

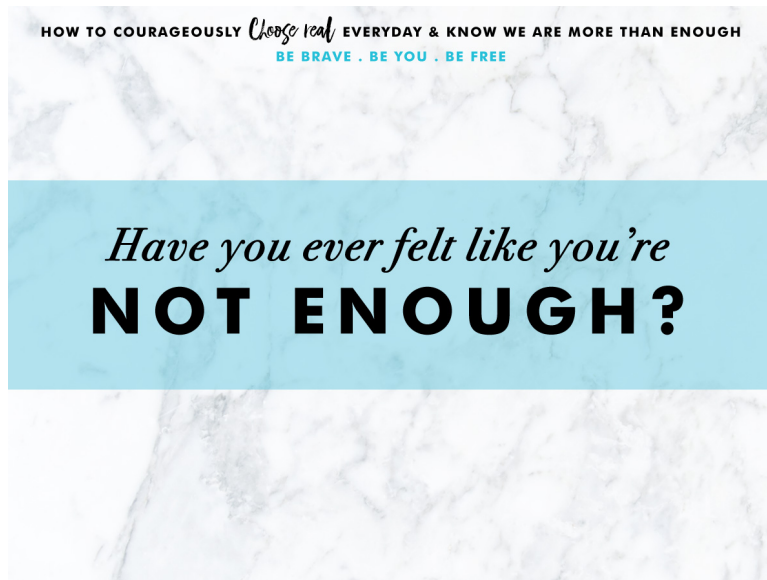


## ChooseREAL Workshop Teachers' Follow Up

### WORKSHOP BASIC OUTLINE

1. **Introduction** – The problem = Not enough
2. **Be BRAVE** – Against everything coming us at
3. **Be YOU** – Be your own stylist – Choose the accessories we wear
  - 3.a. **Exchange your GLASSES** – Are you seeing yourself through limiting beliefs or as the more than enough person you are
  - 3.b. **Exchange your HEADPHONES** – What are you listening to or saying to yourself? Trash the negative, preload the positive
4. **Be FREE** – Reframe it, get perspective.
5. **Wrap up**

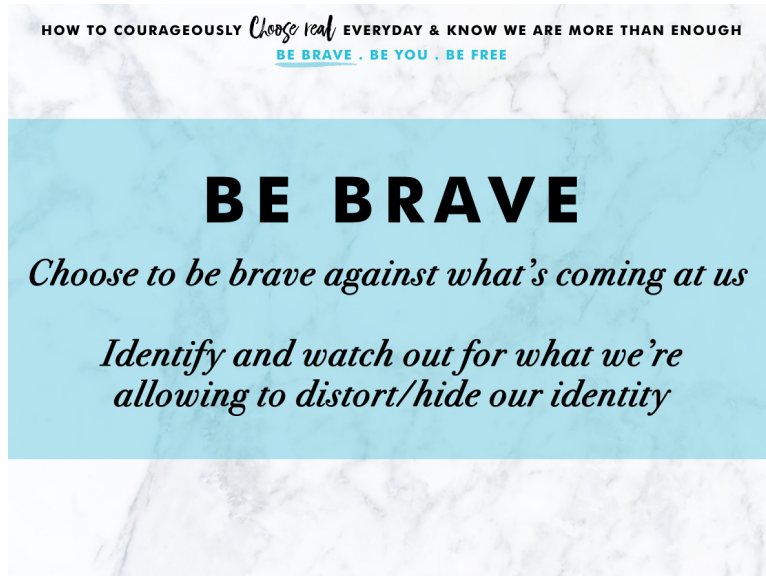
# 1. NOT ENOUGH



## **DISCUSSION:**

- Have you ever felt like you were not enough?
- How? Not \_\_\_\_\_ enough. You are not alone.
- Where do you think this message comes from?
- How does it affect you?

## 2. BE BRAVE



BRAINSTORM – We **need to be aware** of what:

- **Stops us being REAL**
- What holds us back
- What makes us feel bad about ourselves
- What discourages us, influences us, distracts us?

When we can **identify** what's coming at us, we can **watch out** and **be brave against** it.

**Prompts:**

- Words people have said to or about you
- People (who pull you down, distract you, discourage you, don't accept you)
- Media (images, messages, culture – all telling us we're not enough)
- Challenges and change
- Unrealistic expectations
- Labels (that others have put on you or you've taken on)
- I don't feel like I can be myself when...
- I don't feel good about myself when...
- I want to give up when...
- Fear of others and their opinions
- Comparison
- Perfectionism
- Attitudes
- Social media
- Peer pressure
- Your past
- Shame and failure
- Busyness
- Overwhelm
- Self-hatred
- Rejection
- Self-doubt
- Pride
- Trying to fit in
- Inadequacy

**ACTIVITY:** Brainstorm the things that we need to be brave against

## **DISCUSSION:**

- What do you need to be brave against?
- Why do you think we need to be brave?
- Why do these things affect us?

All these things are telling us that there's something wrong with us (which there isn't), that we're not enough (oh yes we are). They can make us forget our value and hate our real identity.

It takes a lot of courage to be brave and stand against these things, but we CAN choose to. It's a journey and a process, sometimes we stuff up, sometimes we forget, and sometimes we're not on guard. But everyday, every moment WE GET TO CHOOSE AGAIN.

## **QUOTES TO DISCUSS:**

COURAGE IS CONTAGEOUS. THANK YOU FOR BEING BRAVE WITH YOUR LIFE.  
YOU'VE MADE ME MORE DARING WITH MINE. – BRENE BROWN

THERE WILL ALWAYS BE SOMEONE WHO CAN'T SEE YOUR WORTH.  
DON'T LET IT BE YOU.

YOU DON'T HAVE TO BE WHO THEY WANT YOU TO BE OR WHO THEY SAY YOU ARE.  
YOU CHOOSE.

MAYBE THE JOURNEY ISN'T SO MUCH ABOUT BECOMING SOMETHING.  
MAYBE IT'S ABOUT UNBECOMING EVERYTHING WE'RE NOT. SO WE CAN BE  
WHO WE WERE REALLY MEANT TO BE IN THE FIRST PLACE.

### 3. BE YOU – BE YOUR OWN STYLIST – CHOOSE YOUR ACCESSORIES



#### **DISCUSSION:**

- Am I going to let others style me or am I going to choose to be my own stylist?

Whatever we're facing, we get to choose our accessories:

- GLASSES – How we see ourselves, others, and the world
- HEADPHONES – Our self-talk and what we're listening to, thinking about

If you currently have limited or disempowering accessories – all you need to do is LET GO of them. They don't define you!

#### **QUOTES TO DISCUSS:**

THE ONLY PERSON YOU ARE DESTINED TO BECOME IS THE PERSON YOU DECIDE TO BE. - RALPH WALDO EMERSON

BEAUTY BEGINS THE MOMENT YOU DECIDE TO BE YOURSELF. - COCO CHANEL

BE YOURSELF. AN ORIGINAL IS ALWAYS WORTH MORE THAN A COPY.

## 3.a. BE YOU – GLASSES



How have you been seeing yourself? Have you been seeing yourself through empowering glasses of who you really are or limiting beliefs / faulty glasses?

Let's Exchange our glasses now!

### **Common Negative Beliefs:**

- I am not enough
- I am not important
- I am not smart enough
- I am not \_\_\_\_\_ enough
- I don't deserve it
- I don't have what it takes
- I am worthless
- I don't belong
- Nobody likes me
- I won't be accepted if they really knew my story / past / the real me
- I'm pretty much doomed, I don't have good luck, problems always follow me
- I'm not good at anything, people are going to find out soon
- I can't do/be \_\_\_\_\_ because of \_\_\_\_\_

## ACTIVIY: TAKING OFF YOUR FAULTY GLASSES / LETTING GO OF LIMITING BELIEFS...

STEP BY STEP...

### 1. What are your **CURRENT LIMITING BELIEFS / faulty glasses (how you see yourself)?**

**IDENTIFY.** Become aware of them.

Some ways to help become aware of how we see ourselves is thinking about:

- What do you whisper to yourself when things are hard or when you don't feel good about yourself or when you feel down?
- What do you say to yourself when you make a mistake?
- What do you believe about yourself that isn't helpful?
- Has someone said something to you that now you believe as truth?
- Or labels you have taken on?

Do you have negative or unhelpful beliefs about yourself?

**2. PROVE THIS BELIEF FALSE.** Think of a time when you were the opposite of this belief. E.g. when you were enough.

**3. Explore the COST OF KEEPING THIS BELIEF** – fast forward into the future – how will it hold you back, how will you feel, what will you miss out on?  
>> Future + past – how has it / will it work against you. Think of examples where it's stopped you, held you back, hurt you, hurt others.

**4. Explore the REWARDS OF LETTING THE BELIEF GO.** Fast forward into the future – what could you achieve if you weren't trapped by this belief?, Who could you be? How would you feel? Close your eyes - imagine it. Picture it. What's happening? What are you feeling? Write this down.

**5. And then we get to CHOOSE** – do you want to KEEP the BELIEF OR LET IT GO. Pay the cost of wearing your faulty glasses or get the reward of taking them off?

**6. CREATE A NEW EMPOWERING BELIEF** – write it down.  
I am...

**7. WRITE THIS NEW BELIEF** of who you really are down – put it on your wall, mirror, journal, bed, wherever you'll CONTINUALLY SEE IT AND REPEAT IT.  
Every morning and night – read this affirmation out loud to yourself. I am...

**8. BONUS 2 – FIND THE SOURCE** – where did this belief come from – reframe the experience – give it a new meaning. Let it go.

## **DISCUSSION:**

- Did you realise you were letting any limiting beliefs rule your life?
- What stood out to you in the Limiting Beliefs Clip?
- How have limiting beliefs / faulty glasses affected you & others?
- What were some of your faulty glasses? Owning them allows you to let them go and help others
- What are your new empowering glasses?

## **QUOTES TO DISCUSS:**

WHEN I ACCEPT MYSELF, I AM FREED FROM THE BURDEN OF NEEDING YOU TO ACCEPT ME.

REGARDLESS OF HOW ANYONE ELSE FEELS ABOUT ME,  
I AM GOING TO CHOOSE TO UNCONDITIONALLY ACCEPT  
AND LOVE MYSELF TODAY, NO MATTER WHAT.

TO WISH YOU WERE SOMEONE ELSE IS TO WASTE THE PERSON YOU ARE.

DON'T LOOK AT YOURSELF THROUGH THEIR EYES.

THEY WERE WILLING TO LET GO OF WHO THEY THOUGHT THEY SHOULD BE TO BE WHO THEY REALLY WERE. - BRENE BROWN

BEING REAL IS A COLLECTION OF CHOICES THAT WE HAVE TO MAKE EVERY DAY.  
IT'S ABOUT THE CHOICE TO SHOW UP AND BE REAL. THE CHOICE TO BE HONEST.  
THE CHOICE TO LET OUR TRUE SELVES BE SEEN.



## 3.b. BE YOU – HEADPHONES



What self-talk or thoughts are on replay in your mind at the moment? How do you speak to yourself? What thoughts are you listening to and repeating? What are you allowing to shape your life? What messages are you letting in?

We get to uproot and replant any thoughts in our mind.



LET'S EXCHANGE OUR HEADPHONES:

- Trash the negative
- Preload the positive

## **ACTIVIY: TRASH CAN – DELETE NEGATIVE THOUGHTS / SELF-TALK / LIES**

Write any negative or unhelpful thoughts in the trash can >> delete them. These do not belong in your mind or vocabulary – they are not who you are.

Every time the thought comes back, throw it out again.

### **Thoughts, common things girls say to themselves, lies they believe. E.g:**

- You're stupid
- You're worthless
- You can't do that
- Nobody likes you
- Nobody cares
- You're ugly
- What's the point
- You suck
- What's wrong with you
- You're hopeless
- You can't eat that
- Why bother

## **ACTIVIY: PRELOAD THE POSITIVE**

YOU CHOOSE what you listen to, repeat, and believe.

PRELOAD THE POSITIVE - who you really are. When things get hard, trash the negative,  
and plug into your REAL worth and value...

WHAT AFFIRMATIONS OF YOUR REAL IDENTITY CAN YOU ADD TO YOUR EMPOWERING PLAYLIST?

For example:

- I always have worth and value.
- I am strong.
- I have a great purpose.
- I can do anything I set my mind to.
- I have all I need to be kind to myself and others.
- I am more than enough.
- I belong.
- My worth can never be taken away.
- I choose my attitude.
- I define me.

What will you add?

## **DISCUSSION:**

- What thoughts are we pre-loading and choosing to plug into?
- What thoughts comes up on your negative playlist?
- When do we need to skip thoughts?
- How can you be your own best friend?
- How would you encourage a best friend? How can you do the same to you?
- What stood out to you in the Best Friends Self-Talk Clip?

## QUOTES TO DISCUSS:

DON'T BE SO HARD ON YOURSELF LOVELY

YOU'RE NOT ALONE.

YOU HAVE STRENGTH BEAUTY, COURAGE, PURPOSE + UNIQUE VALUE. YES YOU!

WHAT OTHERS THINK ABOUT YOU IS NOT IMPORTANT.

WHAT YOU THINK ABOUT YOURSELF IS EVERYTHING.

DEAR SELF,

I AM SORRY FOR ALL THE MEAN & UNHELPFUL THINGS I SAID.

I LOVE YOU.

DON'T BE ASHAMED OF YOUR STORY. IT WILL INSPIRE OTHERS.

YOU ARE WHOLE, COMPLETE, NOT LACKING, WORTHY, AND MORE THAN ENOUGH.

IT IS THE GLASSES AND HEADPHONES YOU'RE WEARING THAT'S SAYING THAT YOU'RE NOT. TAKE THEM OFF.

SHE WOKE UP EVERY MORNING WITH THE OPTION OF BEING ANYONE SHE WISHED.

HOW BEAUTIFUL IT WAS THAT SHE ALWAYS CHOSE HERSELF.

AUTHENTICITY (BEING REAL): KNOWING WHO YOU ARE AND BEING BRAVE ENOUGH TO LIVE IT

JUST BE YOURSELF. LET PEOPLE SEE THE REAL, IMPERFECT, FLAWED, QUIRKY, WEIRD, BEAUTIFUL, MAGICAL PERSON THAT YOU ARE. – MANDY HALE

YOU ARE ENTIRELY UP TO YOU.

## 4. BE FREE – REFRAME IT

Be free to choose what comes out of us. daily tools to choosereal. reframe it, get perspective. own and share our story. Empower ourselves and others. Go after our dreams. Find freedom in anything we face.

WHAT YOU FOCUS ON IS WHAT YOU EXPERIENCE.



### PERSEPECTIVE TOOLS

**Hold up your frame and let's get perspective. LET'S CHOOSE OUR FOCUS.**

#### **Tool #1 – WHERE IS MY FOCUS?**

What am I focusing on – the problem or solution, the negative or positive, the pain or good, what I'm lacking or what I've got. You get to choose your focus. SO DO YOU NEED TO SHIFT YOUR FOCUS?

#### **Tool #2 – WHAT CAN I LEARN FROM THIS?**

There is always something we can learn in every experience – good or bad. So you can reframe that situation and ask – WHAT CAN I LEARN FROM THIS, HOW CAN I GROW, HOW CAN I HELP OTHERS WITH WHAT I'VE GONE THROUGH?

#### **Tool #3 – TRUTH OR FACT?**

Our experiences may be telling us one thing – we failed, we're rejected. But that's not the truth. The truth is we are always more than enough, we always have worth and value, we are stronger than we think, we can keep going, we are not defined by our experiences. SO WHEN YOUR EXPERIENCES ARE TELLING YOU ONE THING, REFRAME IT AND REMIND YOURSELF OF THE TRUTH – you may need to get your empowering accessories to help remind you.

#### **Tool #4 – WHAT AM I THANKFUL FOR?**

If you are feeling down or overwhelmed, choosing to be grateful, to think of things you're thankful for really shifts your perspective and mood. By constantly looking out for these things, you are literally changing your mind and telling it what to focus on – the good. SO WHAT ARE YOU THANKFUL FOR?

### **Tool #5 – STOP AND CELEBRATE THE STEPS**

This is a journey and can be a hard one, so we need to be stopping and celebrating the steps, every win – big or small. Embrace each moment. So often we don't notice our progress because we're looking for giant leaps instead of the small steps that get us to where we want to be. SO WHAT SMALL STEP CAN YOU CELEBRATE NOW?

### **Tool #6 – I AM MY OWN STYLIST. I CHOOSE MY ACCESSORIES**

Remind yourself that you define you. Keep checking, exchanging and choosing your accessories – WHAT GLASSES ARE YOU CURRENTLY WEARING, WHAT HEADPHONES ARE YOU WEARING, WHAT PLAYLIST ARE YOU TUNING INTO. YOU CHOOSE.

### **Tool #7 – WHAT MEANING AM I ADDING?**

Being aware of the event vs the story we create.

So something happens – maybe it was devastating, maybe it was really painful, maybe it was good or really nothing. But the story or meaning we add to it is so much more powerful than what actually happened.

WE CAN CHOOSE THE MEANING WE ADD.

When you go through something, you can REFRAME IT AND ASK YOURSELF – WHAT MEANING AM I ADDING? WHAT STORY AM I TELLING MYSELF? IS IT HELPFUL AND EMPOWERING? NO? CHANGE IT.

### **DISCUSSION:**

- #1 – Do you need to shift your focus?
- #2 – What have you learnt from a hard situation? Or from a mistake? Have you been able to help others through something you've faced?
- #3 – Have you been focusing on the facts or the truth?
- #4 – Share one thing you're thankful for? How can you remind yourself to be thankful?
- #5 – What is something you can celebrate?
- #6 – What accessories do you need to exchange?
- #7 – What is the difference between event vs the story we create. Or the experience vs the meaning? Have you been adding unhelpful meanings?
- What freedom tool do you think you need to focus on at the moment?
- What stood out to you in the reframe it clip?

## **QUOTES TO DISCUSS:**

LIFE IS LIKE A CAMERA. YOU FOCUS ON WHAT'S IMPORTANT, CAPTURE THE GOOD TIMES, DEVELOP FROM THE NEGATIVES, AND IF THINGS DON'T WORK OUT, TAKE ANOTHER SHOT.

WHAT WE SEE DEPENDS MAINLY ON WHAT WE LOOK FOR.

WE ARE AS THANKFUL AS WE CHOOSE TO BE.

AIM FOR PROGRESS OVER PERFECTION.

SOMEDAY IT'S GONNA MAKE SENSE.

BE KINDER TO YOURSELF AND THEN LET YOUR KINDNESS FLOOD THE WORLD. – PEMA CHODRON

I'M NOT WHAT HAS HAPPENED TO ME. I'M WHAT I CHOOSE TO BECOME.

## 5. WRAP UP



### BE YOUR OWN STYLIST | CHOOSE YOUR ACCESSORIES

- What **GLASSES** am I wearing? How am I seeing myself, others and the world?
- What **HEADPHONES** am I wearing? My self-talk, what I'm listening to, playlist
- What **FRAME** am I looking through? Reframe it. Get perspective. Check your focus

It takes courage. It's a daily choice.

Choosing REAL is about LETTING GO OF EVERYTHING WE'RE NOT and CHOOSING TO BE WHO WE REALLY ARE.

Remember, no matter what, you are more than enough., just as you are!

### DISCUSSION:

- How can you be kind to yourself in this journey?
- How can you remind yourself to courageously ChooseREAL everyday?
- Who could you encourage? How?
- What does choosing real look like for you?
- What advice would you give your younger self?

## **QUOTES TO DISCUSS:**

LOVING OURSELVES THROUGH THE PROCESS OF OWNING OUR STORY IS THE BRAVEST THING WE'LL EVER DO. – BRENE BROWN

WILL IT BE EASY? NOPE. WORTH IT? ABSOLUTELY

HEY GIRL, IT DOESN'T HAPPEN OVERNIGHT. KEEP GOING, K?

CLOSE YOUR EYES AND IMAGINE THE BEST VERSION OF YOU POSSIBLE. THAT IS WHO YOU REALLY ARE. LET GO OF ANY PART OF YOU THAT DOESN'T BELIEVE IT. – C. ASSAAD.

**Thank you so much for being such a wonderful example  
and encouragement for our girls.**

Remember, no matter what, we are all MORE THAN ENOUGH, just as we are.