

The Road to Self R-evolution



R-evolution

All r-evolution starts with a:

- Personal r-evolution that actively challenges “old patterns” to cultivate new beliefs that create a more dynamic and meaningful life.

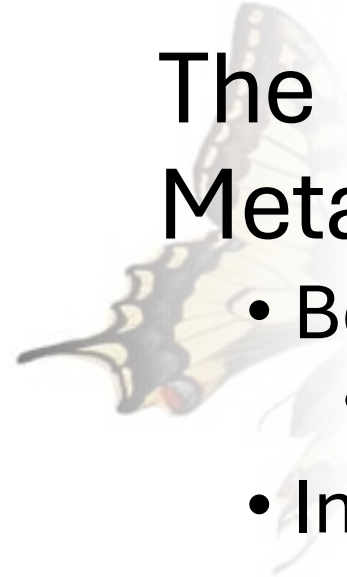
“The most important kind of freedom is to be what you really are. . . There can’t be any large-scale revolution until there’s a personal revolution, on an individual level. It’s got to happen inside first.”

— **Jim Morrison**



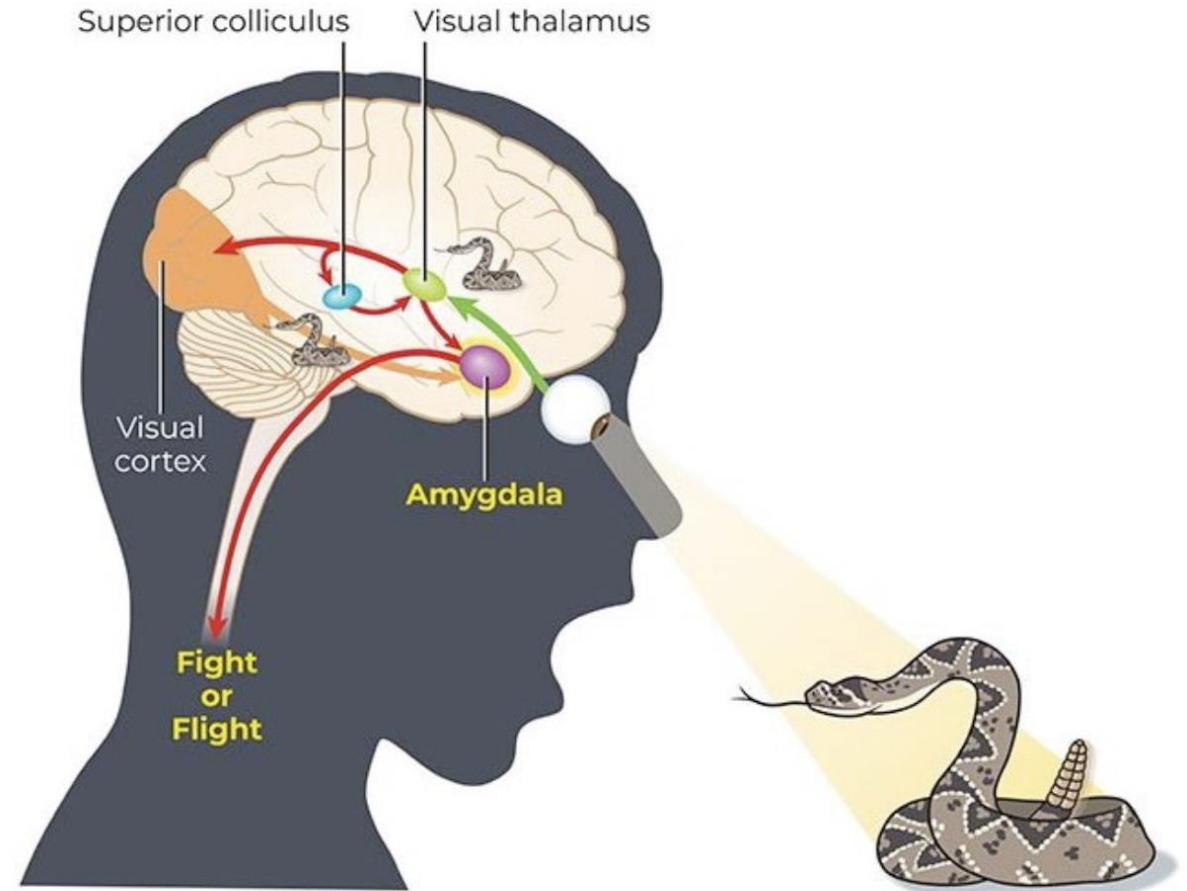
The Metamorphosis

- Believe
 - Who am I?
- Influence
 - How do I move others?
- R-evolutionize
 - How do I stand in my truth?





R-evolution Requires Fear



Understanding the Personal Change Journey



Egg – Comfort Zone Nourished by plant until hatched. Belief: All is safe	Butterfly – New Reality Emerges from Chrysalis, expands wings, flies. Belief: This is better than the comfort zone
Caterpillar - Change Eats & grows rapidly, shedding skins several times to accommodate growth Belief: How big does this change get?	Chrysalis - Chaos A “shell” is formed where transformation occurs. Caterpillar becomes liquid. Belief: I’m not getting out of this alive



BELIEVE



Finding Your Core

- Break into pairs
- Think about a childhood story that best expresses who you are
- Draw a picture of yourself in that story
- Share the picture and story with your partner and “why” you drew yourself the way you did

We Build Belief through Stories

Stories:

- Attach meanings to situations
- Organize memories & thoughts
- Help us create community
- Foster empathy

*Note: Our body doesn't know the
difference between what is real and
what is imagined.*



Stories R-evolutionize Results

- The Negativity Receptor
 - Brain prioritizes negative info and discards the positive
 - We look for what we lack
- Actions that Drive Negative Results
 - Playing small
 - Disclaimers
 - Hesitation

CIRCUMSTANCE



THOUGHT



FEELING



ACTION



RESULT

R-evolutionize Your Story

- What stories am I telling myself?
- Do I absolutely know they are true?
- Are they written by someone else?
- How can I take up more space?
- How can I be more definitive?



YOU CANNOT STAND UP FOR ANYTHING SUCCESSFULLY UNTIL YOU CAN STAND UP FOR YOURSELF.

- Break back into pairs
- Revisit your childhood drawing
- Based upon your “core” story, determine one superpower
- Adjust the drawing to fit the superpower
- Share your superpower with partner and what key value it represents
- Group debrief



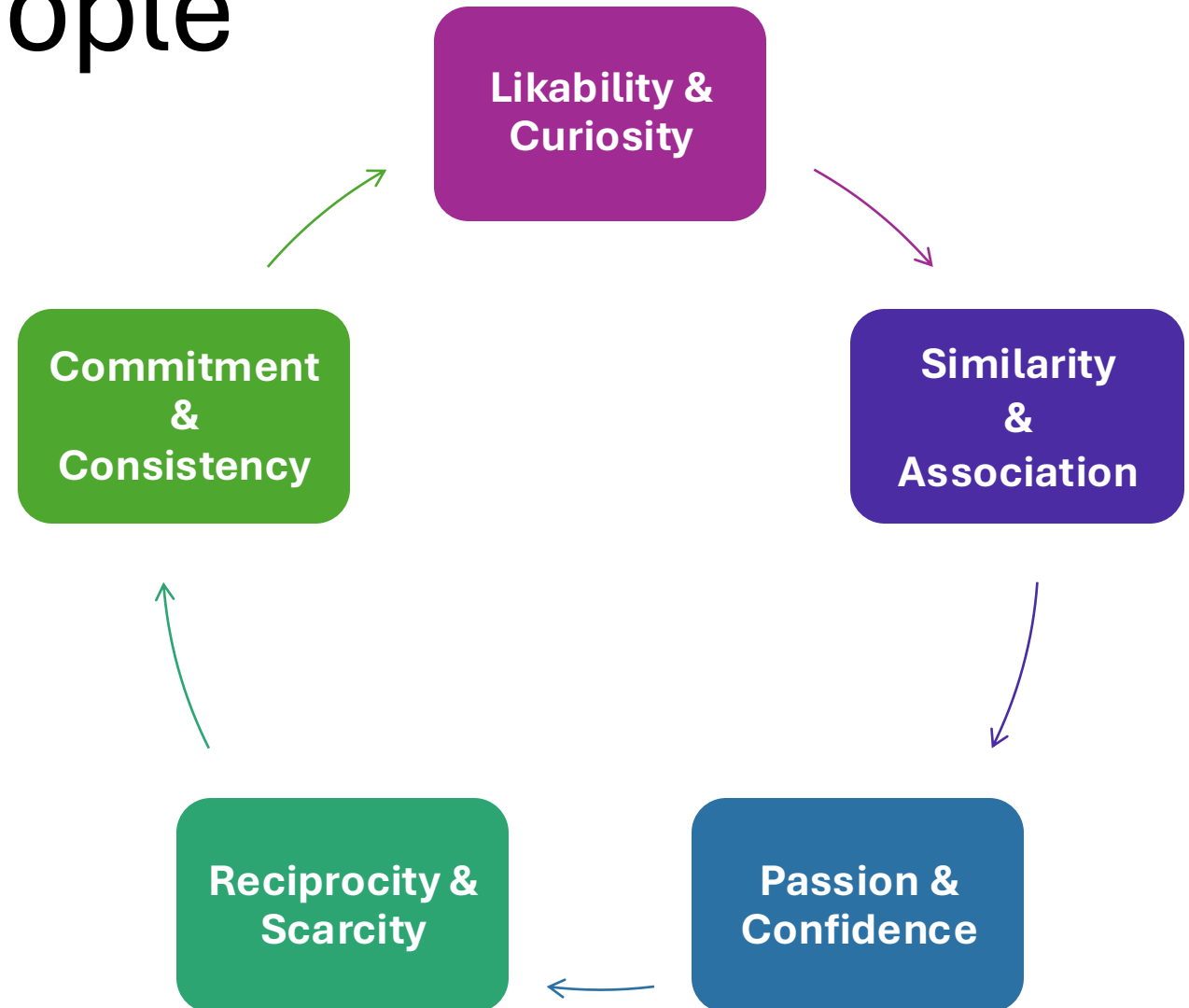


INFLUENCE

What is influence?



How to Move People





R-EVOLUTIONIZE



R-EVOLUTIONIZE

- **Believe:**

- Know Your Core Value
- Play to your Super-Power

- **Influence:**

- Be incredibly curious
- Be consistent
- Be passionate

- **Stand in Your Truth:**

- Be you
- Let them
- Power up