



STANDING FIRM

4 week course

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Welcome | WEEK 2

Developing our Spiritual Muscles



Check in

Notice what you're noticing

Recap of Week 1

1. Stare the Dark in the Face
2. Know you're more than your feelings
3. Get the Gift

Every adversity, every failure, every heartbreak, carries with it the seed of an equal or greater benefit.

Napoleon Hill

#1 – Harness the Power of Perspective

Reactive

Creative

We must c (see) clearly first

The 30,000 ft view



Teddy Roosevelt



Perception and Gratitude

**The miracle of
gratitude is that it
shifts your perception
to such an extent that
it changes the world
you see.**

DR. ROBERT HOLDEN

2 Kinds of Gratitude

- Gratitude FOR the things we have
- Gratitude IN the situations in which we find ourselves

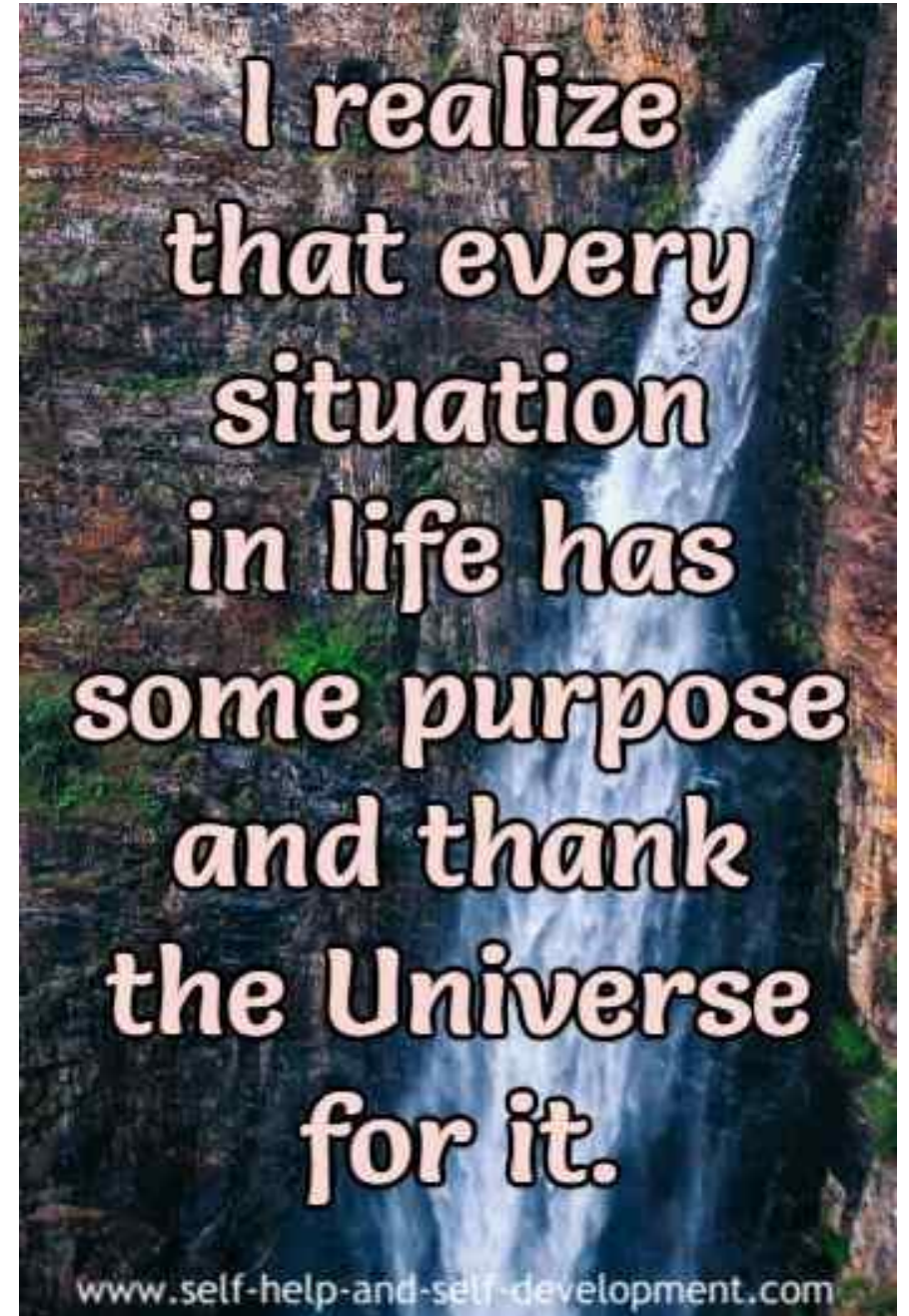
Gratitude FOR

- Develop a daily Gratitude Practice – 5 things
- Uplevel your Gratitude Practice:
 - Keep a Gratitude Journal for 30 days
 - Write at least five things you are grateful for the first morning
 - Review your list each night and add any others you like
 - Read your list morning and evening, FEEL the Gratitude, always adding one new thing



Unconditional Gratitude IN:

- All things, regardless of your experiences
- Whatever experience you're having, bless it



2 Look for the Good

Behind every problem,
there is a question trying to ask itself...

Behind every question
there is an answer trying to reveal itself.

Behind every answer
there is an action trying to take place.

And behind every action
there is a way of life trying to be born.

Michael Beckwith

James Allen

*“Uncrown the
circumstance
and let it fill
its servant's
place.”*



Two Signals for Growth

Longings & Discontents

Life Assessment



1-----10

What would you love?



Knowing you're on the right track

“You will know
when you are calm,
at peace.”



3 Stay Curious

Questions from the Hero's Journey:

The Departure

How is this journey seeking to change you?

What do you need to leave behind on your hero's journey?

The Initiation

What are you discovering about yourself that you didn't know was there?

The Return

What good can come from this?

What's the gift in this experience for you?

Other high vibration questions

How would my best self show up here?

What would love do here?

Recap – 3 Strategies for Standing Firm

#1 The Power of Perception

- Take the Long View
- The power of Gratitude

#2 Look for the Good

- Harness your Longings & Discontents
- Craft a vision for the good outcomes you'd love to achieve
- Focus on your vision

#3 Stay Curious

- Ask high frequency Q's

Lifework

- What's a new perspective I can have?
- Implement a Gratitude practice
- Create a vision for outcomes you'd be proud of
- Stay curious with transformational questions