



**Own Your Magnificence:
Show Up as the Leader You Were
Meant to Be and Wish You Had!**

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 *Dr. Rosie Ward*₁

THE FRAME

- The way we **SEE** things (our beliefs about situations, other people, and ourselves) affects how we **FEEL**.
- How we feel (our emotions) affects what we **DO** (our behaviors & actions)
- What we do affects what we **GET** (the results!)



Lasting positive change doesn't come from simply DOING things differently. It comes from SEEING things differently.

IDENTIFY YOUR NARRATIVE

1. Select the boxes next to the statements that resonate with you. You can also add your own.

<input type="checkbox"/> I'm not good enough.	<input type="checkbox"/> I need to do it right.
<input type="checkbox"/> Life is difficult.	<input type="checkbox"/> There's something wrong with me.
<input type="checkbox"/> I know what is best for myself.	<input type="checkbox"/> I need to be in control.
<input type="checkbox"/> I should be different.	<input type="checkbox"/> There's not enough time.
<input type="checkbox"/> I'm worthless.	<input type="checkbox"/> There's too much to do.
<input type="checkbox"/> I have to be perfect.	<input type="checkbox"/> I am a failure.
<input type="checkbox"/> I can't disappoint people.	<input type="checkbox"/> I know what is best for others.
<input type="checkbox"/> I need to know what to do.	<input type="checkbox"/> Something terrible is going to happen.
<input type="checkbox"/> I don't know what to do.	<input type="checkbox"/> People should listen to me.
<input type="checkbox"/> Life isn't fair.	<input type="checkbox"/> I need more money.
<input type="checkbox"/> People are judging me.	<input type="checkbox"/> I don't belong.
<input type="checkbox"/> I have to work hard.	<input type="checkbox"/> I missed my chance.

<input type="checkbox"/> Life isn't fair.	<input type="checkbox"/> I need to be careful in life.
<input type="checkbox"/> They rejected me.	<input type="checkbox"/> People should not lie.
<input type="checkbox"/> They don't trust me.	<input type="checkbox"/> People should respect me
<input type="checkbox"/> Parents should love their children.	<input type="checkbox"/> It's my job to make you happy.
<input type="checkbox"/> They should agree with me.	<input type="checkbox"/> I know what they're thinking.
<input type="checkbox"/> People should keep their promises.	<input type="checkbox"/> People should be grateful.
<input type="checkbox"/> I'm too fat (thin).	<input type="checkbox"/> People shouldn't be angry.
<input type="checkbox"/> I need to know my life's purpose.	<input type="checkbox"/> Something terrible is going to happen.
<input type="checkbox"/> I am right.	<input type="checkbox"/> I need to be in control.
<input type="checkbox"/> It's my fault.	<input type="checkbox"/> I need to understand.
<input type="checkbox"/> Women shouldn't be so emotional.	<input type="checkbox"/> I don't want to look foolish.
<input type="checkbox"/> The world isn't a safe place.	<input type="checkbox"/> Other people can hurt me.

→ Add your own (optional):

CHALLENGE YOUR STORIES

Look back at your inner narrative.

1. When it comes to owning your magnificence and having the impact you want to have in your life, what are you avoiding taking responsibility for? What is the connection between your resistance and your self-limiting beliefs?
2. What are some things you can do in the moment to turn around self-limiting beliefs?
3. Write a letter to your narrative. Decide how you are going to keep and leverage the parts that serve you well and how you want to reframe the parts that are holding you back.

Example:

To my limiting scarcity mindset/belief (not enough time, too much to do, etc.), Thank you for pushing me to see what I'm capable of, push my limits and grow. I've accomplished a lot that I'm proud of and know I've made a difference. That said, it's time for you to retire. When I hear you, instead of becoming hyper task-focused, I will remind myself what matters most to me - my relationships and connecting with other people. I will let you light a fire under me and will continue to work hard. However, that's where you end. I'm enough as I am and can set healthy limits and boundaries. I matter too - just as I am!

Write your letter here:

From Scarcity to Abundance

The root of our self-limiting stories lies in scarcity - a mindset or belief of there not being “Enough” (time, love, money, recognition, work, respect, etc.). When we’re in scarcity, our instinct is to self-protect. Cognitively, we also start thinking in terms of trade-offs and either-or and can become very tunnel-focused.

It is important to acknowledge the realities of people living with chronic scarcity in terms of poverty and other systemic issues. The intent here is in no way to over-simplify the complexities of this reality. It is to bring to light the common humanity - and realization that some experience scarcity at a much greater level than others.

One practice that can help remedy some of this scarcity mindset is turning to gratitude. And when the scarcity is about ourselves and our self-limiting stories, we can engage in a **Self-Gratitude Practice**. Whether you journal, self-reflect, or use these to foster meaningful conversations with your loved ones, team members and colleagues, these four questions help foster abundance and acknowledgement of our gifts while reducing perfectionism and fostering a growth mindset.

- ➔ ***What went well for me today?***
- ➔ ***What did I LEARN about myself today?***
- ➔ ***What are the gifts & qualities I have that I’m grateful for today?***
- ➔ ***What missteps, squiggles and detours am I appreciative of that brought me valuable learning today?***

“There is a huge difference between aspiring to be our best selves and claiming to be perfect. One is a journey of fulfillment. The other is a lie we tell ourselves and others.”

~Simon Sinek (forward of *Permission to Screw Up*)

It's time to stop letting our insecure, 10-year-old version of ourselves run the show and hold ourselves back. If not you, then who?

**SHOW UP AS THE LEADER YOU'RE MEANT TO BE,
WISH YOU HAD & THE WORLD NEEDS!**

"When we deny our stories and disengage from tough emotions, they don't go away; instead, they own us; they define us. Our job is not to deny the story, but to defy the ending – to rise strong, recognize our story, and rumble with the truth until we get to a place where we think, Yes. This is what happened. This is my truth. And I will choose how this story ends."

~Brené Brown

**NEVER LET ANYONE
DULL YOUR SPARKLE!**

Rosie