not a millionaire yet*”

- Interpretation #1: Fact/Observation/Objective/Neutral
 - *I’m not a millionaire yet*
- Interpretation #2: Value judgement/evaluation (situation)
 - *I’m not a millionaire yet, and that’s a bad thing*
- Interpretation #3: Internalized Evaluation (personal)
 - *I’m not a millionaire yet, which means I got it wrong, which means that I’m wrong, that I’m a total failure.*

- Victim / Owner:

- *Life is happening TO me (Victim)*
- *Life is happening THROUGH me (Empowered)*
- *Life is happening FOR me (Owner)*

- External vs. internal locus of control

- **External** = Perpetually at the whim of something outside of us, no stability, constantly in the victim position, neverending performance in hopes of approval...
- **Internal** = We are the stewards + agents of our own reality, we *choose* the meaning that we make, and thus the beliefs we embrace.

“BELIEF” = *Meaning that we’ve made about some aspect of life and have embraced as “True”, and therefore operate from based on that belief.*

- Thoughts → Meaning → Beliefs → Behaviors → Results

- Gravity – if I believe that gravity is not real, and I jump off of a roof...well....ouch!
- 20 Cookies – If I believe that eating 20 cookies per day is no big deal, I will eat 20 cookies, and get some not-so-healthy results...

GROUP QUESTION ROUND

1. What part of the Old Operating System has been negatively impacting you the most?
2. What would your experience be like if this part of the Old Operating System completely disappeared and wasn't there at all?
3. What part of the “Old Operating System” are you ready to let go of?
4. **Decide:** What NEW – more accurate + up-to-date Operating System can I replace it with?

ACTION ITEMS

DECIDE + PRACTICE *letting go* of the OLD OS, *embracing* the NEW OS!

“Decide”: “De” = Off / “Caedere” = Cut

Question Set:

1. What part of the Old Operating System has been negatively impacting you the most?
2. What would your experience be like if this part of the Old Operating System completely disappeared and wasn't there at all?
3. What part of the “Old Operating System” are you ready to let go of?
4. **Decide**: What NEW – more accurate + up-to-date Operating System can I replace it with?

Daily Tracking Activity:

- Check in with yourself 3–6 times/day (set reminders if helpful)
- *How am I feeling?*
- *What was I just thinking or thinking about?*
- *What meaning was I making about what I was thinking about?*
- *OLD or NEW Operating System?*
- *If OLD: Does it serve me to hang onto this way of thinking?*
- *Am I willing to decide to LET GO?*
- *What NEW Operating System can replace it?*