



Connecting in Community

with Dr. Shana Johnston

Week 7 - Integration - Putting it all together

Over the past 7 weeks, we've learned a variety of tools to help us reclaim our power. This week we're putting it all together and setting intentions for ourselves for the future.

- 1) Reclaiming our power, reclaiming ourselves: Making ourselves a priority. Carving time out of our busy lives to learn tools that will help us build a life raft, so we'll be better equipped to handle the storms we face in our day to day lives.
- 2) Mindfulness, meditation and creating sacred space: Noticing our thoughts with curiosity and kindness. Taking time for ourselves at the beginning and/or the end of our day to come home to ourselves.
- 3) Embodiment and emotions: Learning to listen to our bodies. Tending to ourselves when our nervous system is overwhelmed. Enlisting the "tend and befriend" part of our nervous system to help us return to our window of tolerance.
- 4) Intuition and accessing the wisdom of our Wise Woman Within: Learning to trust our "sixth sense", our own inner wisdom in guiding us through life. Exploring visualization and channeled writing as tools to access this wisdom
- 5) Boundaries and Conscious Choices: Reminding ourselves that by saying "yes" to some of the things that are less important to us, we may be saying "no" to something more important. In setting boundaries, we make a conscious choice about how we choose to spend our time and energy, rather than doing things because we "should"
- 6) Self compassion: Learning to be kind and gentle with ourselves. Tending to our sweet human who's trying so hard. Releasing perfection. Releasing self-judgment. Accepting ourselves as we are. Whole, complete and perfectly imperfect.

Journaling prompts:

Thinking back over the time I've spent doing this course, what have I learned about myself?

What appreciations do I have for myself? What am I doing differently now? What am I proud of myself for?



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Next steps:

What tools have I learned that I plan to integrate into my daily life? How will I do this?

What are my next steps in this unfolding journey of self discovery, growth and learning?

IT'S YOUR HUMANNESS THAT INSPIRES ME

It is your humanness that inspires me:

Your ability to choose to rise, fall after fall.

It's your humanness that inspires me:

The time you chose the light when it was darker than ever before.

It's your humanness that inspires me:

How you found the courage to let the life you had so consciously created crumble and fall.

It's your humanness that inspires me:

When you share your heart, cracks and all.

It's your humanness that inspires me:

That you tell the truth about how hard life got and how you're different from before.

It's your humanness that inspires me:

The day you let your old self die, in order for who you were becoming to be born.

It's your humanness that inspires me:

How no matter how many times you doubted it, You never stopped answering the call.

- Rebecca Campbell