

JUNE 2018

YOUR CUSTOM HEART WORK: CONFIDENCE VS. COMPASSION

Heart Work is not a one-off. To live in radically disruptive ways requires intentional practice. Use this list to build your custom practice and unique work-out plan.

Knowledge (flexibility)	Inner Work (cardio)	Practice (strength)
<p><i>Pick at least 2—consider working on 1 item over multiple days.</i></p> <ul style="list-style-type: none"> Watch self-compassion expert/researcher Kristin Neff's TED talk on "the space between self-esteem and self compassion." 	<p><i>Pick at least 2—consider working on 1 item over multiple days.</i></p> <ul style="list-style-type: none"> Take this "quiz" to explore (rather than evaluate) your current skills with and orientation to applying self-compassion. Then, grab a journal and reflect: where are your self-compassion skills strong and how might you leverage them more actively? What would you prioritize if you wanted to strengthen your self-compassion skills? 	<p><i>Pick at least 2—consider working on 1 item over multiple days.</i></p> <ul style="list-style-type: none"> Spend some time learning about metta meditation and challenge yourself practice it. Start small – even 5 minutes. Or use one of these longer guided meditations and aim for once a week (or once a day if you have a daily practice).
<ul style="list-style-type: none"> Read this brief article by Kristin Neff on three common reasons why people fear embracing and/or misunderstand self-compassion. 	<ul style="list-style-type: none"> Use this "quiz" to get curious each of the distinctions for self-compassion. Just spend some time with it – write, ask yourself questions, get curious about what might specifically look differently in your life between "fairly often" and "about half of the time" for a particular practice of self-compassion. 	<ul style="list-style-type: none"> Challenge: write a letter to yourself, from yourself, where you take time (the whole month if you need!) to express forgiveness to yourself around something you're holding shame, regret, anger, or pain around. Stick with it until you feel the release. You'll know when compassion arrives.
<ul style="list-style-type: none"> In Buddhism, <i>metta</i> (a Pali word that, roughly, translates to loving kindness or unconditional friendliness) is a foundational practice, concept, and meditation for cultivating compassion. Thich Nhat Hanh, a Buddhist monk and profound teacher, talks about the practice of cultivating compassion and <i>metta</i> in this article. <p><i>*If you are going to select any of the "practice" exercises featuring meditation, double-make sure you make the time to read this article. And even if you don't incorporate any loving-kindness meditation into your month of practice, still make time to read this article.</i></p>	<ul style="list-style-type: none"> What are you waiting to do until you feel more ready/confident/certain? Just play: if you weren't allowed to let confidence steer you as a motivator or necessary ingredient and instead could only follow compassion as a guiding force, what might you be doing differently in those areas where you're currently procrastinating due to lack of confidence? 	<ul style="list-style-type: none"> Challenge: "negative" human emotions are 50% of life. But when they are particularly strong, we isolate. Set a challenge for yourself around 1-2 specific emotions that tend to spin you into isolation. When you feel the pull to isolate, you have a challenge around reaching out to a particular loved one – even just to text cat lolz to each other. The point: reverse the tendency to go it alone and hide pain.
	<ul style="list-style-type: none"> How do confidence, race, racism, injustice, and liberation all mesh together in your life? In what ways does confidence serve your work toward individual and collective liberation? In what ways might it be holding you back? In what specific ways might applying more self-compassion help where confidence is holding you back? 	<ul style="list-style-type: none"> Identify at least 4 (one per week) specific, self-defeating thoughts/stories/habits. Write them out. Write a more self-compassionate version for which you can find at least two true examples from your life. You want the new habit/thought to stretch you <i>and</i> feel true. Practice these updated versions in lieu of the old ones. Reach out if you need help working through this.

JUNE 2018

YOUR CUSTOM HEART WORK: CONFIDENCE VS. COMPASSION

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30