



## Day FIVE

### **STANDING Strong/Up/Out**

We've been talking about stories, creating connection, and building relationships. There are two more variables that will have an impact on HOW you connect with your tribe of kindred souls.

It's a place where conforming and defiance hit heads. A space where your uniqueness, imperfectness is valued and honored. That moment when following the masses or straying alone down your own passage becomes a choice of going with your heart or against it.

Let's just say it's a moment of TRUTH.

And this is where I ask you to deeply tap into the FIRE inside of yourself.

That space where defiance and rebellion explode into a fiery volcano that has been bubbling for years and the crack has finally let loose.

What do these spaces look like? How will you know it's worth talking about?

Have you ever felt like an outsider?

Have you ever felt like you are slightly on the fringe?

Have there been times when you've been listening to a conversation and literally you wanted to say WTH???

Have you seen something done or said that you had to bite your tongue for fear of what might come out of your mouth?

Do you ever want to shout at the top of your lungs, that's not ok?

Were there times when you noticed someone struggling and everyone else was oblivious?

Have you gone above and beyond to make a point, even when it went against the masses?

Do you remember times when you felt like you were going to blow up, trying to hold your tongue?

Were there times in your life where you just lost your sh\*t and spoke so strongly from your heart that it even scared you?

Those moments....

Those times are the ONES where you were so deeply in touch with who you are and what you value that you could NOT possibly say nothing.

We want those moments.

They light a fire in us and everyone around us.

Our opinions, voices, messages aren't always going to be popular but the greatest change makers in the world, stayed true to their calling and defied the masses and the status quo.

At our core, our values guide us. Those values are prominent in every thought, action and breathe we take. Our values allow us to most of the time, follow our true inner gps. Sometimes, even when we know something isn't right for us, we suppress the need to explain and just go with the flow for the sake of keeping the peace. It's in these very moments that we are stuffing our voices down. It's in these moments we do have the ability to still honor our deepest values, while honoring others values, with non-judgemental stories, messages and our voice to help bridge the connection.

It's a tricky space for sure.

But with gentleness, patience, honesty, strength, courage and creative storytelling we can transform most situations from ick to inspired.

In these transformations we don't lose our voice, we feel understood, validated and expressed. We also now have the ability to continue walking our true path without guilt, shame or fear of what others think, because we have expressed ourselves in a way that doesn't lift us up, while pushing others down.

In your journal think over the moments of your path and reflect back upon situations, times, events that you felt like you were going with the flow vs. honoring your true self.

Write about them. Details.

Where were you?

Who were you with?

What was the setting?

Were there lots of other people?

Did you feel alone?

Did you have someone to support you?

How did you handle the situation?

Are you happy with how you handled it?

Do you wish you would have handled it differently?

If you wished you would have handled it differently, re-write your new ending.

Write down 3 times that you clearly re-call NOT standing up for your true self?

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3. \_\_\_\_\_  
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Write down 3 times where you stood up for yourself and butted heads with the status quo?

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2. \_\_\_\_\_  
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How can these stories connect with what your tribe/community/clients are going through?

Where are the threads that connect your true values with how you help/support/guide them?

A little bit of play:

Craft 3 titles to videos/blogs/audios/posts/newsletters that would disrupt your industry, allow your tribe to feel what you stand for?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Choose ONE of the above to craft a message using any medium you feel with convey your story to your audience.

1. \_\_\_\_\_  
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\_\_\_\_\_  
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We are going to wrap us disrupting and being a rebel on a FUN, silly note:

For the love of QUIRKS.

If you haven't heard of the word 'info-tain', it's basically you are conveying information to your tribe/community in an entertaining way.

Entertaining - PROVOKE emotion. Whether it's anger, sadness, silliness or pure joy.

Combining your valuable information, utilizing stories and messages, and QUIRKS.

Quirks are the little, silly, off the wall, unique to you, bits and pieces that NO-ONE else can mimic.

For me it's, HATS.

I have LOTS of hats and have been known to wear my scarecrow, farming, Ireland, Redsox, earmuff hats in my videos.

It's a way of showing MORE of your personality, adding a silliness to your serious conversations, and helping to relax your tribe into a place of feeling like they can let down their barriers and open up more freely.

What quirks can you bring to your message?

Create a list of 2-3 quirks that you'd love to play with.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

On that NOTE, we are going to wrap up this piece.

Have fun, enjoy and remember it's all about playing, experimenting, digging and discovery. :)