

BRIGID DINEEN

create space for yourself

Congratulations! You've taken an amazing step towards reclaiming your time, energy & peace of mind. This stuff is not easy...if it were, we'd all be living it by now. That is why we come together as women to take a compassionate, closer look at the places where we want to honour ourselves more fully. Welcome to the journey. I look forward to sharing this experience with you.

Take a moment to be still. Take a deep breath. What is your intention in taking this course? What do you hope to experience? How would you like to feel in six weeks? Record your thoughts below.



Week One:
My Boundaries

Reflect on the following areas in your life, and write down your thoughts about your boundaries - what's working well, and what's not working for you. Take a close, conscious look, and be honest with yourself.

RELATIONSHIP	WHAT'S WORKING	WHAT'S NOT
Self / Self-Care		
Partner / Spouse		
Family (Parents, Siblings, Children, Other)		
Work (Boss, Colleagues, Clients)		
Friends		
Other		

Week One:
My Boundaries

Recall a time in your life where you created healthy boundaries - describe it in as much detail as you can remember.

What qualities did you display in that moment when you stood your ground?

Play with the image of yourself as the fierce advocate for yourself - what does that character look like? Can you think of a fun name so that you can call upon these traits when you need them? Maybe you even have a theme song!

THIS WEEK..

Notice: When am I saying yes when I'd rather say no?
Reflect on what you were thinking & feeling in that moment.....why did you say yes?
Go deeper - why? What are you afraid might happen?

Week Two:
Compassionate
Self-Awareness

Two times or more this week, reflect on an icky boundary moment, and unpack it using this table:

CIRCUMSTANCE	THOUGHT	FEELING	BEHAVIOUR

TURN THE VOLUME DOWN ON YOUR THINKING.

1) Ask yourself, "Is it true?" Think of 3 reasons why it might not be true.

2) Repeat the thought, but first say (or write), "I'm having the thought that..." and notice any shift in the way the thought hooks you.

3) Name that tune! Do you ever feel like your mind is a broken record? Notice the tunes that your mind repeats on you and name them. This re-wires your brain so that you become less reactive to the thought. You can simply notice the tune as it plays, and make a conscious choice instead.

4) Connect to your breath & body. Grounding yourself in your body and calming yourself with your breath are great ways to lessen the hold that your thinking has on you.. Put one hand over your heart, and one hand on your belly, and take 10 slow, deep breaths. Notice how you feel.

Week Three:
My Body's
Wisdom

How does your body say no? Write down the physical sensations you observe. Where in the body do you notice physical sensation most prominently? Do any images appear? Colours? Take the time to listen & record your observations.

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Invite your body into the decision-making process at least 2 times this week - maybe around deciding about a social invitation, or maybe about what you're going to eat for dinner. Compare what your body has to say to what your mind is telling you. Explore the process below.

This is all about trust. Your essential self communicates with you through your body. Notice what it's saying, and start to honour its wisdom. Start in small ways at first, and this will help you to build courage for more.

SMALL WAYS TO HONOUR YOUR BODY'S WISDOM

- Rest when you're tired.
- Eat when you're hungry.
- Don't eat when you're not hungry.
- Check in with your body before making a commitment.
- Give yourself permission to take your time making decisions when possible.

Week Four:
Call Your
Power Back

Women are taught that anger is unbecoming. It's time to tune into the truth that your anger is a call to action. Rather than denying it, let's take a closer look to see what's underneath.

What pisses you off? Don't censor yourself - it's safe to dump it all out here. Go for it!

In the scenario(s) above, what values are not being honoured?

What are some ways you could restore your integrity around this?

REFRAME YOUR LANGUAGE

I CAN'T becomes I WON'T, I DON'T WANT TO, I CHOOSE NOT TO, I'VE DECIDED NOT TO

I HAVE TO becomes I WILL, I WANT TO, I CHOOSE TO, I'VE DECIDED TO

I DON'T HAVE TIME becomes I'M GOING TO DO SOMETHING ELSE, THAT'S NOT MY HIGHEST PRIORITY RIGHT NOW.

Week Five:
Courageous
Conversations

Recall a situation in your life where you were courageous. Describe it in detail below.

CLOSE YOUR EYES AND CONNECT TO THE FEELING OF COURAGE WITHIN YOU.
BREATHE INTO YOUR HEART.

Consider social situations in which you don't typically speak your mind. Can you challenge yourself to speak up in a small way this week? What might that look like?

Consider relationships in which you haven't been expressing your truth. Brainstorm small ways you could start to speak up for yourself. Start with the ones that feel safest - where there's the least at stake.

THREE KINDS OF BUSINESS:

Week Six:
Envision &
Integrate

What did you notice about your ideal day? Write down what you observed, including what you noticed about your appearance and your demeanour. What colours showed up? What clothing were you wearing? Was there any music playing? What stood out? What surprised you?

What elements from this vision will you call into your life in the present to anchor it in your reality?

ELEMENTS OF A PERSONAL PRACTICE:

- Stillness: _____
- Awareness: _____
- Body Wisdom: _____
- Empowerment: _____
- Speak from the heart: _____

In order to integrate these teachings, my intention this week is to:

NOW, PUT IT IN YOUR CALENDAR, MY LOVE.

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You made it! Congratulations!

This compassionate introspection is no easy ride, my love. So kudos to you. You are courageous for being willing to dive in & dig around. Take a moment to reflect on your experience, and record your reflections below. What stood out? What surprised you? What are your personal takeaways? Write yourself a kind message of love and encouragement.

