



SEASON # 1 EPISODE # 5 QUARTER # 1

THEME: AWARENESS THROUGH HONESTY

TITLE: EVALUATING WHERE YOU ARE ON YOUR JOURNEY:
How-To of Judgment Processing

MONOLOGUE QUESTION: Do you have a process for how you evaluate your life journey based on how you perceive judgments, both internal and external?

SEGMENT GOAL: Offer up a process for practical use so you can evaluate where you are on your life journey and create a shift in the way you perceive judgments. Being honestly aware about how you evaluate your life and what you do with judgments as they show up daily is a crucial step in being able to step into your role as a visionary.



KEY POINTS:

- I'm a deep thinker. Generally, I believe there are probably three ways people see the sky and what is in it: (1) Someone who never looks up; (2) Someone who looks up and sees the sky and thinks, "that is beautiful"; and (3) Someone who looks up and notices the moon and the sun are both out at the same time around 2:00 in the afternoon, and thinks, "wow, how is that possible and the moon looks so clear I could touch it and I love the universe and all its loving power."
- There was a point in my life when every time I'd show up to the yoga studio, my friend and teacher, Samantha, would embrace me and I would cry.
- Being a deep thinker has often led to my being frustrated by mismanaged feelings, unnecessary expectations, and intermittent acceptance about what is or what will become.
- Kinda like the person who wakes up optimistically believing there is so much good in the world and positivity in serving others and then is shunned out of kindness from the unfriendliest of people throughout their day; they feel conflicted by the polar truths that people are probably doing their best and going through the worst and people are also just unfriendly sometimes.



- Sam was and is compassionate, empathetic, respectful, and intentional in her hugs, in her words, and in her actions.
- Sam is connected spiritually, emotionally, and physically, enough to know when she feels out of touch with what really matters in her life, her growth, and her existence.
- Sam is unafraid of trying something new, willing to explore, even if only based upon the possibility for a greater awareness, deeper sense of purpose, and renewed perspective.
- Sam is unafraid of being part of something uncommon and embraces individuality.
- These are all the ways Sam is an exceptional individual.
- I asked Sam how can I become all of this, confidently, so I too can evolve and live a more meaningful life as I define it?
- Sam's response: be willing to learn how to receive judgments, to accept them as interesting points of view (yours or someone else's), and clear them when they do not serve your own intentions.
- Evaluating societal expectations (last week), flowing through external and internal judgments, learning to release everything that limits possibilities for growth, change, and exceptional results.
- Tools for successfully reshaping the impact judgments have on your ability to think and act, learning to release expectations, adopting and practicing a visionary way of



thinking and feeling that ultimately elevates what makes you exceptional and everyone else you love, lead, and learn from.

- Freedom: you have the freedom to ignore the critics. The non-believers.
- You also have the freedom to choose to allow judgments to be heard as interesting points of view: that means you hear them and allow them to flow through you in acknowledgment, you break it down and define what is true for you, and then you clear everything that doesn't serve you by letting go of it. This opens up the possibilities for you to receive, but to be confident in saying, "this is not for me."

CTA: Begin to take notice. Notice how you judge yourself. Notice how you feel when you internalize your own judgments. Notice judgments given by others, how it makes you feel. Practice resisting the urge to accept them as true and rather, start by asking if it matches your intentions and if it serves you. If it doesn't, let it go. Practice being aware enough to simply say, "this is not for me."

CREATIVE CONNECTION: Niall Horan, "Put a Little Love on Me."
"I've still got so much love hidden beneath this skin, So darling,
Put a little love on me, Put a little love on me, When the lights



come up and there's no shadows dancing, I look around as my heart is collapsing, 'Cause you're the only one I need, To put a little love on me...Last night I lay awake, Stuck on the things we say, And when I close my eyes the first thing I hear you say is, Put a little love on me, Put a little love on me, When the lights come up we're the only ones dancing, I look around and you're standing there asking, You say, you're the only one I need, So put your love on me, You're the only one I need, Put your love on me."

MANTRA: I notice judgments as interesting points of view. I accept the freedom to define what is true for me and to clear everything that does not serve me. I will put more love on me.