

Your CLEAR Calling

Module 9

**Embody Emotional
Resilience, Part I -
Move Through
Frustration and
Disappointment
with Grace**



Discovery questions

1. What project did you choose? What was it like to map the Cycles of Success onto your project? What did you learn from applying the Cycles of Success?

2. What did you learn from applying the Cycles of Success to other areas of your life? Did you observe folks skipping cycles or yourself skipping key ones?

3. Where are you strongest in the Cycles of Success? Where can you grow?



Cycles of Success

Opposing Forces

Cycle 1 – Connection and Alignment

Opposing force – Needing everyone to agree. You can be aligned and not agree on the details, and still be able to move forward on a project. When connection is missing, you're doing a project you're not connected to.

Cycle 2 – Depth and Imagination

Opposing Force – Getting addicted to action, and taking the first good ideas instead of being patient through all the ideas that can come through. Another opposing force is skipping the Valley of Depth and Imagination, that quiet moment when your brain is switching sides and coming up with MORE ideas!

Cycle 3 – Options and Impacts

Opposing force – the god of OR, when you only have Option A or Option B. Two is not a choice, it's a binary way of deciding. Make sure you always have three options.

Cycle 4 – Fulfillment

Opposing Force – Catch and Release, also known as games. In this situation, you are the fisherman or the fish, and both you and whoever you are in a game with are hooked! Examples of games: I'm right, you don't understand me, you're trying to control me. Getting stuck in games, or forcing others' to play games, is an opposing force in Fulfillment.

Opposing Force – Managing Conversations, not People. If you are trying to manage a person, can you shift to managing the conversation? Rather than trying to predict



how they will respond, simply talk to them about the topic at hand. Rather than figuring out if their schedule can handle what you're asking, make the request and see what they decide to do. With a spouse, for example, ask if they'll do the dishes or clean the house, and see what their response is. Manage the conversation, not the human.

Cycle 5 – Appreciation and Learning

Opposing Force – Skipping this cycle. Learn to appreciate specifically and frequently, so that the appreciation resonates for yourself and the other person. Make sure to appreciate yourself as well! Learning is the time when you can look back and see where you and the other people in the project grew.



The Power of Language

Words create reality. By being mindful about the language you choose, you can shift your own reality. You practiced this with understanding your legacy, through paying attention to the Line of Choice, setting your vision and goals and adding in declarations. Deepen into the power of how you speak to others and especially to yourself.

Four speech acts of a leader

Use the following speech acts in Cycle 4 to move your project forward.

1. Promises – I promise X by time Y.
2. Requests – I request of you X by time Y.
Answers to Requests:
 - A) Yes.
 - B) No, thank you.
 - C) Counter the request.
 - D) Counter the time frame.
3. Declaration – X is so because I say so. See: your declarations from your vision and goals.
4. Bold request – A bold request bypasses social norms of what is typically considered “appropriate” to ask of people. It tends to elevate the possibility of a person or of a project. Remember there is a difference between a bold request and a bold demand! **There’s always choice.**

Art of the Question

A question is a quest-ion, leading energy. Pay attention to the questions you ask yourself. Your brain is like a computer and will spin out to answer questions that don’t have answers.

Learn to use the question instead to shift energy and spiral back upward.



Downward Spirals

Warning! If you see any of these downward spirals, it means you are headed down below The Line of Choice. And, you can stop it! All you have to do is pay attention quickly with these following patterns.

Frustration – Frustrated ions.

Clear it by asking the question: “What is missing that if added back in would return me to choice?”

Where is an area of your life where you are frustrated? What can you add back in that will shift you from frustration to choice?



Failure – Distinguish between when something fails or if you are identifying as a failure. There is a difference. When something fails, you can learn and grow.

Where in your life have you identified as a failure? What could shift you could now see it as “something failed,” rather than YOU failed?

Disappointment – A missed appointment with time. Learn to become friends with time and the natural cycle of your projects.

Clear it by asking the question: “What is it time for right now?”

Where are you feeling disappointed about something in your life? What can you recognize about the natural course of timing that will move you back into choice?

