



From Sandy Shepard
fEmpowerment® Lifestyle Trainer

"You'd *never* make a Bond Girl driving like *that!*"

— Detective Stella Bonasera (CSI-NY)
to woman trying to make a get-away

May 15, 2008

Hello Bond Grrrrl!

Today was Peony's test for her International Image Consulting Certificate in Florida – I know we were all thinking of her and wishing her well!

This is our first Weekly Update. It's a day late because the past couple of days I have been working at a little less than 1/2 speed. If you happen to be one of the Grrrls in the San Francisco Bay Area... Is it HOT, or WHAT? It was 109°F in the shade yesterday! My Scottish Highland blood is thinned out to tiny, limp, panting stream in this weather.

Thanks so much for taking part in our call on May 5th, and I look forward to 'seeing' you again on the call on May 22nd! As you know, the May 5th call is on my website, BeABondGirl.com, under the Podcast tab. Please feel free to download this into your iPod, listen to it on your computer, and please remember to Comment!

In these Weekly Updates, I recap the call that we had last week, and then give you some ideas to think about for our next call. If you would like to be the 'subject' of a call on an issue you are hashing through, please feel free to contact me – I think that Arielle received some fantastic advice from all of you on the May 5th call.

When We Last Met...

Goals and Steps.

For this past week, our *homework* was to come up with our main Goal, and 3 concrete steps to complete by the May 22nd call to move us on our way. Some of you have had some trouble with the Goal/Steps concept. So let's discuss that just a bit.

A Goal is a measurable, time-limited action that you are passionate about taking place in your life. It's a "wanna," not a "shoulda"! Remember: You need to feel passionate about it, and you need to give it a deadline. The 3 Steps are actions that you are going to do to bring you closer to that Goal. There are also holistic things that you can do to better your life and your attitude (such as vow to say Thank You any time something good happens to you, no matter how small), but those aren't Steps to a Goal.

Let me give you an example: Let's say that by November 1, 2008, which is a set date (it's your sister's wedding, something like that), you are PASSIONATE about having a new stream of income coming in, so that you have the ability to quit your current job. What STEPS might you do in the next week to bring you closer to that Goal?

1. You might write down everything you loved to do as a Girl or a Middle Schooler, to re-discover what you are Passionate about. (There are examples like this in my book).
2. You might completely go through your Organizer or Rolodex, and write down all the people you could talk with that could mentor you, discuss options with you, or who you just get a good 'feeling' about when you see their name.
3. You might set up a coffee chat or telephone call for next week with one of these folks, to find out how they are doing. (DO NOT tell them "Hey, I'm going to leave my job, help me" – you're just making contact in a friendly way now, and you want to leave the conversation open to see what happens.) OR, you might start a card campaign of sending a card a day to each of these contacts, telling them you are thinking of them.

Some of you have sent me Steps that you are going to implement, but some are "amorphous" (like "change my attitude"), they're not measurable and concrete. (I'm also not sure that you really are passionate about doing them!) If that sounds like you, you might want to re-think your 3 Steps. *We are going to discuss our Goals and Steps in a round-robin Mastermind*, so it would be great if you come prepared – and to be ready to say what you have accomplished since our call! We will be working through a curriculum together that will help with this, but that's a secret for now. ☺

Remember, use the curriculum that we completed for the last call as a jumping off point. If you didn't completely the curriculum, now might be the time (send me a copy, too). Make sure that your Goals and Steps make you feel excited. And also be sure that they're not something where you're depending on someone else (like, they need to sign a contract for you to complete your Step). If debt is your issue and your

Goal is to have paid down your debt or amassed a savings account by a set date, then your Steps might be (1) to write down every bit of debt you have and payments you have, (2) clean your house of everything that you don't Love or have an immediate Use for, then (3) take the rest to a consignment store (where you will take any \$ you receive and put it towards your debt).

As a reminder, all of you said Possessions were your last place item in what you really want in your life (Relationship, Travel, Adventure, Financial Stability, etc.), but many of you have the issue of bad debt or buying things because you feel unhappy with yourself or your life. Filling yourself up or "treating" yourself in the short term with things that don't really make your heart sing will not make you feel less frustrated or empty. It's time to knock that off. We're here to get you moving passionately towards the life of your dreams – and you've already all told me that Possessions is not a super important part of that! It's time to realize that all the purchasing, bad debt, and the like is just a way you are trying not to feel "one-down" from friends, out of control in your life, or unhappy. No more. You are not going to take control of your overwhelm-ment through buying a new purse.

Breathing Exercise.

This week, have you remembered to do your breathing exercise, and bask in your color? The 6-2-6 breathing formula (breathing in through your nose on a slow count of 6, holding for 2, and then out through your nose on 6) is the best way to produce Nitric Oxide in your body. I first learned about this in Dr. Oz's *You* books. This chemical literally relaxes your brain, and helps with feelings of overwhelm-ment. You know what also does that? Talking! The bummer, though, is that men have 300% more of the chemical that staves off "overwhelm-ment" in their bodies than women do. So they don't need to talk as much as we do, to chat and "relax." That's also why you will almost never hear a man say he feels "overwhelmed." It's a body feeling that men rarely *have* – because of this chemical discrepancy. (My theory is that this comes from men being the hunters – and needing to be very quiet – so a "chatty man" was usually eaten and therefore couldn't procreate... Whereas women had to be chatty to keep the animals away from them when they were gathering, watching the children, etc., and so a silent woman would get eaten, too. Just my theory as to how we wound up with this discrepancy.)

Body Memory.

In our breathing exercise last week, you remembered a "triumphant" situation, or one in which you felt that you overcame adversity. You saw a color, and you linked that success into your body by feeling where it "resided" within you. Those feelings and colors were different and personal for each one of you. By remembering this exercise, you

can link to that part of your body when you are in a stressful situation. We also learned how to do the movement or its opposite, to physically “release” a feeling of stress.

This week, try the same breathing exercise, but instead of a “triumphant” situation, remember an overwhelmingly Joyful or Happy situation. It might be the first time you held your baby. It might be crossing a finish line. It might be a word you heard from your loved one or a loving look in his eye. Link that feeling to your body, and a color. When we meet next week, we will introduce ourselves like we did last time, but this time with our “joyful” or “happy” color and body feeling.

I heard a wonderful podcast by Wayne Dyer the other day. He suggested using this breathing exercise to “Lubricate your brain with Peace.” As Dr. Dyer pointed out, we have a bad habit of repeating panicky words, which makes your minds panicky. Words have great effect, and often it’s our “inner gremlin” that is juicing us up into a panic using words that freak us out. Instead, repeat peaceful words, and foster tranquility. Dr. Dyer pointed out that the “Ahhhhh” sound is one that resonates in our brain and mouth/hard palate in a certain way, and it physically fosters peaceful feelings. So repeating this sound while you do the breathing exercise is a wonderful way to calm your mind. He stated that this is why the word for the “Power Greater Than Ourselves” in many religions incorporates this Ahhhhh sound. Think about it: God. Allah. Yahweh. [Heavenly] Father. All of these words for the Supreme Power incorporate that sound. And it’s just the sound and its resonance, not the meaning behind it, that can calm the brain. In Dr. Dyer’s view, that is why prayers in many ancient religions (Judaism, Buddhism, Muslim, Shinto, Hindu) are repeated in “lost” languages – because you don’t even need to know what the words say, it’s the sounds that make you feel more tranquil and close to Grace. Interesting, huh?

Finally, remember that your mind really only learns when your body, and feelings/emotions are all tied together. Realizing this is one of the first steps to understanding what you can do to help bring what you want into your life. You have a Body Memory of every single feeling, event and emotion that has ever happened to you. I am a certified Authentic Movement therapist, which is a therapeutic modality that helps people release difficult past memories by understanding where they are lodged in their body, and how the way that they move or hold their body often is in reaction to past “hurts.” Realizing and releasing these and becoming present is not just about seeing them in your mind and discussing them (like traditional therapy), but also dislodging them from your body by linking that memory to the feeling/thought/movement it engenders in your Now. This is too much to go into here, but just know that there are whole systems and studies based on this, and it was a large portion of Carl Jung’s work.

Be Kind To Yourself.

Finally, we talked about making room for yourself in your life – about being accountable to yourself and being accountable to one another for this year. About being kind to yourself: We are often harder on ourselves than anyone else is on us. Think about this: Would you talk to a friend the way that you talk to yourself? If not – time to start talking to yourself like you would a sweet, wonderful friend that you love and adore.

Each one of you came up with Goals for this year that I honestly believe you can accomplish, if you believe in yourself and continue to take concrete Steps towards the realization of those Goals. You are realistic, amazing women. You are single mothers, career women, nurturers of long-term relationships, re-discoverers of your true selves, champions of adversity, and the like. By writing down your Goals and being committed to an accountability group, I actually know that you will get there.

Again though, we often get overwhelmed by our own “doubts” which are really thoughts about the past or about the future. Usually this is a woman’s problem – men are linear thinkers, and so pretty much stay with the present. We can multitask and worry in all dimensions! It’s time to ground ourselves in the present and get our “inner gremlin” to stop obsessing about the past and future. To do this, we need to remember to incorporate the 6-2-6 breathing exercise into our daily routine, to make the chemical that calms and focuses your brain. To reiterate, certain, personal colors and physical sensations are also directly tied to the portion of your brain responsible for manufacturing emotion. So until we next meet, remember your color, breathing, and how it feels in your body. Pay attention to your body and see where feelings that you would rather not have lodge for you, so you can try to affect them by physically doing the opposite in your body.

What’s New With Me This Week?

I have had some exciting news myself – I have been on ABC a couple of times in the hour before Oprah (the show is called *The View From The Bay* and these episodes are posted on my website), and now it looks like KOMO, the last “live talk show format” in Seattle is interested in having me as a guest.

Also, I am very excited to announce that I am in the running for the International Coach of the Year, through Prime-Time Business Institute, Inc.! They will announce the winner this Fall.

Why Train With Me?

As you know, I ABSOLUTELY believe in belonging to coaching programs. I spend a lot of money each year on my own ongoing education. Just like Tiger Woods has coaches (and different coaches for different aspects of his game), we need to have coaches for “different aspects of our game.” I had a coach for my book, I have a coach for coaching (yes, really!), a business coach, and a publicity coach. I believe that instead of buying purses or bling, it’s the Bond Grrl way to spend money on improving myself from the inside, out. Unlike a purse, education and bettering yourself never goes out of style.

This is money *invested* in myself. I don’t think anyone “invests” in purses, trips to the spa, or other such things! You know what’s really awesome? The money I have invested in my coaching groups has been returned to me MANY times over because of the Mastermind ideas that have come out of my groups, synchronicities, and even just having a group of like-minded individuals to whom I feel accountable.

The next **fEmpowerment Lifestyle Training Session** is scheduled for May 22nd, 7:00pm PACIFIC TIME (United States time).

This call will be posted on my website – www.BeABondGirl.com – under the Podcast tab, so you won’t miss anything if you can’t be on the call Live. I can also send you a CD recording of the session if that is more convenient for you.

Here’s the phone number and bridge line number for the next “**fEmpowerment Accountability Club**” session:

Dial-In Conference Number	1-712-432-1300
Conference Bridge Number:	7783xx¹

If you have a question you’d like me to answer on the call, please email it to me at Sandy@BeABondGirl.com.

Thank you for being a part of this program! And you know what I’m going to say now – A-lo-HA!

Sandy (a/k/a Solitaire)

¹ I will email you the last two numbers for the Bridge Call, as I will be posting this Update on my Blog, as promised, so that folks can see what fEmpowerment Lifestyle Training affords them.