



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

Vol.14 No. 2
July 2014

Dear Betty,

June - WOW! This past month is best described as 360 degrees of amazing. Coming off the ME FIRST Practitioner Program the end of May, we dove into the Awakening Retreat June 7-8th in collaboration with colleagues Lianne Bridges and Sharon Cohen. With twelve amazing women joining us, we all experienced a transformative weekend. I have enormous gratitude for this community who has since named themselves Ladies of the Light. Two weeks later, we held another ME FIRST retreat and thoroughly enjoyed meeting some new people and walking them through the process.

All this to say that the month of June, with our 10th summer solstice celebration and labyrinth walk, has truly been a 'return to the light'. There have been numerous roadSIGNS reminding us that the path we have chosen with our work is heading in the right direction, including an interview on Oprah's Soul Sunday series with Don Miguel Ruiz as well as a TEDX Talk with Drew Dudley.

It was Drew's talk that truly touched us as he spoke about changing the rules of life, work, school and more while stepping up to simply add value in all our interactions. Welcome to this month's topic, Adding Value.

Enjoy the read!

Betty

The featured roadSIGNS Retreat this month is the 6th Annual Goddess Camp, Oneness - Engaging Earth Energy

Date: Saturday, August 23rd and Sunday August 24th, 2014.

For details click [HERE](#)

In This Issue

[This month's Sign](#)

[Your aSIGNment](#)

[Travel Tips](#)

[Someone in Your Corner](#)

[Upcoming Events](#)

This month's roadSIGN



Photo taken in North Carolina May, 2014

July Newsletter

It is impossible to escape the impression that people commonly use false standards of measurement - that they seek power, success and wealth for themselves and admire them in others, and that they underestimate what is of true value in life.

Sigmund Freud

ADDING VALUE

Following a presentation on June 19th, I received the following e-mail

I want to thank you for the incredible presentation this morning.

It is the best I have attended/listened to.. in a very long time. You have really looked into the souls of people you have met, interacted with, passed on the street, in cars, those whom you have touched in the universe...

For me it was like sitting next to a spiritual soul. That is what came across to me; you touched my soul.

This is one of many such e-mails we have had in the last few weeks, following the ME FIRST Practitioner Certification, the Awakening Retreat and a ME FIRST Retreat. It has been a busy, fulfilling and humbling journey as our work in the world unfolds and as we see the impact it is having on the people we choose to serve.

Following the ME FIRST Retreat last Sunday, I was glancing through Facebook and came upon a TEDx Talk by Drew Dudley of Nuance Leadership Services Inc. His talk, "This Game Has No Winners" validated the approach we have been taking to our work. Simply said, 'Adding Value' to every conversation.

According to Drew Dudley, there is only one goal in life, that is:

I will aim to add tremendous value to every single inter-personal interaction in which I am a part of. I will strive to give someone something they didn't even know they needed or wanted.

...this is a matter of no longer asking what we need to do, rather asking who we need to BE (and to choose) to be the type of person who allows the people around me to shine brighter.

To view Drew Dudley's TEDx Talk go [HERE](#)

I have been waiting for years to hear this message from someone who teaches 'leadership'. Thinking about the idea of adding value as the only goal, or in ME FIRST language, intention, is a powerful notion, one which I believe if each of us applied, could change the world.

Adding value implies no competition, no winners and losers, no envy or jealousy. It means simply standing where we stand, in the uniqueness of who we are, with the

gifts we possess and from this place of inner knowing and light, paying it forward. I could not define ME FIRST in a better way than this. As Marianne Williamson says, "As we let our own light shine, we unconsciously give other people permission to do the same."

See Your Value

To add value we need to see value within ourselves, noting that in ME FIRST we suggest that anything you want to give to others you must first give to yourself.

Know and Claim Your Gifts and Strengths

Create a life map, a list of all your accomplishments and great life moments. Don't limit yourself to work and academic achievements; include personal triumphs and family moments. Consider all the small and great moments which have contributed to who you are today. Consider challenges you surmounted and fears that you faced; great AH-Ha moments from which you learned and grew.

These represent the truth of who you are.

Now review the list and choose three of these moments to focus on. Write a short story for each of these moments. Once finished review the stories and note the unique gifts you expressed in each situation. What strengths did you engage? If you cannot see these things for yourself, share your stories with someone who knows you well and ask them for feedback.

Once you have noted your strengths and gifts, claim them. Remind yourself that this is who you are.

Self-Acknowledgement

Having noted and claimed your strengths it is now time to acknowledge yourself. It goes like this, "I acknowledge myself for being _____"

I can hear the resistance. Most of us have been raised to think that self-acknowledgement is akin to bragging, at the very least ego-centric. It is not. In ME FIRST, self-acknowledgement is the highest form of gratitude, a thank-you to your higher power for the gifts you were born with and which you have been asked to make manifest in your life.

It is challenging to manifest that which we deny. In this way acknowledging your gifts and strengths simply allows you to be the best you, you can be. It is a

truthful appraisal of who you are and what you are capable of. When you see these gifts in yourself, you shine. You also see gifts in others.

Re-Program the IBSC (Itty Bitty Shitty Committee)

The IBSC, or the 'critical choir' we refer to in ME FIRST, is an accumulation of all the critics whom you have been exposed to over a lifetime. The IBSC represents the great 'they say'.

Note: this was their opinion only and representative of their 'stuff'. Their opinions are none of your business. What is your business is to know yourself, to believe in yourself and to celebrate the best of who you are.

Every time you hear the IBSC kick in, simply shake hands with the choir, inform them that they are out of date and representative of a very old story and that you have a new script. That new story represents a truthful representation of who you are now and who you are choosing to be from this point forward. Always choose an inner dialogue that lifts you up. Never put yourself down.

Final Word

Live your life one moment at a time, first with yourself, then with others. When you see yourself through the lens of your gifts and strengths, you see others the same way. You position yourself to offer others your full attention, your presence, your authentic self. In turn, your relationships will change as others will walk away from their interactions feeling valued and better for having interacted with you. This is an inside out process, and in that notion of being someone different rather than doing something, you can radiate love and peace and all the gifts you possess.

What Jim and I have been learning through our work, and what we know for sure, is that it is the being energy that truly changes the world.

Post Script

A big shout out and thank you to Drew Dudley who inspired me with his video and who graciously responded to me on Facebook.

Your asSIGNment

1. Create Your Life Map
2. Add Self-Acknowledgement to Your Gratitude Practice
3. Create your New Story and tame the IBSC

Travel Tip

Add Value to every interaction and everything you touch.

Conscious Communication Coaching

Conscious communication is mindfulness. Our coaching clients are experiencing amazing results in their life as they learn to be clear about what they want and to take action in doing and being.

roadSIGNs is dedicated to offering coaching packages and retreat programs based on the principles of Conscious Communication and designed to assist you in living the life of your choice.

Here is what two of our coaching circle participants shared with us recently:
... the nuggets of wisdom that have revealed themselves throughout our short and powerful six weeks (of coaching) will continue to unveil themselves to me and lead to new questions and discoveries.

...The coaching sessions in FROM CRITIC TO COACH have helped me discover how to return to pure energy, to experience the true meaning and purpose of the game I call Life.

Give yourself the gift of coaching. [Contact us](#) to arrange a coaching consultation and explore the options.

Lumina Learning Systems

Learn about your personal preferences and your core qualities/strengths through the Lumina Spark Portrait. This comprehensive psychosocial assessment leads you gently down the path of self-discovery through a unique portrait of who you are

and how you show up in different life situations. It is a great starting point in developing your awareness and learning strategies for being resilient.

I have always wanted to learn to mother myself first
but I did not know how to do it.

Lumina has given me the tools to understand
what it is I need to do for myself and how to engage my strengths.
It has opened the door to being coached through my top qualities/strengths.
Monica

Check out the website, www.roadsigns.ca for more information and/or contact betty@roadSIGNs.ca .

Events:

For details regarding any of our upcoming events in 2014 [visit our website](#)

6th Annual Goddess Camp, Oneness - Engaging Earth Energy

Saturday August 23rd and Sunday August 24th, 2014

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

ME FIRST Self-Study Program (New offering)

The ME FIRST Self-Study Program offers a structured approach for your ME FIRST experience. This 10 module self-study program replicates the ME FIRST Retreat experience allowing you to complete it at your own pace

For more details go [HERE](#)

Fall Equinox Labyrinth Walk

Join us for the Labyrinth walk on Saturday September 20th, 2014 6:00 PM

For more details go [HERE](#)

Your comments and suggestions on this newsletter are greatly appreciated. Forward this e-mail to a friend or colleague who you think would appreciate the message. A simple way is to use the "forward e-mail" button below my signature.

If you would like to sign up for my monthly e-mail, please follow this link

<http://www.roadsigns.ca/newsletters.html>

Sincerely,

Betty Healey
roadSIGNs