

CHAPTER 2: HONESTY - Video Guide

The route I will take to get to my vision is called the Creative _____.

My _____ toward my vision will require me to step into some uncomfortable situations. Moving from where I am to where I want to be will require me to:

- Do _____ things,
- See people and problems in new _____,
- _____ new possibilities,
- Try new approaches,
- Open up to new _____, and
- Experience things that are currently _____ to me.

Before I begin, I need to locate myself on the map by getting _____ about my current reality. The more honest I am willing to be, the _____ it will be to navigate the route to get there.

_____ wants to write a very different story than the one we were created to live. It wants me to settle for the _____. It wants to communicate to me that I am bad, _____, or wrong. The message is so familiar that it is easy to assume that it is absolutely _____.

As I buy into the story, I begin to isolate myself and turn inward which allows shame's message to simply get _____.

A great resource about this topic is *The Soul of Shame* by Curt Thompson.

Shame alters our brains. It completely removes our ability to have _____ thoughts, see possible _____, or invite _____ into our struggle and need.

Since I don't want shame to take me out, I need the _____ and commitment to get really honest about my current reality. This will be the first major place of _____ in my journey toward the life that matters to me.

Whatever we _____, persists!

Light destroys shame, so the more I dig in and expose its messages, the less shame will own _____.

Once way to expose shame to light is to _____ what I am tolerating in my life. What are my _____ communicating to me?

I will remember that shame only has the _____ that I give it. When I expose it to the light, it _____ its power.