

Your CLEAR Calling

Module 1

**Master Your
Intuition
and Become
Emotionally
Resilient**



Personal Legacy

You are born into a sea of legacies, with some that might work, like a loving mother, to ones that don't – ongoing racism in the United States.

By spending time to identify and understand the legacies you are born into, you are then able to choose the ones that you want to move forward with and the ones you don't.

You will find legacies on both the maternal and the paternal side, and the more time you spend identify them, the more space you have to choose some and to release others.

Examples of legacies:

- Devotion to family
- Alcoholism
- Hard work
- Financial insecurity
- Deep relationships

Identify up to 5 legacies that you have inherited:

- 1.
- 2.
- 3.
- 4.
- 5.



Intuition

Your body is innately intelligent. Learning to pay attention to the sensations your body is giving you is foundational to understanding what is happening to you throughout the day.

Practice listening to your intuition by asking yourself these series of simple statements and paying attention to your body's sensations.

1. Bring up one of your happiest memories. How did you feel in your body? What were the sensations specific to what you were feeling?

2. Think of a recent moment of stress. It could have been a time you interacted with someone at work or when you looked at your email. Write down the sensations you were feeling when you felt that stress. Be specific, starting with where they begin (stomach, head, throat) and then follow in your body through the highly stressful moment.



The Line of Choice

This principle from Lightyear Leadership shows you the pathway to understanding when you are feeling stressed or triggered and how to bring yourself back to you.

Peace	Joy	Contentment
Happiness	Love	Faith
Trust	Patience	Humor
Connection	Commitment	Discernment
Creation	Wonder	

The Line Of Choice

Worry	Doubt	Judgement	
Unforgiveness	Fear	I won't	
Sarcasm	I can't	Guilt	Shame



Mindset

*Write down 5 ways you get back into a place of connection and trust.
E.g. Dance, sing, do yoga, meditation, go for a walk.*

1.

2.

3.

4.

5.



Example Listening Response Shifts

A listening shift is the choice to catch automatic reactive forms of listening while we are saying them to ourselves, and shift to creative, choice-based listening that is consistent with the results we want. Courtesy of Lightyear Leadership.

Listening from Reaction	Listening from Choice
I'm not good enough, smart enough, pretty enough, etc....	I am committed to creating " _____ " in my life
I don't know what I am talking about	I choose to be fully ME!
Firing squad of negative assessments	Being a human being – discovering mutual commitment
I don't have any friends, I am lonely	I allow those around me to provide comfort and support
I can't believe they are asking me to do that	What is it time for now?
They are not listening to me	I create space for them to contribute
I do not want to fail	I choose creative freedom
I'm not sure I want to say what I know...	Being the person I REALLY AM – using difference to build a better world
I don't belong	I choose to take risks and belong
I HAVE TO get this done	It's time to make a powerful request
What can I get THEM to do?	How can I value and orchestrate their unique gifts?
Rigid execution	Choosing to be present
I already know the answers AND where they are going	I choose to be interested in who THEY are
Clenching Taskmaster	Breathing
I don't want to deal with this/them	I am open to the possibility of seeing a new solution



Listening from Reaction	Listening from Choice
I have NO time	There IS time for the experiences and people that I care about
They are not listening, they don't get it and I give up	Listening for the possibility that they ARE listening
This is crazy! There is no way!	I choose to call on the Law of Attraction to work for me
It's not turning out the way I had hoped - it's over	I choose a new possibility - I choose to begin again

