



REFUTURE YOUR LIFE  
INTERNATIONAL



# Embody Your Awesome *Illuminator*

*“The word humility derives from the Latin word humilitas, which means ‘of the earth.’ **To be humble is to be grounded in knowing who you are. It implies the responsibility to become what you were meant to become — to grow, to reach, to fully bloom as high and strong and grand as you were created to. It is not honorable for a tree to wilt and shrink and disappear. It’s not honorable for a woman to, either.**”*

~ Glennon Doyle

*“In essence, you are neither inferior nor superior to anyone. True self-esteem and true humility arise out of that realization. **In the eyes of the ego, self-esteem and humility are contradictory. In truth, they are one and the same.**”*

~ Eckhart Tolle

It’s time to explore many of the ways in which you are awesome...and what’s in the way of you embodying them.

When I went to my first business coaching event, I had two notepads on the table side-by-side. On one, I took notes of what the presenter, Christine Kane, was saying. On the other, I jotted down all the thoughts that came in response. Here’s a sample:

- Who am I to do this?
- It’s never worked for me before!
- Everyone here is better at this than I am.
- I don’t even know why I’m here.
- Fuuuuuuck!!! I can’t do this!

You might have similar thoughts pop up as you fill out the following prompts. There’s a space for you to write down the S.T.U.F.F. (Stuck Thoughts, Unprocessed Fear, and Feelings) that comes up. You can fill it out when you get to that part (page 6), or you can jot things down as they come up along the way.

To finish the story above, I felt like I was dragging myself up to my room that night. I'd never thought of business like that – or been asked to take myself so seriously and own my expertise that way. I was in total overwhelm.

After doing energy work and clearings, I slept well. When I walked into the ballroom the next morning, the first person I saw told me I was radiant. What made the difference was acknowledging my thoughts and fears rather than trying to ignore or push them down – and having the tools to unplug from and integrate them.

In addition to acknowledging the voice(s) of fear that comes up, it's important to acknowledge the voice of self-esteem. **I encourage you to write down the accomplishments and gifts that you're nervous or embarrassed to share.** The ones that make you feel like you're bragging, *and* the ones that seem too small but feel important to you. You won't have to share everything you write here, so **don't filter yourself.** Just write. See how many items you can write for each category.

Some categories may feel a little redundant to you. That's fine. Words have a specific meaning and resonance for each person. Thinking of your gifts may spark different ideas than thinking of your strengths, even though they're very closely related.

One last thing – if you feel inspired to journal about something as you're making your lists, go right ahead and journal! You'll probably be amazed at the insights that were tapping you on the shoulder and will flow through when the gates are opened.

Ok, ready to get started?

## Why?

Having an intention makes a huge difference. What's your purpose for embodying your awesome?

*I'm embodying my awesome so that / in service of / in order to:*

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## Accomplishments

Accomplishments can come from any time in your life. They don't have to be related to your work. They don't have to have meaning to anyone else. See how many you can write down. If you need more space, fantastic! Go for it! (I've sometimes had clients write down 100 of them. You don't have to write that many, *and* I encourage you to.)



## Gifts

Gifts are abilities that come naturally and easily to us. Remember: No judging! Even if a gift seems little or silly, or like you're not the best one at it, write it down. If it pops in your head, write it down. You're not obligated to *do* anything with it. Just (once more for the nosebleed section) *write it down*.

*My gifts include:*

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Some of our greatest gifts are things that cause us problems until we realize that they are gifts, and use them accordingly. For instance, my sensitivity was a problem for me as a child because I didn't know how to filter or handle what I felt from others. Now, it's a great asset in the work that I do and in how I handle relationships.

*Growing up (and maybe even last week), I got in trouble for being (or being too):*

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# Strengths

What are you good at? What do you do well? Again, these don't have to be related to your business.

*My strengths include:*

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# Skills

What skills have you developed?

*My skills include:*

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## Compliments

What compliments have you received? What have other people told you that you do well?

*Someone said that I:*

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What do you secretly wish people would say about you? You don't have to believe it's true right now. Maybe you want to be organized, or the top coach in your specialty. Being able to own and feel it in your body means you're a *lot* more likely to get there. Include the vulnerable, I-can't-believe-I'm-writing-this stuff. No one else is going to see this. Streeeeeeeeetch...

*Secretly, I wish people would say:*

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## S.T.U.F.F.

Thinking about all of this will bring up thoughts, feelings and even physical sensations (like a nauseous feeling or tightness in your legs). This gunk is gold!! Part of you has been using this stuff to protect you from the powerful amazingness that you are, afraid that you couldn't handle it.

*The thoughts, emotions and sensations that are coming up include:*

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Keep your *Illuminator* somewhere safe. This is an inventory of many of the ways in which you're awesome, and you can continue to add to it in the future. It'll be a great reference for going deeper with your branding, writing your bio for your book, or reminding you of your awesomeness when you're in a rough patch. 😊

OK. You're all set! Take a deep breath and congratulate yourself. I'll see you at the retreat.



### Bonus #1

If you really want to stretch, reach out to a friend (or two or three) before the retreat and ask for their input. Have them tell you what they see as your strengths, gifts and accomplishments. Our friends often see things about us that we don't.

### Bonus #2

While you're in this self-reflective mode, here are a couple of other areas for you to explore. These will give you an even fuller understanding of your special brand of awesome. You can use the same processes that we'll be using during the retreat to fully embody them, too.

### Qualities

Qualities may overlap with gifts, while including things you don't necessarily consider gifts yet are still important to you. This could be things like being honest, kind, organized, etc.

*I am:*

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**Values**

Rounding out your lists is this one – your values. What’s important to you? What matters? What do you look for in a friend or collaborator? How do you spend your time? What brings joy and meaning to your life?

*My values include:*

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