

Calm.

Clear.

Confident.



HANDBOOK

THE
natural way of being
IN BUSINESS

brought to you by



the *natural* professional

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Welcome welcome welcome!

Thank you for joining the first New WoW (Way of Working) Summit! I'm immensely thrilled, proud, and delighted to make this information available for you.

I do believe that this work will create major change -- both for you individually as well as collectively as more and more people consciously "bring their soul to work".

Kudos to you for exploring the New Way. I can't wait to see what happens when you are even more calm, clear and confident.

Reminder of why you're here.

Imagine being productive without stressing out.

Imagine increasing your capacity for world changing work without burning out. Imagine becoming who you truly want to be in business.

In other words...

Less struggle. More soul.

Yes, there is a way to work today to explore your potential, create more capacity to build your vision, and fulfill your roles with grace -- all while being the kind and beautiful soul that you are.

This is what I'm exploring in the New Way of Working virtual summit and DIY Retreat.

Through **deep listening, commitment to self-care, and self-knowledge** — not the stuff of MBA curriculum — you will discover your own Way that:

- integrates Being with Doing,
- is congruent with the life you want to be living, and
- honors your Vision.

Understanding that these ideas can easily be swatted aside as fluff, woo-woo talk, or downright irrelevant to your success in business, I respectfully reply: Bullshit.

But you don't have to take it from me. The 10 speakers interviewed paint a consistent picture of successful practices based on a deeper awareness of Being — success *because* of these practices, not despite them.



How this summit is intended to help you discover your Way.

The intention of the summit is to shine the light on how these women are *Being* in business. You are already doing things similar to what they are **doing**. The shift here is the emphasis on *Being*.

You will explore the mindset, tools, and practices through the interviews. Get affirmation and permission to take self-care seriously, and to treat self-knowledge as a critical asset.

- You'll get an exercise at the end of each interview to support what you just heard.
- For longer term support and exploration, you get tools contributed by the speakers (in the handbook).
- And you get the guide for you to personalize (also in the handbook). In other words, the whole enchilada.

How to use the guide.

A guide is important because one of the challenges of this deep, New Way work is: Remembering.

You know when you hear something that makes *so much sense* and you think, "Yes! I know that Truth!" and then you read an email an hour later that pushes your buttons and that Truth flies out the door faster than you can say, "I love chocolate"? Yah. Been there.

One of my personal passions is exploring: *HOW do we remember these sacred gems of truth that make our lives so much richer?* Knowing that the keys are repetition and making it real for you, there's a guide to help you do just that.

I suggest printing out the worksheets part of this handbook. Then take a quick look through to familiarize yourself with it so you know what the general subjects are. Then, as you listen to the interviews and your own truths and gems of wisdom pop up, record them on the relevant page.

(The guide is not organized by Speaker because I believe that the information, grouped together by *subject*, will be more useful for you in the future.)



Final thoughts.

Putting this Summit together has been:

a **Joy** in that the New Way has been a driving passion for several years.
an **Honor** in getting to collaborate with these fabulous Speakers
and a **Pleasure** in that these women were so generous, thoughtful and kind throughout the entire journey of putting it together.

Summit Producer and your New WoW Guide, Shawn Tuttle

I'm on a mission to help creative women realize the success they envision by integrating head and heart in their biz. In over 8 years of working with smart women full of integrity and dedicated to inspiring projects, I've seen a common theme: working hard is tripping them up. They experience a level of stress and frustration that's totally at odds with who they want to be in their biz, and they to do differently.



I support them in hitting their stride with programs and tools at the intersection of productivity and mindfulness--all infused with the core principles of the New Way of Working. My inspiration for this summit was to offer a deep exploration of how successful soulpreneurs are applying these principles to bring forth their amazing work with calm and confidence--and how you can, too.



The New WoW Overview

We've been conditioned to accept struggle, chronic stress, and Self-denial as a necessary part of work. We look outside ourselves for validation and guidance.

The problem, besides feeling like you're never getting enough done, never have enough time and feel disconnected from why you went into biz in the first place, runs deep.

The critical issue is the chronic busyness that you've become convinced is the way to get everything done. It's not.

Quite the opposite. It's noise. The real tragedy is that the noise drowns out the soft whispers of your heart, the gentle reminders that you are beautiful just the way you are, and the quiet knowing that you are wiser and more powerful than you remember.

The whispers aren't completely drowned out, of course. You went into business following a calling, you get strokes of insight periodically, and occasionally make stuff happen as if by magic -- so you know that the wisdom is there...

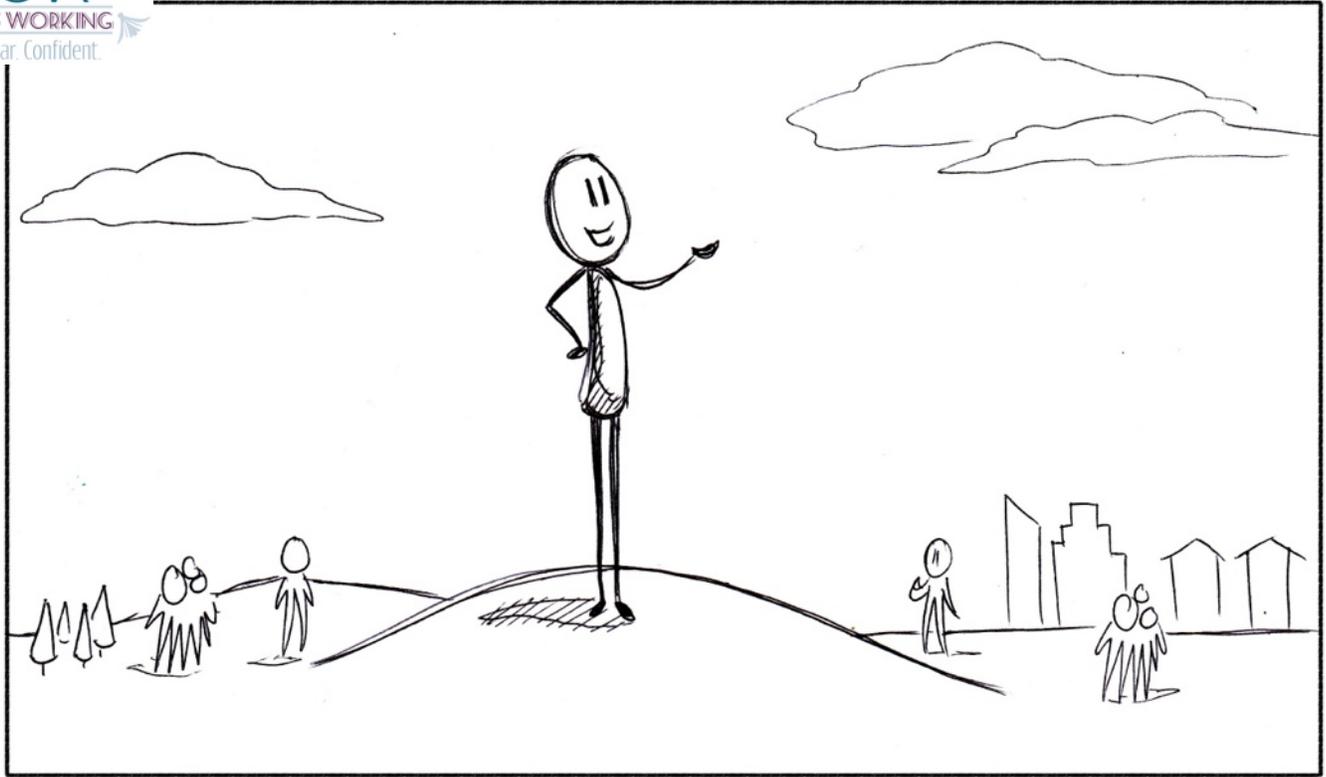
If only that wisdom could guide you in all the decision-making you do for your biz. If only it would help you navigate all of your options. If only it would show you the best path for growing your business. Guess what? It can.

The New Way

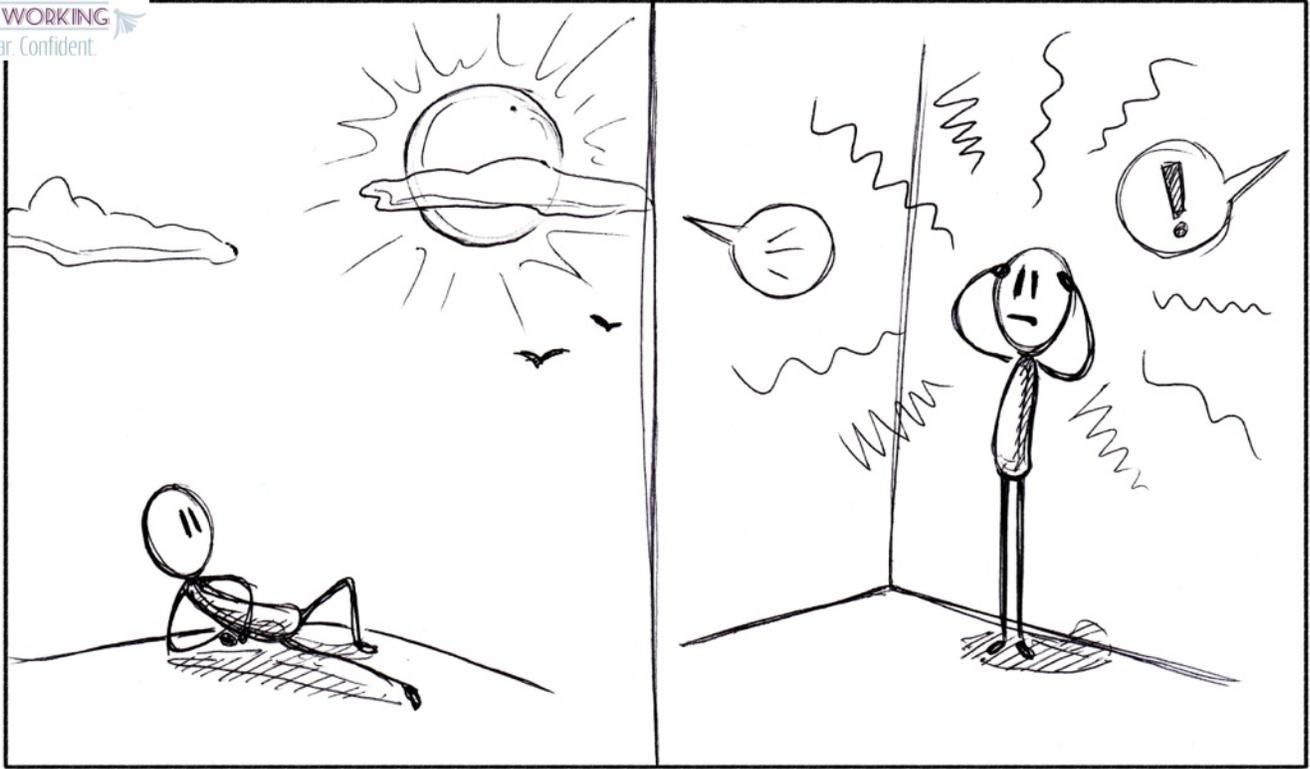
You joining forces with your Being in a practical way is really what the New Way is all about. Here's the thing though. I can't take you to your Being, get you to join hands and sing Kumbaya. Only you can do that (and feel free to sing any song you want).

A Personalizable Guide

Stefanie Koehler, a fabulous Visual Thinker & Designer of Sustainable Things, and I have created a visual story to show you underlying themes as well as characteristics of a natural professional working in the New Way. Supporting exercises in this program are indicated on relevant pages.

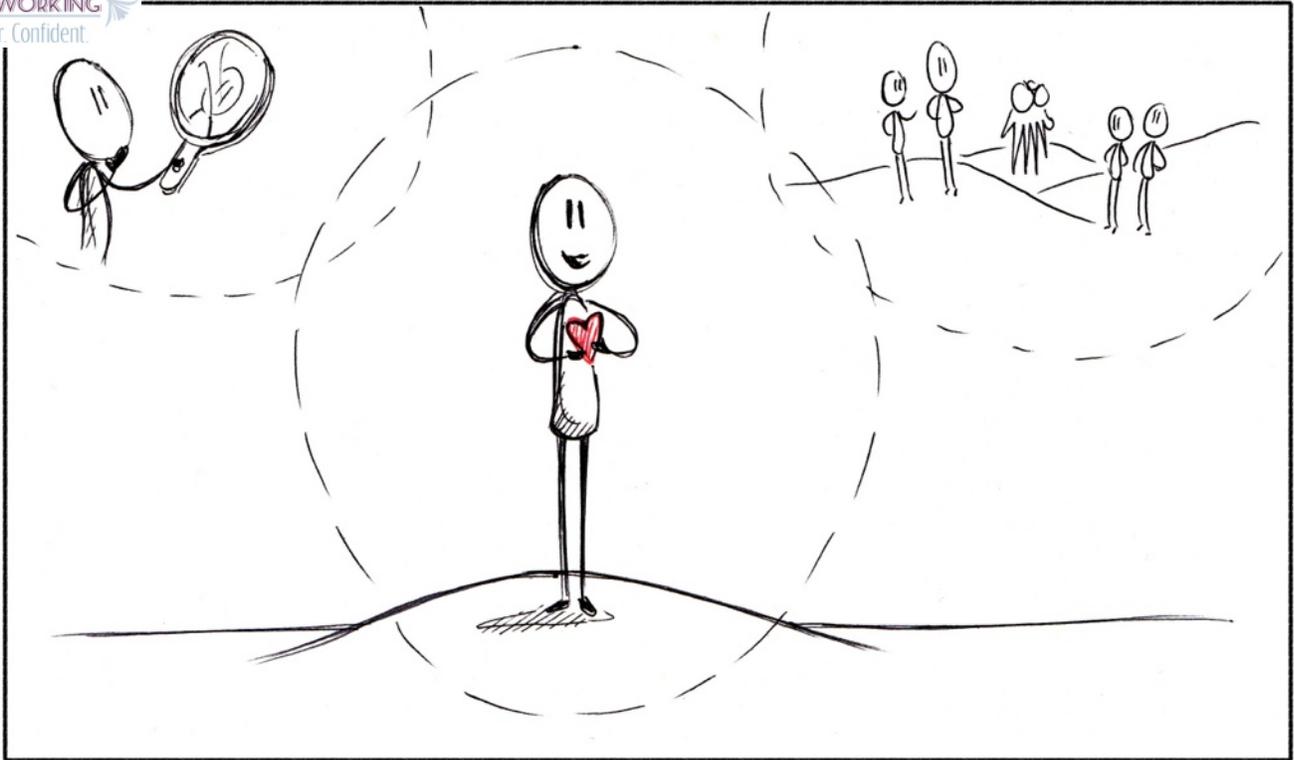


There you are in the world. Doing your thing in many different Roles:
Mother, Sister, Partner, Biz Owner, Community Member and so on.



Relaxed, comfortable, and feeling good -- that's your natural state of Being.

Stressed out, overwhelmed, or disconnected -- that's when life is hard.



At the core of the New Way of Working methodology, is the cultivation of your true power. I define this as the capacity to act in alignment with the identity you envision for yourself.

ANCHORING EXERCISES

- Anchor in calm, clarity & confidence (in Margaret's interview)
- Stance: calm, clarity & confidence (in Randi's interview)
- Setting Your Anchor worksheet (in Handbook)

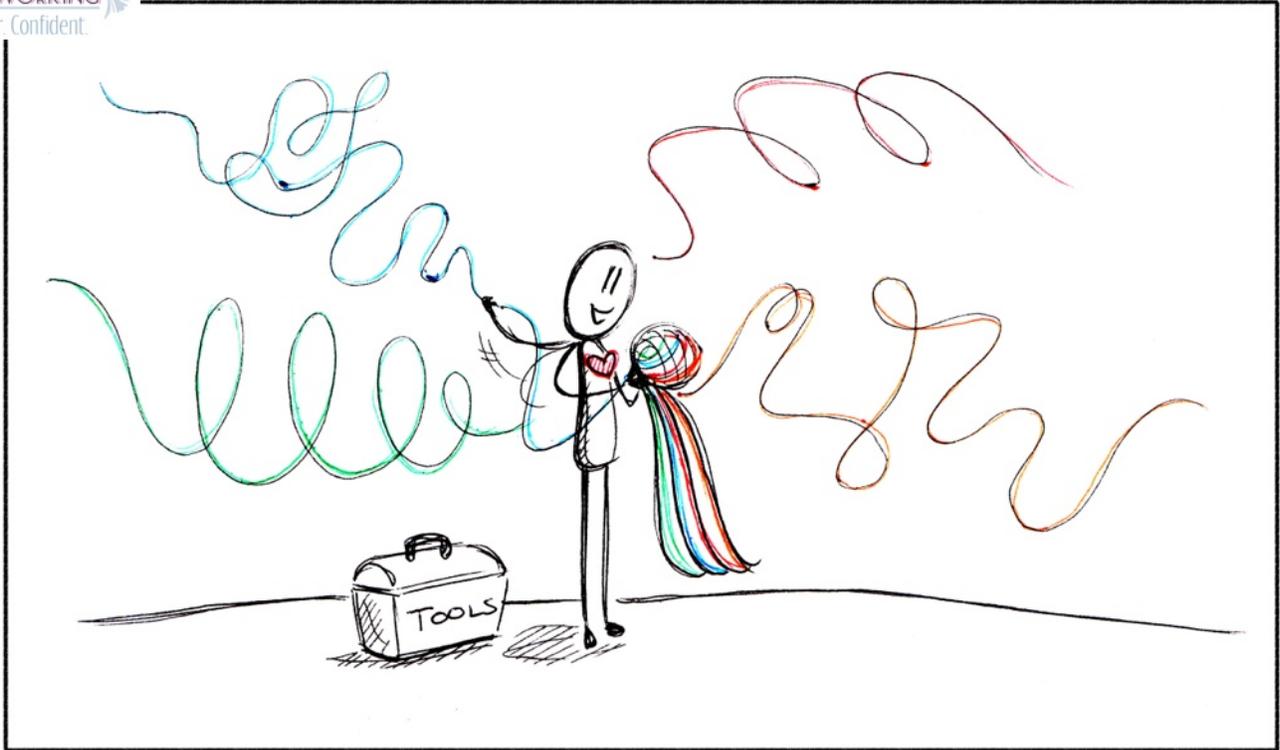


“Shoulds,” unresolved issues, unrealistic expectations, and cluttered mind & space have a compelling way of inviting self-doubt, confusion, fear.

This hinders your ability to Listen within and produce the Good Work you know you are capable of and passionate about creating.

CLEARING EXERCISES

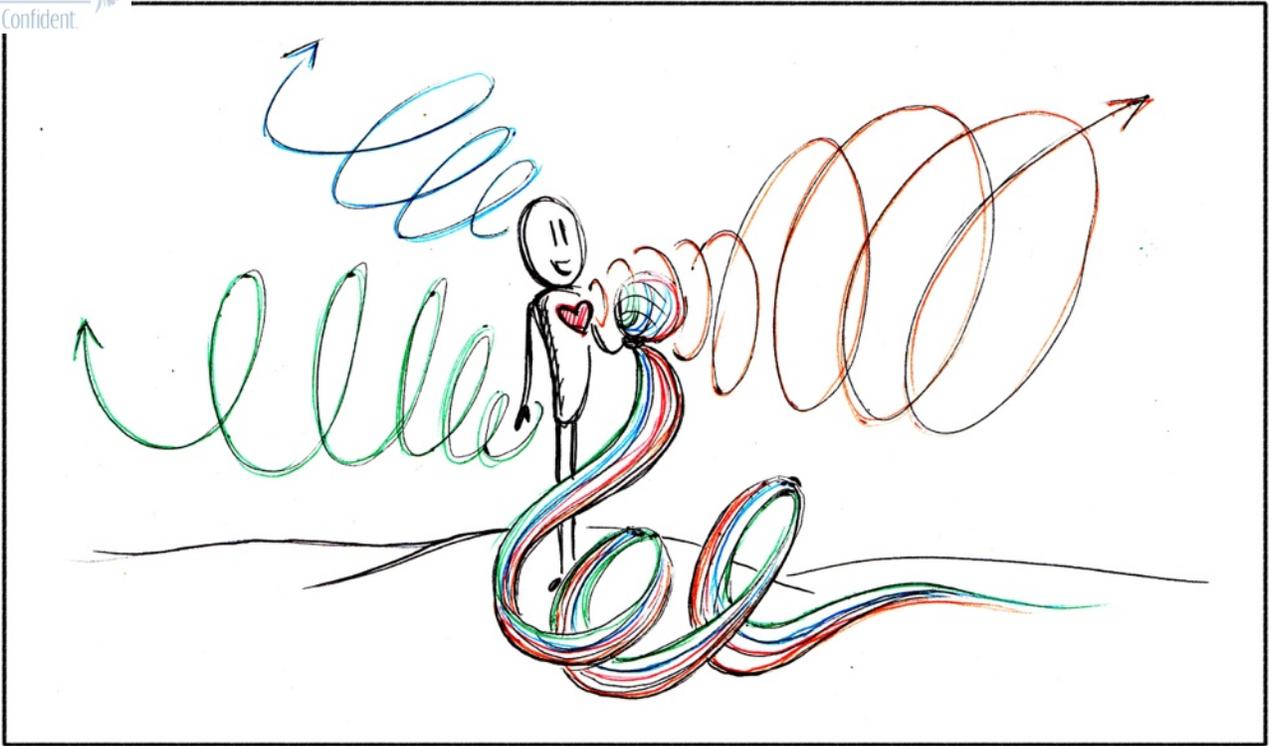
- Clear space to make room for what you want. (in Betsy’s interview)
- Listen to a “negative” feeling in your body (in Bari’s interview)



You utilize your Tools of self-awareness to unravel confusion, stay Anchored in your heart, and find the opportunities in "problems." You find your way back on track without getting dragged off too far.

SUPPORT EXERCISES

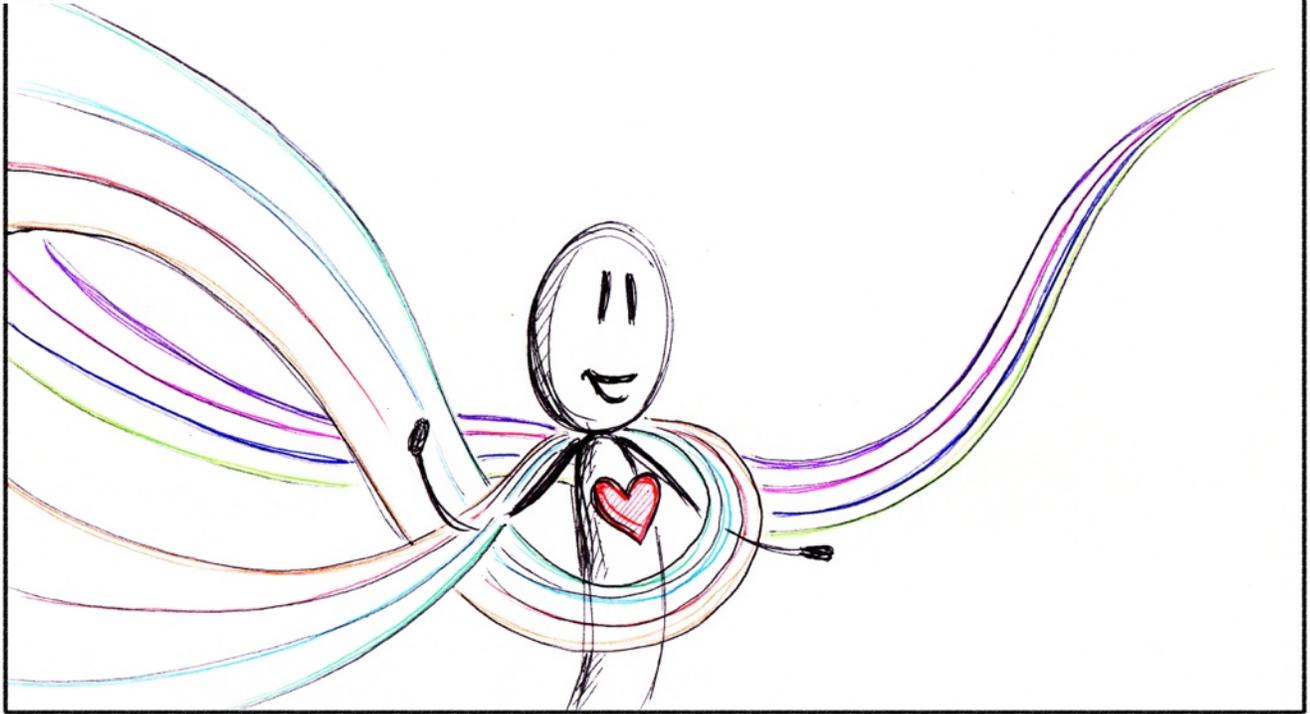
- Mindful coloring (in Liz's interview)
- Identify external support (in Lisa's interview)
- Champion Circle (in Beth's interview)
- Structuring Your Support worksheet (in Handbook)



You create Good Work and grow in alignment with your Vision
because your actions are Anchored in your Being.

NAVIGATING EXERCISES

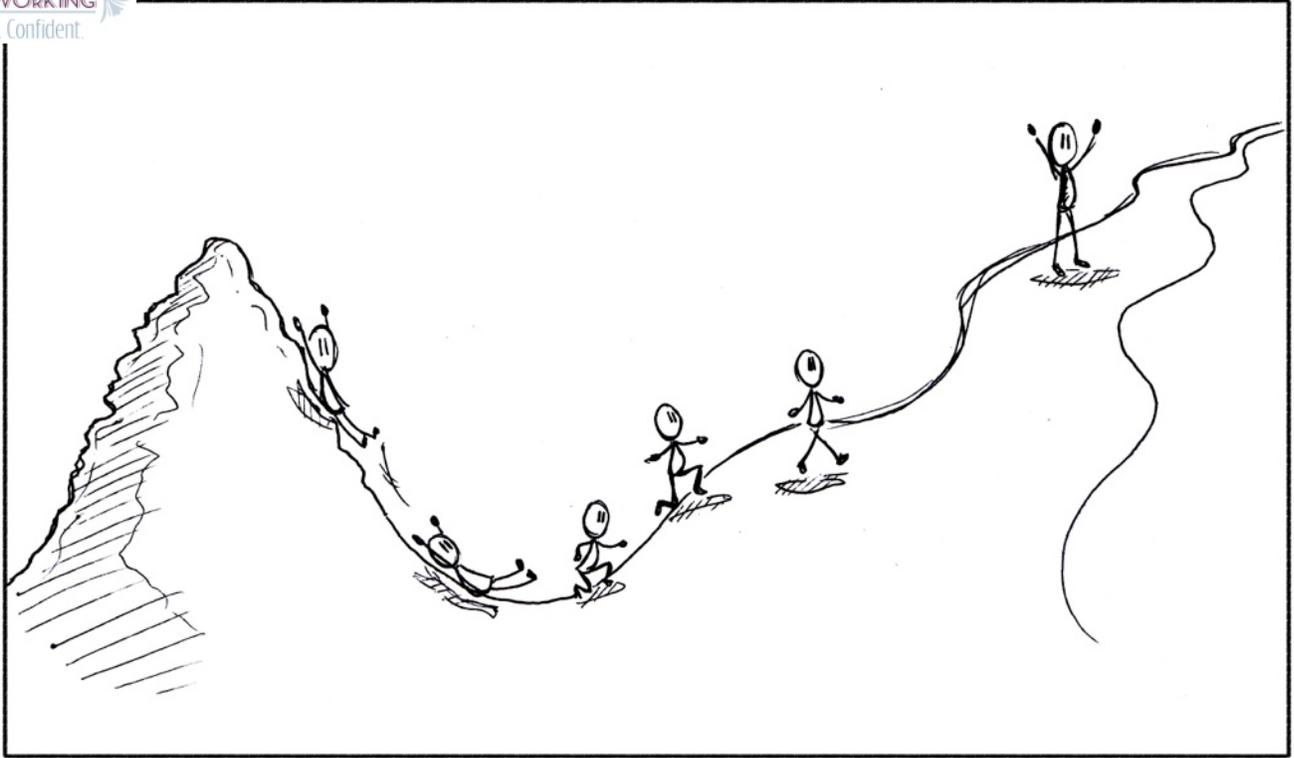
- Guiding principles for your biz (in Tara's interview)
- Weekly RAP Session (in Handbook)



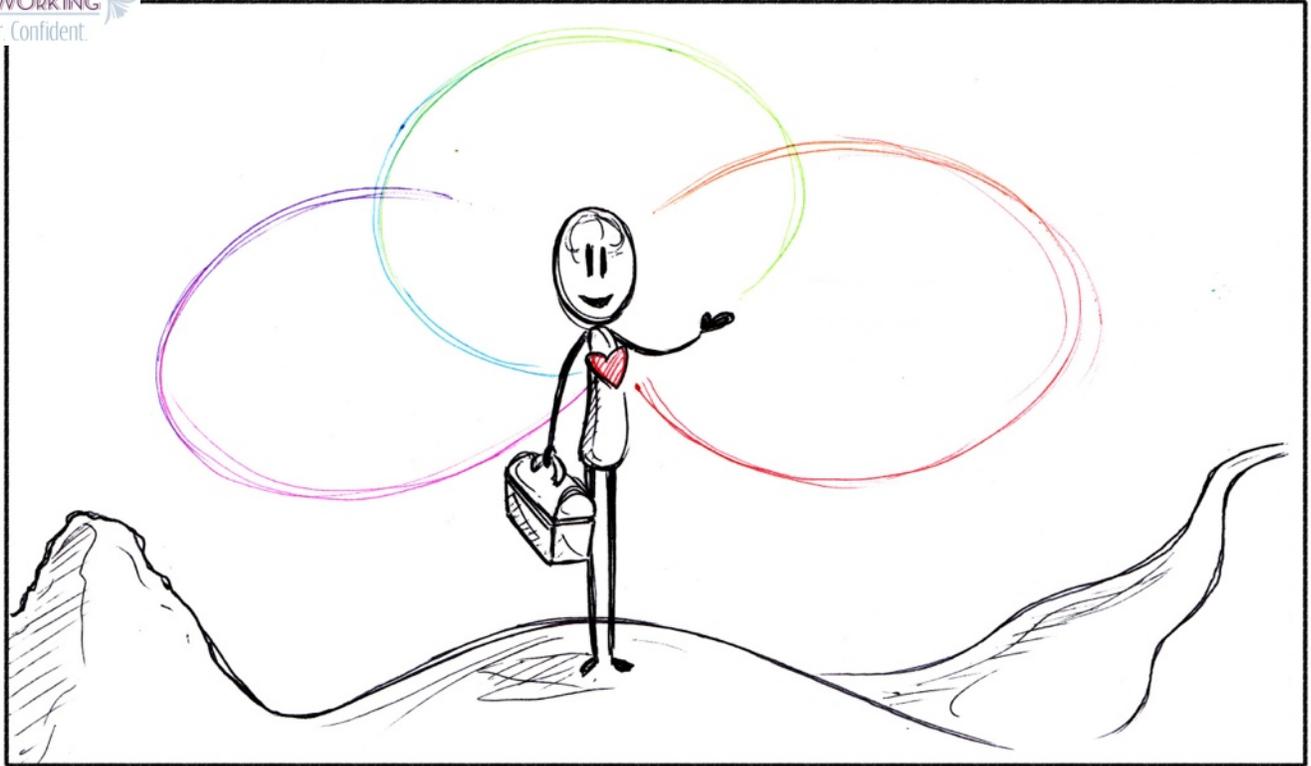
You enjoy life / work harmony (and you know that “luck” has nothing to do with it). You invite your experience to be ridiculously delicious by cultivating high resonance qualities like Gratitude and Appreciation.

ENLIGHTENING EXERCISES

- Gratitude Journal (in Shawn’s interview)
- More of that, please! (in Jamie’s interview)



The New Way is a journey, and as with most new endeavors, it can feel like every path is going uphill. But as you get familiar with the terrain, get in better shape, add more tools to your toolbox, and get ever more clear on your destination, it gets easier.



3 Questions to keep you on track:

1. Am I listening to my body?

If not, goto Support exercises.

2. Am I doing the best thing for me to be doing right now?

If not, goto Navigating exercises.

3. Am I clear on what I'm doing right now?

If not, goto Anchoring exercises.



Setting Your Anchor

To become who you want to be in your biz and life, establishing an Identity as your Anchor serves to guide all of your decisions and actions.

Understanding that you may not currently be connected with your Identity you can use a placeholder until you are graced with that clarity. Until then, I suggest that you use the Anchor: calm, clear and confident.

For some mysterious reason, we humans seem to do a brilliant job at forgetting profound things like Anchors when faced with challenges in life (when we need them most). Thus, your job is two-fold:

- remember that you have an Anchor and what it feels like
- support yourself in staying anchored. (see Support Structure)

What is your Anchor (or Identity)? If unsure, you can use calm, clear, and confident.

What does your Anchor feel like?

What behaviors and characteristics do you embody when Anchored?

Life application

- When making significant decisions, check that you are anchored first.
- When setting goals and timelines, check that you are anchored first.
- When planning your week, check that you are anchored first.
- What other situations would you benefit from checking that you are anchored first?
-
-

What did your favorite speakers share about Identity that resonated with you?

Suggestions:

- Help yourself remember this by making a Vision board (with magazines or on Pinterest).
- Talk about it with a certain friend weekly.
- Create a Remembering dance.



Structuring Your Support

The role of your support structures is to help you stay connected with your Anchor.

Since your Anchor represents your Soul's desires and values, it inherently includes your success. Thus, listening within and staying centered is a much more essential ingredient for success than you may have ever considered.

It's the reason you'll hear so many of the Speakers talk about putting self-care before all else. This is not a luxury.

They understand that the purpose of working is not to "be productive," it's to support you in who you are becoming. This in turn affects planning, prioritizing, how you structure your day, how you design your schedule, and so on.

The Speakers share a plethora of support ideas and hopefully, you already have ideas of what works for you.

The sections below reflect the types of supports that several Speakers rely on and recommend.

Declaration: "I commit to self-care."

Daily reminders to Pause and check-in.

Practice & space for contemplation / processing / self-awareness.

People and community supports.

What other support ideas did you hear that resonated with you?



The RAP Session

The Review & Planning (RAP) Session is a weekly practice that will take you anywhere from 30-60 minutes to do.

Sound like a lot? You'll save a Lot more than that throughout the week!

Lack of planning leaves you scrambling last-minute -- which both feels bad and keeps you from spending time on what's of heart-importance.

Plus you'll feel more calm and confident in knowing when your important work is getting done.

Brilliant trade off in my book.

Step 1

Connect with your Anchor (or Identity). This puts you in the right mindset for the rest of the prompts.

Step 2

Review your schedule. Get an overall feeling of the tone of the week. Scan for important dates, appointments and deadlines.

Step 3

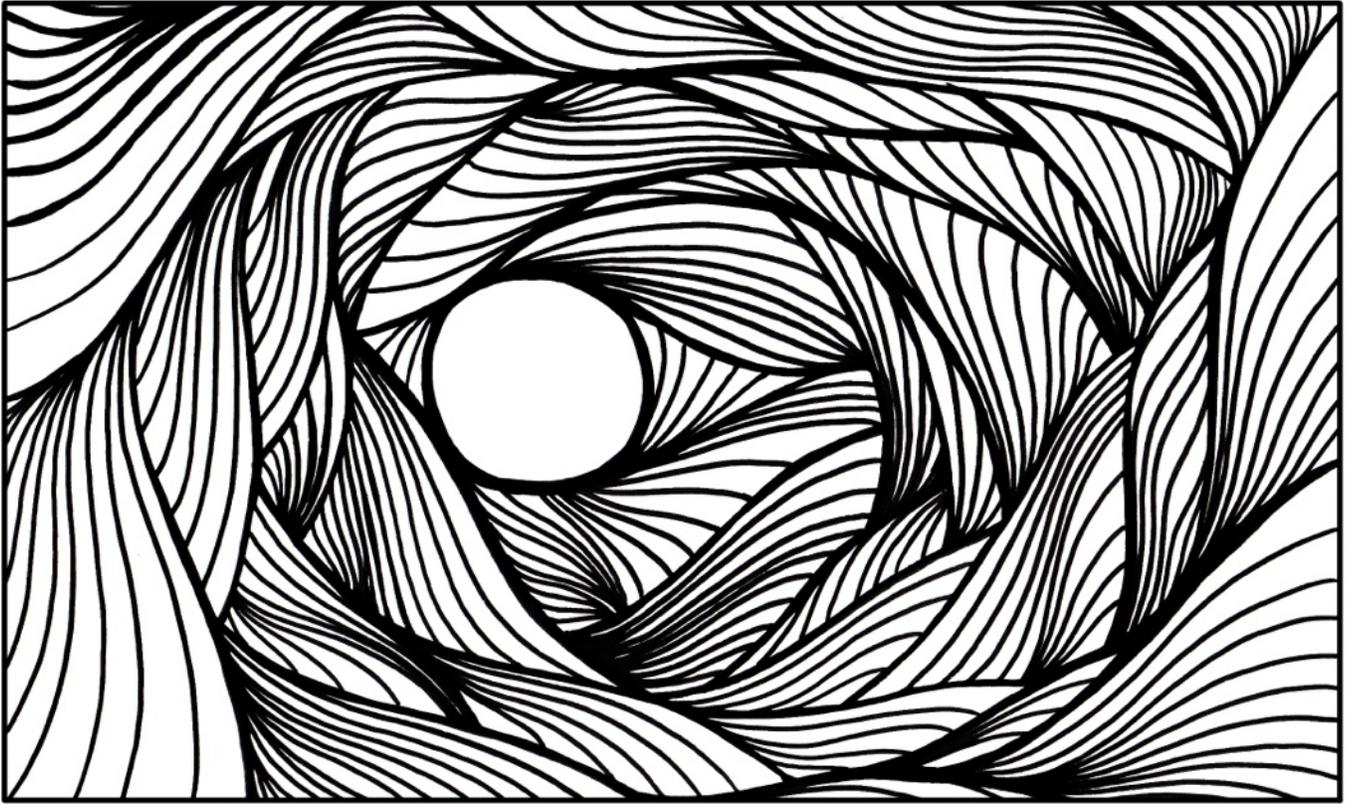
Assess priorities for the week.

Step 4

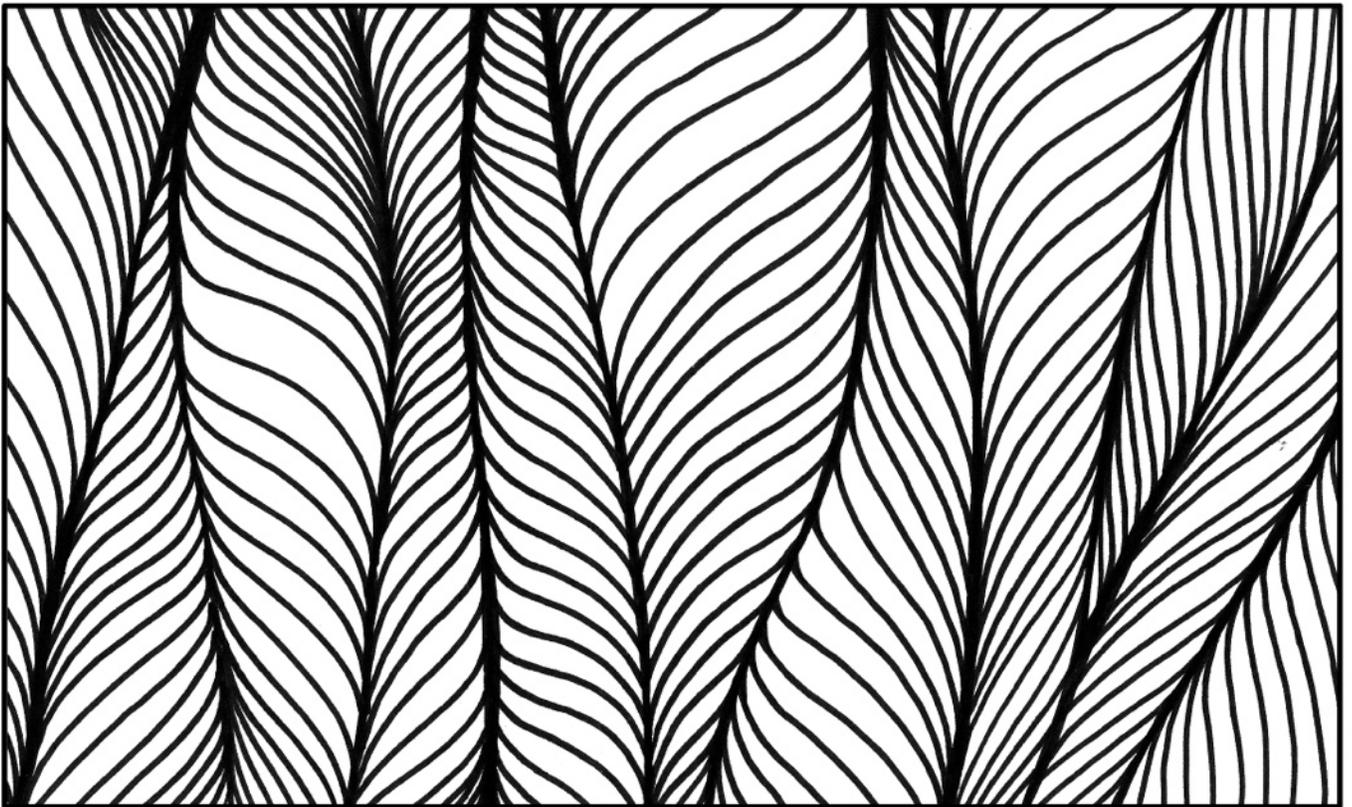
Assess MIWs (Most Important Work items). Schedule these as desired.

Step 5

Identify SNAs (Single Next Actions) for your MIWs.



We invite you to relax with some zenful coloring!



AWAKENING SHAKTI

Unleash Your Sacred Sexual Power

Six Secrets to Awakening Shakti

by Lisa Schrader

“Shakti” is divine feminine universal life force energy. In our “Awakening Shakti” practices, we tap into the creative power inherent within us for transformation, love and sensual vitality. I use each letter in this sacred word to help point us to a key aspect of our Shakti to nourish and consider.

“S” is for SACRED: You are an embodiment of Divine Feminine.

It's not about doing or getting or achieving or being worthy because you are already Spirit in human form. It's about waking up and connecting to the Goddess within you. What do you hold as holy in your life? Are you making time for your own stillness, silence, communion, prayer, or meditation on a regular basis? How are you invoking and knowing the feminine face of God in your life?

“H” is for HEART: You are the Source of Love.

It's not about trying to find or get love; your feminine heart is an open channel for the light of love to stream into the world. How are you honoring your feeling life and working with your emotions as allies? Shakti feels things deeply and embraces it all, from the agony to the ecstasy. What needs to be forgiven? As the protectors of the heart and gateway into our orgasmic energy, what is your relationship with your own breasts?

“A” is for Attraction & Allowing: Your sexual center is your sacred temple of creation.

The womb gives birth to all things. Our feminine knows the power of balancing all our “doing” with the capacity for deep receptivity. As we cultivate our relationship with our Shakti, we become more magnetic and radiant, more effortlessly drawing to us what is wanted, rather than exhausting ourselves in pursuit of it. Where are you pushing in your life? How are you listening to the wisdom living in your creative center?

“K” is for Kundalini: Your sexuality is the most potent energy you have access to.

Our sacred sexual life force energy or kundalini creates life *itself*. Is it being liberated in conscious ways as fuel for your enlightenment? Or is it feeling shut down or numbed-out, feeding your more shadow frequencies? We all have sexual wounding and collective baggage to deal with; do you feel supported to gently navigate your own healing? Are you honoring your sexuality based on your current life-cycle or relationship arc? What does it look like to start living your life more orgasmically?

“T” is for your Truth: Speaking the truth will set you free.

The place to begin telling the truth is you with *you*. What is working and not? In your relationship with your own sacred feminine, what would be available if you spoke up more authentically, asking for what you want? What scares you about being honest about your desires?

“I” is for Intuition: The goddess within speaks to you through your intuition.

As we lovingly pay attention to and mother our own intuition, we develop a more reliable connection to our own guidance system. We have more resources for trusting our path and feeling more supported. The mind offers only one avenue to our intelligence; are you listening to the ways your intelligence is communicating through your body, feelings, and feminine spirit?

I invite you to use this SHAKTI acronym model and these questions as a simple way to check in with yourself around how you're caring for your own divine feminine essence. May your loving be abundantly blessed!



Lisa Schrader, founder of Awakening Shakti, supports professional and entrepreneurial women worldwide tap their inner wellspring of authentic feminine power or “Shakti.” You can find out more by visiting her at www.AwakeningShakti.com



THE ART OF MANIFESTATION

step-by-step

1. Sit somewhere quietly.
2. Drop into your heart, + invoke, invite your Divine Presence, higher Self, connection to the mojo of the Universe.
3. IN your heart: visualize, in color + in 3D (like a movie, playing in your heart) exactly what you want to intend.
4. While this “movie” is playing in your heart, FEEL it.
Be there.
It's done already.

What is happening around you? See yourself. How do you feel? Get excited about it! It's already happening, sunshine!? How *psyched are you??*

5. Wrap up with gratitude. *F*** yeah, so pumped this is happening! Thank you Divine Source; you're the freaking bomb!*

Margaret Nichols
urbanoneness.com

6. TRUST. Let the intention go to the universe. You don't have to keep looking over your shoulder; if you're aligned + taking action, it's happening.

7. Go out into the world + do the external work for whatever you need to do on your end to make it happen.

I'm so happy for you!! It's totally happening! (Woot woot.)

Margaret Nichols
urbanoneness.com



Healthy Boundaries for Kind People™

By Randi Buckley



Concentric Kindness™

Hello there! I'd like to introduce you to my idea of Concentric Kindness and how this can help shape your boundaries. If you're interested in more, please feel free to contact me: randi@randibuckley.com or www.randibuckley.com

Let's look at what your boundaries can feel like. Let's look at crafting different layers; layers that become the container for the conditions you need to thrive.

Concentric Kindness is the idea that we put ourselves in within our boundaries and emit kindness from there. Layers don't have to be permanent but are malleable, and cultivate what we desire to have around us. Concentric circles, or any shape you desire, let you design how things look like as they get closer to you. Once we have that vision, we'll plant and cultivate that layer.



Source: Pinterest

Each layer serves as an activator and protector, as relationships or situations become more intimate or closer to you. Not all relationships have to meet the conditions of your inner-most layer, just the ones that you have closest to you and your heart. However for healthy boundaries, all situations or people, must meet the conditions of your outer layer of safety.

Your bottom line, your outer-most layer of the circle, is your North Star (or Southern Cross, dear Southern Hemisphere folk). It informs you to what is acceptable, how you respond to it, and what you work toward if there is ever a need for resolution. If uncertain, you can ask... what is needed for “respect” to be present? OR- what would “respect” (respecting the situation, person, you, the solution) do? Solutions can be found by using the value (your boundary) as the lens and let the value itself, be instructive.

Layers are determined by your values, the qualities and traits that are important and meaningful to you. For example, If you deeply value beauty and intimacy, your inner-most layers are those of beauty and intimacy. You cultivate them and tend them so they flourish here. People or situations that aren't conducive to, or provide fertile

Created by Randi Buckley
Healthy Boundaries For Kind People™
www.randibuckley.com

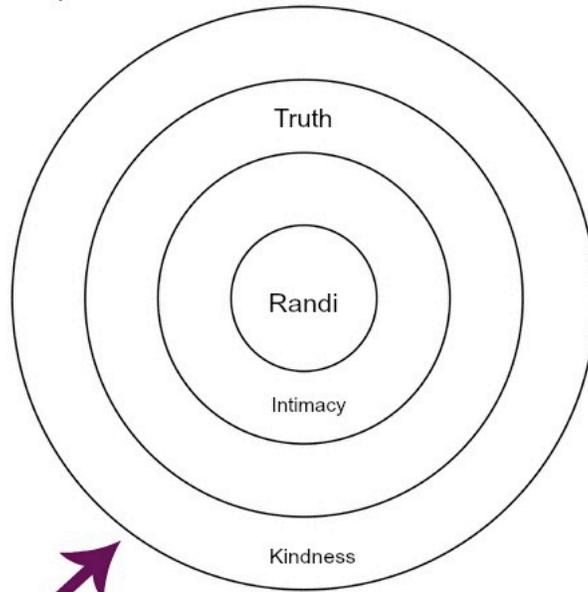
ground for these values, don't belong in this layer. You choose the values you want to surround yourself with.

You also choose where a person or a situation belongs in your life, as the level of intimacy, connectedness, and get this... effort, is different. Your value of kindness gets activated by how you meet people (or how you respond) at that layer and with what you offer them there.

Here are some examples: I might want my good friends closer to me. My boundaries will be different here because I want the experience of these relationships to be different. If there is someone who is a neighbor that I am not close to, nor do I want to be, I might have them a few layers out. The layers don't have to be determined by "who", but rather "what" you want this space/container to feel like. Where people or situations are in the circle depend on how important it is to you, your priorities, your values, or what you need to feel safe.

Also, those who are physically in the closest proximity to you, don't necessarily have to be in the closest layer to you. This doesn't mean that a relationship is more or less important, it's just about the boundaries you need in this relationship. Also, some people and/or situations, might require a circle of their own. Not everyone will fit in your concentric circles. They are also fluid. Sometimes you might need to move folks around a bit, depending on what is going on for you.

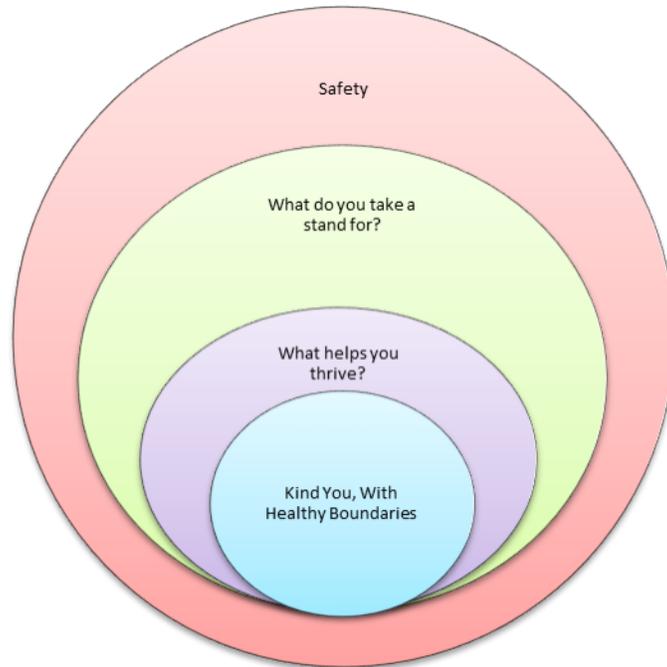
To enter into your circles,
the person and/or
situation has to be and
feel safe. Otherwise, they
stay out here.



The outer edge of your circles is your
bottomline. If this isn't respected, people don't
get past here. Your bottom line is all you need
to use to interact with people here.

Bottom line: Respect

The Concentric Circles Worksheet



There are two parts to your worksheet assignment.

Part One:

Fill out the worksheet based on the values, experiences or feelings you want to surround yourself with at each layer. You can have as many or as few layers as you'd like. You can completely determine your own criteria for each layer. This is completely up to you AND it can change over time.

If a worksheet is not your thing and you want to paint it, or whatever your amazing talent is, go for it! This is just a starting point. I want for you to understand your layers, your bottom lines, and what experiences you want to have around you.

What do you need for healthy boundaries?

The outer layer is emotional and physical safety.

- What must be met or respected here:
- Why is this important to you?

- What will you say when this boundary is crossed:
 - o First time: (If appropriate. If the violation of safety was too threatening, you have the right to leave the situation immediately). If you don't feel an immediate threat, what will you say to let this person know their behavior is not acceptable, and inform them what would be acceptable?
 - o Second time: With safety, if a boundary is crossed a second time, leave the situation. It is most likely this person or situation has no concern for your safety or wellbeing.

The next layer is what you take a stand for.

- What would prompt you to take a stand for someone else? What violations do you stand up to? (I.e. disrespect, cruelty...).
- For people or situations to meet you at this personal level, what values must be honored?
- Why is this important to you?
- What will you say when this boundary is crossed?
 - o The first time:
 - o And if there is a second time:

The inner layer tells you what conditions must be in place or present for you to really thrive and feel alive.

- At the more intimate level, what must someone or a situation respect?
- Why is this important to you?
- What will you say when this boundary is crossed?
 - o The first time:

 - o If there is a second time:

Part Two:

Pinterest! Yes! A really great way to get clear about each layer is to give yourself a visual representation of it. This helps you discover and then anchors you in the feeling of the space. You define this layer however feels right for you!

If you'd like, create a Pinterest board for each layer of your circle. If that's too much, start with a layer or two. You can name your board "Kindness" or whatever your value is, or if you'd like to be clandestine make up a name of your own.

Here is an example of a board I've created: <http://www.pinterest.com/randibuckley/kindness-hbfkp/>

This will help you get a very good sense of what this space can look like and becomes instructive of its cultivation and care. You can use pictures, words, sayings, whatever works for you.



A Guided Online DIY Assessment
Official Workbook

Created by Beth L. Buelow, ACC
The Introvert Entrepreneur

www.TheIntrovertEntrepreneur.com/YBS

Your Personal Energy Audit

For most introverts – and entrepreneurs – our energy is our most precious asset. It's critical to notice how you're using it, where it's going, and what you need to sustain yourself. The goal is to integrate intentional energy management into your life, so that you have enough energy for everything you want to be and do.

There are four key elements to energy management for introverts, and they conveniently spell out the word **REST**.

Restorative Time

This means something different everyone, and even for introverts, it doesn't necessarily mean that you're alone. This is your "down time," when you are relaxed and in an environment that nourishes you. You may choose to spend this time in solitude, or you might be drawn to a place where you're not required or expected to socialize (in a coffee shop, for instance). Generally speaking, it's beneficial to allot two hours of restorative time for every one hour of social time. It doesn't have to be two hours in a row; sometimes five minutes of meditation, deep breathing, or journaling can give you enough rest to make it until you have more down time available.

Energy Awareness

When do you have the most energy? When do you have the least? And do you structure your day so that you take advantage of your "up" times

and don't make too many demands on yourself during your "down" times? Understanding your energy can make a huge difference in your focus, productivity, and overall sense of balance. Then you can choose to honor the rhythms and patterns that you notice. For instance, I know my energy is low mid-afternoon, so I don't schedule clients during that time and instead take a power nap. Or if I notice my energy is particularly high, I'll take that opportunity to focus on tasks that require more brainpower. Part of energy awareness is also knowing when to say when. You don't have to be a superhero.

EXERCISE: *Commit to tracking your energy patterns for 5 days
(use the included Work-Week Energy Audit Worksheet)*

Social Selectivity

Honoring your energy ebb and flow requires that you set boundaries. When you are setting healthy boundaries, you're saying "yes" and "no" based on your needs, not out of guilt, obligation, or by default. You release the pressure of trying to please everyone. You realize that if you take care of yourself, you'll be happier and more present when you choose to socialize. Try not to reply to clients or customers after-hours or weekends. When you make yourself available 24/7, you're training people to expect you to respond 24/7. Unless that's part of your business model, have consistent office hours and stick to them.



Transparent Communication

One overlooked aspect of energy management is transparent communication. Our inner dialogue can be so rich and constant, we forget that other people can't read our minds! So we have to over-communicate sometimes to be sure that our intentions are clear. By letting people know what we're thinking and feeling, we don't have to expend so much energy cleaning up communication messes later on. Share what's going on with your energy and emotions in a positive and proactive way; don't wait until you've reached the end of your rope.



Work-Week Energy Audit

MONDAY

Time	Energy Level 1-10	What Was I Doing?	Who With?	Other Things I Notice
7AM				
10AM				
12PM				
2PM				
4PM				
7PM				
10PM				

TUESDAY

Time	Energy Level 1-10	What Was I Doing?	Who With?	Other Things I Notice
7AM				
10AM				
12PM				
2PM				
4PM				
7PM				
10PM				

WEDNESDAY

Time	Energy Level 1-10	What Was I Doing?	Who With?	Other Things I Notice
7AM				
10AM				
12PM				
2PM				
4PM				
7PM				
10PM				

THURSDAY

Time	Energy Level 1-10	What Was I Doing?	Who With?	Other Things I Notice
7AM				
10AM				
12PM				
2PM				
4PM				
7PM				
10PM				

FRIDAY

Time	Energy Level 1-10	What Was I Doing?	Who With?	Other Things I Notice
7AM				
10AM				
12PM				
2PM				
4PM				
7PM				
10PM				



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Coming in November 2015 from Penguin/Perigee Books: ***The Introvert Entrepreneur: Amplify Your Strengths and Create Success on Your Own Terms*** ... Watch these online spaces for updates and information!

Credits

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It Is Time to Find the Space Between

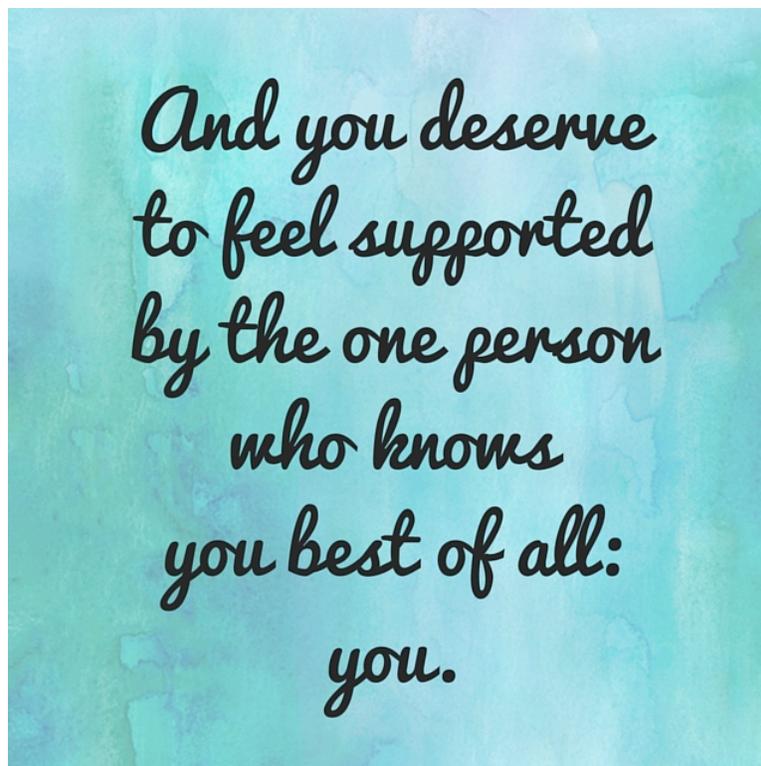
with liz lamoreux

As we show up in the world as entrepreneurs and makers and teachers and guides and in many other ways, the stuff can stack up. And I don't mean the stuff in your home or on your desk, I mean the stuff inside you that stacks as life just happens. The to-do lists and the roles you play and the learning and the marketing and the list that just goes on and on.

I believe that we must take action in big and small ways to support ourselves so the *doing* in our lives doesn't get ahead of *the actual living and loving*.

Remember the reason you wanted to get into business in the first place? Remember how you had a dream that you were ready to live into reality?

Well, honey, you are the person who is making that dream happen.



One way to do this is to find the space between all these roles each day and give yourself the gift of self-care.

But how do you find the space between - the time to just breathe - amidst all the pieces that make up who you are and what your days hold?

This is the part where I tell you: Finding the space between, the pauses, the seconds of quiet isn't easy. It isn't impossible or even always difficult, but it is something **we have to choose to do**.

This is why the deep work of self-care is called a practice.

- We practice by just taking one deep breath at the end of the day.
- We practice when we reach out to a trusted friend and say, "I don't know what to do next."
- We practice when we make a cup of tea and watch it steep while everyone sleeps.
- We practice by choosing compassion for ourselves when we wish we had said different words.

One way to connect to your practice is to create cues for yourself that gently push you to remember to seek this space. And a place to gather these cues is a list.



Begin to make a list of ways you can nurture yourself to create some space in the midst of it all. What go-to self-care moves do you already have? What would you like to explore?

Dive right in. Let go of judging what comes to you, just start listing anything and everything that comes to mind.

Today, my list might include a few simple moves like:

- Making tea and pausing to just breathe while looking out the kitchen window.
- Singing along with Adele.
- Wearing my favorite scarf that my mother knit for me.
- Texting one of the women from my mastermind group when I'm having an upside down day.
- Asking my husband for a hug.
- Writing down all the pieces of a project (or idea) to stop them from swirling in my mind.

You will see that these are pretty simple, everyday things to do. But taking that time to create space for me, for support, for connection, has the power to shift me back to center and back to where I need to be to come from a place of love in all areas of my life.

If you have more time, consider gathering a few magazines and cutting out visuals that represent self-care and how you would like to nurture yourself, and paste them into a journal or even onto a piece of construction paper. You could even designate an entire notebook to your exploration of this topic through lists, quotes, images, notes, and even photos that document you practicing your self-care. You could also do this same exercise with how you would like to nurture your business. The overlap and the disconnects would be really incredible information.

As you move into where you want to take your business in 2016 and beyond, I hope you will take some time to create this list for yourself. I believe that having a list gives you a fighting chance at self-care when life is upside down because you can literally look at that list and make one move toward supporting you. Then you can open your heart even more to support others.

More about Liz:

Liz Lamoreux is on a path to help you build a bridge between daily life and more really good days - between all that a day holds and the longings you have inside you. Most days you can find her in her studio writing, curating inspiration for her 3.8 million followers on Pinterest, or dancing it out to Taylor Swift with her 5-year-old daughter. Connect with her at www.lizlamoreux.com.



The Antidote to Money Shame

Today we're going to talk about — dun, dun, dun — *Money Shame*.

Working with Money Shame is a cornerstone of **Money Healing**, the first phase of my conscious money work.

Let's un-sweep this from under the rug and get to know this dark, illuminating, opportunity-filled and misunderstood beastie. First and foremost:

We all have money shame.

Women, men, young, old, short, tall, gay, straight, spreadsheet enthusiasts and number-phobes, billionaires and paupers, self-made entrepreneurs and trust funders. No matter how much money you make or where you're from, everyone has money shame. *Everyone*.

Over the years, I've worked with people who earn \$20K and people who earn \$1M. I've worked with people from all different kinds of family and socio-economic backgrounds. *Everyone has money shame*.

In my recent Money Memoir Series, I interviewed 33 people from all different walks of life, at all different phases in their money journey. And guess what? *Every single one of them shared a piece of money shame*.

The specifics are always unique. But this thread shows up in stories and beliefs we all tell ourselves, like:

"I'm just not good with money."

"I totally screwed up, made a mess, and now I can't go back."

“I still feel strong sadness/guilt/anger/anxiety around such and such money experience or memory or pattern... and I can't move on.”

“I should be better at this by now!”

or ... “I used to be so good with money, what happened?!”

Money shame can surface in many ways, at different times in our lives:

- As old stories that are still tangled, waiting to be understood and honored and forgiven.
- In your lineage, perhaps kept alive through a family dynamic of guilt, painful silence, or twisted communication.
- Hidden in lost memories, triggered by sudden remembering or ah-has or a gradual waking up
- Right here and now in your money relationship, as you play out familiar patterns that feel “off” or unconscious or un-aligned.
- In little (or big!) moments where you feel unsettled with how you're showing up in your relationship to money -- perhaps you feel queasy or headachy or sleepy, as your body is telling you that something's not-quite-right here.

Deep breath. How does it feel to know you're not alone? A little better, already?

So. We know Money Shame exists. And we all have it. But WHY?

Let's back up. Way, way, back.

How many of us were taught skills and tools for understanding and relating to money? As young children, as adolescents -- even as adults?

Were you given a financial education? On an emotional level? On a practical level? Dare I say, even on a spiritual level?

The crazy-ubiquitous answer? “*Nope.*”

We simply were not taught how to manage money, how to understand our feelings about it, or how to talk about it.

The concept of money is a huge territory, where so much is happening: emotionally, psychologically, practically, spiritually, inter-personally. And, whether we admit it or not, whether we love it or loathe it, we all live in this territory, every single day: earning, spending, giving, receiving, losing, borrowing, lending, investing, exchanging money. But we simply weren't taught how to make sense of any of this in a conscious, healing way.

It's time to give ourselves the permission, tools, and support we need to bring money back from the taboo-lands and heal our Money Shame -- together.

There's a conscious money movement afoot, working to bring money out of the shadows and into the light. It's bringing awareness, forgiveness, alignment, and practical tools to the money conversation. And it's growing every day.

How do we attend to our Money Shame?

We all have unique strengths and challenges and growing edges with money. Places to grow, steps to take, healing that's ready to happen.

In my recent Money Memoirs Series, I asked each of my guests what they're currently working on in their money relationship, and their answers ranged from healing old wounds to setting up QuickBooks to having conversations with their children.

At a certain point, we wake up and realize: it's time to get in there.

Into the cobwebs, into the muck. Into the shame. Into the stuck places.
Into the sleepy, angry, anxious, guilty, overwhelm, paralyzing places.
Into the old stories and unhealthy habits. Into those tough conversations.

Many of us avoid this for a long, long time. Money tends to be the last frontier, even for the personal growth aficionados. But after the whispers, or the call, or the giant red flag screaming for attention — one day we decide it's time to open. It's time to be brave. It's time roll up our sleeves and take a real look at our money relationships.

Here's some good news:

That *thing* you've been avoiding looking at? It may not be that big, hairy monster you imagined it was. You may realize that you're more on top of things than you thought -- and, yes, you have areas that still need loving attention.

Remember: we *all* have aspects of our money relationship that need ongoing growth and continued exploration. Want to hear some of mine?

Each year I update my systems or add a new person to my money support team.

Each year I understand more and forgive more.

Each year I take new baby steps on this money journey.

When you make the decision to start working with your Money Shame, soon (sometimes immediately) you will start to see a teeny glimmer of possibility, a path into the *other side* of Money Shame.

Into joy. Into ease. Into clarity. Into power. Into choice, consciousness, and awareness. Into forgiveness.

Word to the wise: we need to add **big** doses of gentleness here. "Tough love" is not the M.O. for healing emotional wounds.

Shaming ourselves is an old pattern. Telling ourselves, again and again, that we are not doing it right, that we're not good enough, that we're unforgivable? It's self-directed violence. It's

unhelpful. And, actually: it's flat-out inaccurate. We all make mistakes sometimes in life and in money.

Let's be gentle with ourselves, especially in these tough moments. Let's learn some creative ways to respond differently, more lovingly, next time.

Are you ready to begin? Ready to get in there? Start here.

If you've been in my world for awhile, you probably know about my favorite trusty tool: **The Body Check In**. It's a simple, fast, and elegant way to work with Money Shame (or any challenging emotion) when it arises.

Just for you, my dear community: here's a guided meditation to introduce you to the Body Check In. It's super-short (less than 10 minutes), and it's the best way to understand and experience The Body Check in.

Grab a cuppa, silence your phone for a moment, and press play:

Body Check In

Not an audio type? Here's the short run down of **how to do a Body Check In**:

Pause. Listen. Notice. . .
. . . body sensations
. . . emotions
. . . the state of your breath
. . . any thoughts that are passing through your mind.

Gather data. Info. Clues. These are the keys that open your access deeper into your money relationship.

Be open and curious. Let yourself get in there, into your body, into your Money Shame. Pull it apart.

Name some of its tentacles.

Add more doses of compassion and curiosity.

Move it to the side. See it next to you: "*Hello money story/money pattern/money shame. Who are you? What do you have to say?*"

Breathe. Add another dollop of compassion, and two more teaspoons of curiosity. Breathe.

What to do next:

Repeat, repeat, repeat. Before, during, and after . . . everything. In every possible moment. In tough times, when you're triggered, when you're stressed, when you're simply feeling "off." For example:

- In the grocery store.
- In the parking lot of the mall.
- When you are going online to look at your balances.

- When you are going to your mailbox to get your bills.
- When you are reviewing your income and expenses at the end of the month.
- As you are about to have a money conversation with your honey, your parents, your client, your children, your business partner.
- ... and so many more itty bitty money interactions throughout your day.

The Body Check In is extraordinarily simple -- and extraordinarily difficult. It's my favorite tool because of its simplicity, elegance, and profound power to uncover your money story and open you into so, so much more.

And, it is utterly life changing + supportive. Pinky swear.

Your Turn.

This Money Shame stuff is big and beautiful, tender and taboo, personal and universal -- and bursting with potential. It's at the very heart of the Money Healing phase of my Art of Money Program.

What you've read here is just one, tiny, Golden Nugget from a huge body of work. The tip of The Art of Money iceberg. And yet this powerful tool, all alone, can transform your money relationship. Right here and now. If you let it.

Has this touched something deep within you? Do you feel a stirring, a whisper, a calling to follow this thread and see where it leads you?

If you loved this Golden Nugget and think you might be ready to welcome this kind of conscious money work into your life, in a big, supportive, love-fest kind of a way, consider joining us for my upcoming year-long program, The Art of Money. You'll be held within an *incredible* community of Money Adventurers from all over the world -- with tender support, tremendous tools, eclectic guest teachers, and so, so much more.



Bari Tessler Linden, MA, is a Financial Therapist, Mentor Coach and Mama-preneur. Bari's gentle, body-centered approach weaves together personal, couple, and creative entrepreneurial money teachings into one complete tapestry. She is the founder of The Art of Money: a global, year-long money school, which integrates Money Healing, Money Practices and Money Maps. Bari is also the Author of her upcoming book, *The Art of Money: A Life-Changing Guide to Financial Happiness*, published by Parallax Press in Spring 2016. Learn more about Bari at: <http://baritessler.com/>



presents

How to REMOVE TOXIC PEOPLE from Your Life

Learn effective,
drama-free methods for
protecting yourself from
people who want to
infect your life with
misery and self-doubt.

- * Social Media Friends
- * Work Colleagues
- * Frenemies
- * Family
- * Busybodies



"You're too
sensitive."

WHAT IS A TOXIC RELATIONSHIP?

A toxic relationship is one in which every interaction leaves you feeling drained. You get little to no joy out of the relationship, and if you're honest with yourself, you know the other person does not have your best interests at heart.

- * You can't be yourself around this person.
- * They downplay your ambitions and accomplishments.
- * The focus is usually on them; toxic people don't have the bandwidth to support anyone else.
- * You don't have a good time when you're together.
- * Your relationship exists mostly out of guilt, history, or circumstance.

The good news is that you have a lot of company. Many people get saddled with these relationships before they have a good radar for them. And once you let someone toxic into your life, it can be hard to figure out how to escape their negativity.

But you can! And if you want to have a life rich with supportive relationships, fulfilling hobbies, satisfying work, and healthy living, you need to start doing it today.



"It's never gonna work."

WHAT WE LEARNED FROM DE-TOXING

We're Warren and Betsy Talbot, and we know the power of strong, supportive relationships. We also know the hollow, ugly feeling of toxic ones.

Since starting a life overhaul in 2006, we've experimented with hundreds of ways to improve our happiness, satisfaction, and productivity. Many of those strategies are internal. To improve our lives, we had to improve ourselves. Makes sense, right?

"You are the average of the five people you spend the most time with." ~ Jim Rohn

But as we started seeking out happier lifestyles, we ran into some resistance from so-called friends and acquaintances. These people seemed actively resistant to our pursuit of personal and professional success.

And that's when we realized the impact of toxic people.

No matter how much work you do on yourself, if you are surrounded by soul suckers, you will never make lasting change.



"People like us
never get a
break."

LEAVE THE DRAMA AT THE DOOR

Toxic people thrive on drama, gossip, and negativity. So your best tactic in distancing yourself from toxic people is to not feed these needs.

Declarations of their failings or why you can no longer hang out with them will only cause them to cling harder. You will give them a new reason to exist if you add fuel to their fire.

Don't bring any drama to your breakup.

You are in stealth mode, quickly and efficiently cutting off all means of access possible. You are sealing them out with a gas mask just as you would toxic fumes.

When you remember to keep the drama out of it, even if it feels very dramatic to you, you will vastly increase your success rate at rooting these toxic people from your life.

And then you can breathe easier as you have the time and space for more supportive, healthy people in your life.

Remember, no drama!



"You won't believe what I heard about him."

DON'T BE POLITE TO IMPOLITE PEOPLE

Toxic people depend on you to stick to societal norms so they don't have to.

They say something mean or divisive and count on you to remain silent or nervously laugh. They don't want you to call them out.

Impolite people do not deserve your courtesy. And the longer you treat them like regular people, the longer they will remain regulars in your life.

"That's not funny."

"You're talking to the wrong crowd."

"That kind of behavior doesn't work with me."

"If you're looking for agreement, you won't find it here."

Don't give them an opening by asking a question or making a judgement. Remember, these are known toxic people and you want them gone. Talking keeps them near.

Be firm and direct in letting them know this language or behavior will not be tolerated around you. Period.



"I don't mean anything by it."

SOCIAL MEDIA MORONS, PART I

You have so-called friends on Facebook, Twitter, and other social media platforms who are just plain irritating. Maybe it's a guy you used to work with, an old acquaintance from high school, or someone you met through friends of friends once.

They post racist jokes, complain about everything under the sun, call people names, and make unflattering comments to your posts and pictures – "only joking," of course.

There is no reason to keep these people around. Cut the cord and walk away. There is no downside because you'll never see them again.

Unfollow, block, unfriend...whatever it takes. You can even make a rule to send their emails to your trash bin unopened.

Don't say a word about it; just do it. (Remember, you don't want to bring any drama to the table.)

Most of the time these people are so caught up in themselves they'll never even notice. And if they do, you won't hear about it!



**"What? You think
you're too good
for me now?"**

SOCIAL MEDIA MORONS, PART II

Sometimes, unfortunately, these people you do know in real life and have to see at least occasionally: family, coworkers, and neighbors. This is where technology will help you filter their presence from your life.

Did you know you can remain friends with someone on Facebook but hide them? You won't see any of their updates. You can also set up a limited access setting in Facebook and put these people on that list. You control what they see of you, and the hiding blocks everything they post from you.

On Twitter, you can use tools like Tweetdeck to sort your followers into columns. The ones you don't feel like you can unfollow can easily be put in a column you don't even display on your screen.

Social media platforms change frequently so we aren't including specific instructions here. But you can always google, "how to filter people on _____" using whatever platform you like.

Technology is a great filter for toxic people, and no one will ever even know they've been filtered unless you tell them.



"You know how
I am."

TOXIC COLLEAGUES

Cubicles make it very hard to get away from downers and gossip-mongers who will drain your energy and pull you down the career ladder.

A few key phrases, repeated often and without drama, will drive your toxic person to blacker pastures.

"That kind of stuff doesn't interest me."

Then quickly turn back to your work. Expect some sarcasm or even goading you to respond, but don't give in. Toxic people need someone to play off of, and if you won't, they'll leave.

For the constant complainer: "Sorry to hear you're having so much trouble. What are you doing to fix it?"

Toxic people never want to fix problems, and forcing them to admit they haven't done anything will shut them up quick.

Last but not least: Headphones. You don't even have to actually listen to anything! Simply wearing them will help you ignore trouble when she comes cruising by your cubicle to gossip.



FRENEMIES

It's just like high school, isn't it? You know those people, the other parents at kids' parties who think everything is a competition, peers at networking events who are nice to your face and then spread rumors behind your back, or that woman in book club who just loves to "innocently" drop bombshells.

These people will pretend to be your friend, but they not-so-secretly enjoy any bit of misery that comes your way. And if they can cause some, even better!

Fact: These people aren't your friends, and they never will be.

What's dangerous in these scenarios is the group dynamic. Toxic people will rally other people to their cause, trying to convert you or condemn you with peer pressure.

The good news? These people aren't your peers. Anyone who goes their way is weak-willed or toxic themselves. Use the same steps we've already outlined to distance yourself.

Refuse to get drawn into their high school games. You graduated, remember?

"Do you know what people are saying about you?"



"You have such a pretty face. Too bad you're fat."

FRIENDS WHO PULL YOU DOWN

Toxic people don't always start out that way. Or maybe they do and we're just not aware enough to see it at the time.

But once you decide to cut ties with a toxic person, there are 3 main ways to do it.

1. Take your foot off the gas. Stop calling. Stop accepting invitations. Many times we keep these relationships going out of guilt, not realizing we are the ones keeping the toxic person in our orbit. Back off without drama and the toxic person may not even notice at first.
2. Pursue the thing they've always criticized. You want to take a class, train for a half-marathon, go for that promotion, or try online dating? Do it. When you spend more of your time pursuing what you want, you'll have less time for toxic people.
3. The neutral breakup. "We're just different now." "We've grown apart." Nothing that lays blame or judgement. Just the natural ebb and flow of life. Remember, if you bring drama or discussion into it, you're inviting the toxic person to stay. Remain neutral!



**"Why do you
want to do that?
That's for losers."**

FAMILY: THE TIES THAT BIND...AND CHOKE

If you've got a family, then you know at least one toxic person. They are in every family on the planet, so don't feel too sorry for yourself.

You see this person at every family function, and you dread his comments on your job, your weight, your marriage, your kids, his complaining, or the way he pits one group against the other. He's bad news, but you still have to see him on a regular basis.

Like all toxic people, he thrives on drama and attention. So you have to choke that from the room using the techniques we've already described. But with family, you can't always just walk away or excise them from your life.

When you know you'll see this person, remind yourself not to bring any drama or attention. Don't give them an opening.

Organize family events in public where you can come and go or with an activity that encourages moving around.

Use code words with your partner to either rescue you or remind you to stay neutral.



"You're lucky I'm friends with you ...wait, where are you going? Come back here!"

FILLING IN THE NEGATIVE SPACE

These techniques may sound harsh, but when dealing with a toxic person, you have to protect yourself or you'll get infected, too. (Toxic people don't start out that way, you know.)

What happens when you distance yourself from these toxic people is that the negative space they used to occupy gets filled with people who do care about you, want to see you succeed, and enjoy your company.

You'll pursue new hobbies, try new experiences, and always be yourself. You won't bite your tongue, avoid certain topics, or otherwise censor yourself to be accepted.

You'll breathe the clear, refreshing air of friendship and mutual support, and you will instantly be able to identify toxic people long before they get close enough to enter your inner circle.

When you remove relationships that aren't working, you make room for the ones that will. And those relationships will help you achieve and enjoy your biggest dreams.

Now take a deep breath and pull off that gas mask.

ABOUT THE AUTHORS

Betsy and Warren Talbot live a toxic-free life in Spain and host An Uncluttered Life, a weekly podcast for busy people suffering from the overwhelm of modern life.

Explore An Uncluttered Life and find out why you don't have to meditate, give away all your possessions, and live like a hermit to finally get the time, space, and money you need to live your best life.

You don't have to suffer the wrong people, possessions, schedule, and finances anymore. Let us show you how.

Visit AnUnclutteredLife.com now.





Aligning Our Actions

In our busy and passionate lives, we sometimes rely on drive and determination to keep us moving ahead. We have our nose so tightly to the grindstone we forget to check if we're actually headed in the right direction! A seasonal check-in can tune your inner compass and help you stay on the road to your desires and dreams. When the season changes, grab a cup of tea and your journal and explore these questions to both complete the season that was and envision the season ahead.

You'll be surprised how this simple check-in can be a powerful tool of alignment and transformation.

Celebrate the Season that Was

1. What season are you celebrating (eg. Fall of 2015)?
2. What were the major events of the season?
3. Where did your interests lie this season?
4. What did you create or accomplish this season?
5. How would you describe the "you" that you have been this season?
6. What contributed to your well-being this season?
7. What did you learn (or re-learn) this season?
8. What do you want to remember as you step into next season?
9. What do you want to leave behind?
10. What do you want to celebrate?

Imagine the Season Ahead

1. What season are you entering (eg. Winter of 2016)?
2. What are you dreaming of this season?
3. What are you longing for?
4. What are you appreciating?
5. What do you want to create/accomplish this season?
6. What do you want to do/experience this season?
7. How do you want to feel this season?
8. How will you fill your well this season?
9. Who do you want to be this season?
10. What priorities & pursuits will you focus on this season (e.g. home, work, health, creativity)?



BONUS Question: *Truth be told...* more than anything else, what do you want this season?

Now that you've taken this time for reflection, look at the plans you've made for the season ahead. Is it time to make some adjustments? Don't be afraid to course correct. This is your journey. Make sure it takes you where you want to go and that you enjoy the ride!

"Tell me, what is it you plan to do with your one wild and precious life?"

Mary Oliver

Jamie Ridler is a creative force! From her popular Creative Living with Jamie podcast to her inspirational Behind the Scenes vlogs, from innovative workshops to inspirational blogging, Jamie has helped thousands of women around the world find the courage and confidence to bring their creativity to life, whether that means re-discovering their artistic self or bringing their creative heart to their work. You can find her at [Jamie Ridler Studios](http://www.openhthedoort.ca)

abundant Mama™

“Affirmations are like screaming that you’re okay in order to overcome this whisper that you’re not.”-- Pema Chödrön

We have these little monsters up in our heads. They are telling us we’re not good enough. They are telling us to stop and doubt ourselves. They are making us feel less than for no other reason than just because.

Some call them gremlins. I call them confidence monsters. I hear them all the time. You probably do, too.

This week, be mindful of the thoughts you carry about yourself and your creative life. Watch what you are thinking and also saying out loud that has to do with your fears and anxieties. Listen to the meditation and focus on the affirmations here. Watch your thoughts.

You need to stand in your power because you are doing great things and making great decisions and, yes, there are mistakes here and there but even a fine artist makes mistakes. Confidence and bravery are your art this month. Show up.

Stand in your power. Define what fearless means to you. Create your own definition.

Create a Fearless Affirmation to read every day.

Print them or write them in your day planner.

Read them before bed. Read them first thing in the morning.

Read them when you are feeling stuck in making a decision or taking a creative risk.

Try writing your own and make it authentic to you.

Here are a few examples:

I am brave and I can take risks that produce progress and joy.

I am a courageous creative soul who thrives on adventure and taking risks.

I will shine bright today for the world to see.

Shawn Fink is the founder of [The Abundant Mama Project](#) and the author of [Savoring Slow](#). She is a shy risk-taker who is constantly working to up her game to be more visible in the world. Learn more about her at shawnfink.com



Current Faves

Current fave inspirational books

- *Hope for the Flowers* by Trina Paulus (Beth Buelow)
- *Do the Work* by Stephen Pressfield (Betsy Talbot)
- *The Drawing Club of Improbable Dreams* by Cat Bennett (Jamie Ridler)
- *The Invention of Wings* by Sue Monk Kidd (Lisa Schrader)
- *Big Magic* by Elizabeth Gilbert (Liz Lamoreux)
- *The Untethered Soul* by Michael Singer (Margaret Nichols)
- *The Desire Map* by Danielle LaPorte (Shawn Fink)
- *The Power of Now* by Eckhart Tolle (Shawn Tuttle)
- *Bird by Bird*, Anne Lamott (Tara Gentile)

Current fave business books

- *5 Secrets Successful People Know About Time Management: The Productivity Habits of 7 Billionaires, 13 Olympic Athletes, 29 Straight-A Students, and 239 Entrepreneurs* by Kevin Kruse (Beth Buelow)
- *The Story Grid* by Shawn Coyne (Betsy Talbot)
- *Building Your Business The Right-Brain Way* by Jennifer Lee (Jamie Ridler)
- *The Big Leap* by Gay Hendricks (Lisa Schrader)
- *Show Your Work* by Austin Kleon (Liz Lamoreux)
- *The Stiletto Network* by Pamela Ryckman (Margaret Nichols)
- *The Essentialist* by Greg McKeown (Shawn Fink)
- *11 Rules for Creating Values in the Social Era* by Nilofer Merchant (Tara Gentile)



Current fave daily practices

- napping and doodling/coloring (Beth Buelow)
- I walk every morning at sunrise for 4 miles through the hills around my village. It is a time to center, discuss problems with my husband and business partner, and connect before we go our separate ways for work. Physical movement is fuel for creativity, and I find the best ideas and solutions when my legs are moving in time with my brain. (Betsy Talbot)
- Writing and doodling in my "Fauxbonichi" (Jamie Ridler)
- working with mantra, doing 108 rounds on my moon stone mala (Lisa Schrader)
- Taking 5-15 minutes each morning to do yoga and meditate (Liz Lamoreux)
- being in my body (Margaret Nichols)
- Getting up early! (Shawn Fink)
- Morning meditation (Shawn Tuttle)
- Walking on treadmill for 15 min before I have coffee/start working (Tara Gentile)

Current fave guiding value/principles

- I'm open to outcome, not attached. Freedom. (Beth Buelow)
- There is no right way or wrong way, only choices and results. My job is to make the best choices I can in the moment and roll with the results. As long as I keep moving, I'm going to be okay. It's stopping that's the killer. (Betsy Talbot)
- Your Life is Your Studio (Jamie Ridler)
- honoring my 3 symbol shakti model: "embodied sacred love" (circle, heart, triangle) also this idea "There is no failure, only feedback" (Lisa Schrader)
- My hope is that what I put out into the world invites people to always remember that they are enough. (Liz Lamoreux)
- how you do one thing is how you do everything (Margaret Nichols)
- Less is More (Shawn Fink)
- Flexibility (Tara Gentile)



Gratitudes

I am so grateful for you. We are weaving a beautiful web and I am so grateful that we are at a point in our evolution that there is such presence and interest in this Work.

What an honor to collaborate with the speakers. I truly enjoyed every single conversation -- these women, from my experience, walk their talk and are simply lovely humans doing amazing work in the world.

Producing the New WoW Virtual Summit was a big project. Really Big. While I'm proud of the stretching and learning that enabled me to mastermind it, I truly believe that it would *not* have actually happened without my Core Team.

Andrea Bailey

Andrea of [Lightbox Communications](#) was nothing short of a saving Grace. Always encouraging, always prepared, always ready to step in and help out where I was in need. She is the reason that there is messaging continuity throughout this project. (If it were up to me, I'd change my story daily.) Thank you, Andrea. I am immensely grateful for your dedication, kindness and especially your skills in crafting words.

Kathy Frey

Kathy of [Cult of Gemini](#) somehow managed to create awesome design in her busiest season of the year. It cracks me up to no end how I can send her something that looks ridiculous and she whips it into beauty in about 5 seconds (slight exaggeration, but not much).

Andrew Matheson

Andrew of [CheeseWeb](#) is a techie magic maker. I send him something broken, he sends me something fixed. It is such a Relief to have his expertise, good humor, and professionalism easifying my virtual world. He went entirely beyond the call of duty in helping make deadlines happen.



Susanne Fernald

Susanne, thank you for stepping in to help with the social media side of things. You jumped in so fast and started kicking out those beautiful images in the blink of an eye.

Stefanie Koehler

And the illustrations... they were a collaboration with Stefanie of LetsCoCreate.org. What a gift and a pleasure to engage in true co-creation with this brilliant designer.

I asked her what she loves about her work and she replied:

“What I love about what I do, sustainable design and visual thinking, is the ability to make sense of the craziness and creatively solve the world's challenges together. I get to flex my listening and thinking muscles to share people's stories and ideas, put pieces of a puzzle together, and sketch out a more comprehensive picture of any challenge or solution. I give nature a seat at the design table and find great joy in helping others do the same.”

~ Stefanie Koehler

Designer of more sustainable things and non-things

And all the tools...

And gratitude for the personal Tools themselves (all talked about in this Summit) that kept me grounded more often than not throughout this project. Meditation really is a game changer...

And last one -- I am so grateful to live in this age in which we are empowered to create large-scale, multi-media projects from a single laptop. We score!