



Soft & True

WORKBOOK 3: THE DECISION

RAISING
STANDARDS: TIME,
ATTENTION,
MONEY

PRACTICING NO

THE BIG
SACRIFICES





THE DECISION TO LIVE YOUR VALUES

MODULE 3



There's values coded in your soul that point you towards the wild, magical work of art your life is meant to be and light you up, turning you on and making your magnetic AF.

You've stalked them and uncovered them.

Now, a choice...

Do you choose to...

... live them? allow them to turn your life into an expression of your magic? sacrifice and clear the illusions in the way?

Or do you choose to believe the illusions that lead to stagnant mediocrity?

Nobody can make this choice but you.

RAISE STANDARDS (ATTENTION)

MODULE 3: THE DECISION

In this module, you're asked to make a decision and cut off your access to the realities based on illusion.

Let's start with where you invest your attention.

What to do

Review your "attention capture" list and see what themes are there.

You don't have perfect control over what pops into your mind, but you do have a say about what you choose to feed with your attention.

Make those decisions.

When those things pop into your mind, lovingly, gently, dispassionately but firmly call your power back from them.

If it's certain relationships that come to mind, use the cord cutting.



USE THE TOOLKIT ON THE WEBSITE

ONCE YOU'VE MADE YOUR
DECISIONS, IMPLEMENT THEM
USING CALLING YOUR POWER
BACK OR CORD CUTTING
MEDITATIONS.

RAISE STANDARDS (TIME)

MODULE 3: THE DECISION

The one thing we really don't get back in life is time. It's our most precious investment. Are you investing it in ways that are up to your standards?

What to do

Choose a regular day and dispassionately note how much time you spent doing everything that day.

Forget about if you could "afford" delegating it right now.

(1) If you got to really choose, would you DO this again? DELEGATE it next time? or simply DITCH it?

2) If you were to hire someone else to do this for you, would you need to pay them in the range of \$1/h, \$10/h, \$100/h, \$1000/h, \$10000/h, or is it priceless?



EXAMPLE:

8h: Sleep	DO	Priceless
2h: Play with daughter	DO	Priceless
1h: Daily clean up	DELEGATE	\$10
2h: Weekly clean up	DELEGATE	\$10
1h: Self-healing work	DO	Priceless
1h: Ideas for business	DO	\$1000
1h: Home Accounting	DELEGATE	\$10
2h: Eat	DO	Priceless
3h: Netflix	DITCH	\$1
3h: 2 Clients	DELEGATE	\$100
24h		\$1433 + 4x priceless

RAISE STANDARDS (MONEY)

MODULE 3: THE DECISION

Money is a reflection of our exchanges with the world. Are you investing it in ways that really reflect you and your standards?

What to do

Take out or print a credit card or bank statement.

Go through each line and highlight what is a clear reflection of your core values.

- What might be your experience if you got to quadruple your budget on this?

Question everything else:

- Does this accurately reflect how much I value this?
- Can I drastically reduce how much I spend on this?
- If I were to eliminate this altogether, would I be perfectly okay?

Optional: Discuss your findings with whoever you share your expenses with.



EXAMPLE:

Car Payment - Don't really enjoy having a car. Consider going carless.

Mortgage - Don't really value all the space of this house. Consider downgrade.

Shoes - Impulse buy from emptiness.

School Supplies - Always. Fresh notebook and pens. Yayyyyyyy. Imagine a SUPERpen.

Plane ticket - What if I could invite my parents along next time too?!

Novel - I value books so much.

Cookies - I was feeling anxious and felt safer with cookies.

Latte - That feels so luxurious. Wonderful.

PRACTICE YOUR "NO"

MODULE 3: THE DECISION

Action time.

What do you need to be saying no to?

What to do:

Get out a notebook/paper/note file on your phone you have easy access to.

(1) Take 10 minutes to write out: What is falling below your standards in these categories:

- Social interactions
- Social activities
- Spending (time, attention, money)
- Your home
- Your usage of time
- etc.

(2) Decide what you're going to be saying NO to.

(3) Say no to it. ;)



Remember the main intention is to BUILD YOUR MUSCLE of saying no, because you're going to need it to make the big changes ;).

THE GRACEFUL NO:

**NO TO THIS.
YES TO YOU.**

THE BIGGER SACRIFICES

MODULE 3: THE DECISION

Your inner prostitute believes that safety & security come from outside of her. She sacrifices **HERSELF** and her self-expression in order to keep that illusion of safety & security.

By now, you may have an idea of some big things your prostitute has created in your life.

... and you know you need to raise your standards there too, but you're afraid. You're borderline paralyzed.

Don't worry. Nothing needs to happen this week.

Except one thing that is:

What to do:

Admit it to yourself.

What is the thing you're afraid to admit is NO LONGER up to your standards? .





AND SO SHE WENT FORTH:
TREMBLING AND AFRAID, BUT WITH
THE COURAGE TO INSPIRE HER LIFE
TO MEET HER WHERE SHE WANTED TO
BE MET.

INGE BROER