



ACTION GUIDE - RISING STRONG

One of the biggest differences between the RBC and other book clubs is this action guide. So often, we don't make time to read. And even if we do, we don't take the time to really absorb what we've learned – and put it to action in our life. The purpose of this guide is to help you document your Aha! moments and points you want to remember in one handy place, and give you a simple guide to refer to to refresh your memory and keep you on track in the future.

The point is not to recap the ENTIRE book, but instead to pull out the 20 percent that is going to make the biggest difference in your life. And, of course, my 20 percent might be very different from yours! :)

Remember, the goal for reading books like this is to get to a greater understanding of ourselves, in order to allow us to be more "wholehearted" (BB's word) or "integrated" (my word). We dive deep into our feelings, emotions, and dark places in order to have more light in our days. Sometimes it's worth it; sometimes it's easier to just keep on keeping on. YOU GET TO DECIDE. But if there are areas of your life where you are having conflict, not achieving the effects you would like, or feeling bad about others or yourself, take note. These are what BB calls "falls." They are perfect for exploration.

For me, it's all about AWARENESS which allows me to uncover my INTENT which allows me to change my BEHAVIOR and achieve more satisfactory RESULTS. Anything that allows me more agency in my own life is something I'm interested in.

Here are the elements that hit me the most:

1. **OWNING OUR STORY.** We make up things all the time. This doesn't have to be bad. We just need to realize that we are making up stories to fit our world view. If we change our worldview, our stories will naturally change.

"The only decision we get to make is what role we'll play in our own lives: Do we want to write the story or do we want to hand that power over to someone else?"

2. **COURAGE REQUIRES RELINQUISHING COMFORT.** Courage means moving outside our comfort zone. Usually, that's where all our growth takes place. Growing, therefore, requires courage to move through the discomfort.

"When we decide to own our stories and live our truth, we bring our light to the darkness."

- 3. WE CAN CREATE OUR OWN PROCESS.** BB sets out a process in her book for dealing with “falls.” You can take hers or try one of your own. Either way, when you have a framework to fall back on, you can move from victim (“I fell! I’m embarrassed! I want to run away or attack!”) to empowered agent of your own life. BB’s process starts with feeling the emotion and getting curious about it, digging in to see what assumptions we’re making and how they’re affecting the story we’re telling.

“Understanding our fall and rise, owning our story, taking responsibility for our emotions – this is where revolution starts.”

- 4. SOMETIMES WE CHOOSE TO MAKE OURSELVES FEEL BETTER.** I loved Chapter 6! The idea that we choose to give others grace not necessarily for them, but for US, was eye-opening. I’ve been working with that intent and it has had incredible impact on me.

“All I know is that my life is better when I assume that people are doing their best. It keeps me out of judgment and lets me focus on what is, and not on what should or could be.”

- 5. DISAPPOINTMENT IS THE GAP BETWEEN EXPECTATIONS AND REALITY. THE RESULT IS RESENTMENT.** If we feel a lot of resentment, we need to take a look at our expectations. If we adjust our expectations, our disappointment will lessen, and we will be less resentful.

“When things don’t go the way we’d imagined, disappointment can become resentment. This often happens when our expectations are based on outcomes we can’t control, like what other people think, what they feel, or how they’re going to react.”

- 6. SOMETIMES WE HAVE TO LET SOMETHING DIE TO CREATE NEW RELATIONSHIPS.** If there are relationships where we are constantly disappointed, angry, resentful, or in conflict, we may have to let something die: The expectation of the non-judgmental mother. The expectation of a true-blue friend. The expectation of a perfect self (yes, we can be in conflict in our relationship with ourselves!). Choosing to let something die (an expectation? An old hurt? A role we’ve always played but we’re finding too heavy to bear?) may be necessary to move forward instead of remaining stuck in the past.

“What has to end or die so we can experience a rebirth in our relationships?”

From the past homework sheets, what were your big AHA moments?

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

Some tips to remember:

- **Follow the feeling.** You don't have to necessarily do anything about it, but it's healthy to notice. Just like your legs may become sore when you overwork them, you have areas of your soul that can become sore or suffer from old hurts. Even if you choose to do nothing about them, knowing they are there is a gift to yourself.
- **Create a process for yourself to use when you fall.** It can just be a question: What am I feeling? What story am I telling myself? Or it can be more structured and complete. Do what helps you. Remember, the key is awareness.
- **We can choose a story because it improves our lives, not because someone else “deserves” it.** When you come right down to it, none of us is omniscient about what's going on in someone else's life. The level of judgment you bring to others is the level of judgment you apply to yourself in secret.
- **Sometimes this stuff sucks.** Processing our emotions is not always fun and games! But every time I've invested the effort to do so, I feel more whole, complete, evolved, and joyful – after I slog through the nasty stuff.

If you'd like an even greater level of coaching around the books we're reading, consider joining the [Living Life Louder Group Coaching](#) program! Email me about a special deal for RBC members for our last month of this quarter.

