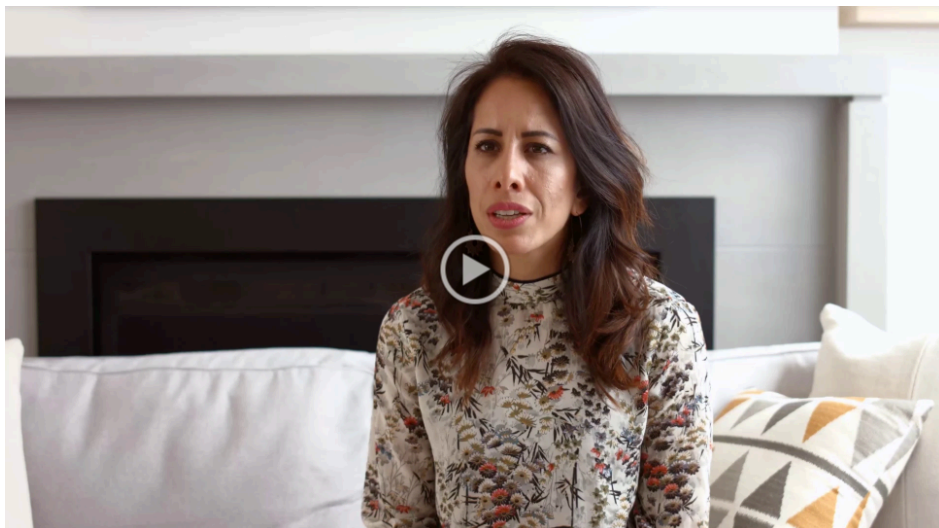


The 6 Essential C's: Clarity, Commitment, Courage, Compassion, Connection, Community

6 C's WORKSHEET

This exercise will help you discover just how ready you are to make REAL CHANGE happen in your life, towards your best version of self – that connected, fulfilled, self-assured and playful self you were born as. This is the place from which we can best role model for our children what is possible, even later on in life, if they keep the light within them alive.

Answer the questions with the answers that first come to you, without overthinking the exercise. Our first response in writing exercises can be most reflective of our truth. When sharing your current level of resonance with any of the C's below, 1 would indicate 'hardly any' and 10 would refer to your 'best possible effort' towards that attribute.



Let's dive in to the 6 Essential C's for CONSCIOUS CHANGE.

1. CLARITY

- a. What do you want? Most importantly, how do you want to feel?
Everything we do in life is to feel something, whether it's getting a promotion at work, doing spring cleaning or taking a trip.

- b. Once you have identified what it is you want and how you want to feel, write down how clear are you on what you want from 1 to 10.

2. COMMITMENT

- a. We are talking about daily commitment to yourself, by slowing down and taking space to listen to what your heart is wanting to say rather than your logical mind. We can't expand in life if we are constantly tied to the distractions and overwhelmed by the busyness of life. There is simply no room to grow in that space! What are you doing to show yourself that you are committed to a better way?

- b. How intentional are you about slowing down and taking space for yourself, from 1-10?

3. COMPASSION

- a. Self-discovery and growth is a pathless life. There are many surprises and new awareness that requires us to be willing to dance with the unknown, and often our own discomfort. Are you willing to move with the ebbs and flow, without judging yourself?

- b. How willing do you find yourself to meet yourself with acceptance and forgiveness, from 1-10?

4. COURAGE

- a. Creating something new, or a different way that may serve us better than the last, requires taking risks on ourselves. It takes showing up with vulnerability and in our truth, even when the world around us is asking something different from us. Where in your life do you feel you are holding back from trusting who you are?

- b. How willing are you to take a chance on something other than that which is familiar and comfortable, from 1-10?

5. CONNECTION

- a. In order to consciously shift into a more heart focused or fulfilling way, we are required to be honest with ourselves and the other. Instead of running away or becoming distracted, we encourage you to stay in the feelings and in connection to yourself, honestly. All that we have come to believe in life has been created in connection with another in our earliest years, and therefore, must be undone in connection to reinforce the truth of what we are witnessing. What do you think would happen if you were to stay in the discomfort, and in connection? Would a new possibility be realized?

- b. How willing are you to see each part of yourself when you are in discomfort, and own those parts that you otherwise pushed away? Or disowned? Share from 1-10.

6. COMMUNITY

a. We know that there is a tremendous ability to quantum leap through life shifts when we are in authentic community, where we can be seen and held just as we are. We also give each permission to step out and take chances in community, by simply giving ourselves allowance to share or do something different than we may if we were on our own. Where do you feel this community is for you? How could you otherwise step out and find the right community to support you?

b. On a scale of 1-10, how willing are you to be seen and heard in safe community?



CONGRATULATIONS for moving through what may have felt like an exercise that challenges you to be very honest with yourself. This is what we practice daily at Raising Humanity, so we have the possibility of breaking through at the highest level possible.

If you scored:

1-10: YOUR ABILITY TO BE HONEST WITH YOURSELF WILL CARRY YOU TO AMAZING LEVELS MOVING FORWARD! This is a great first step. How can we support you in moving towards consistently committing to more of the attributes of a change-led life? Please let us know! If you don't already have a community, our Facebook group, [Rising Together](#), is amazing at helping lift one another up. Plenty of ideas are shared in that space as to how we can incorporate simple, yet impactful steps into our daily lives to create significant shifts. Remember that an entire trajectory can be created from just a few millimeters shift!

31-45: YOU FIND YOURSELF ON A PATH OF PREPARING FOR CHANGE.

What more do you feel you could take an action step towards in the coming 7 days? What are you not practicing daily, as of yet? Know that you are on the right path, towards creating lasting and meaningful change in your life.

45-60: YOU ARE SO READY FOR MEANINGFUL CHANGE IN YOUR LIFE!

What do you aspire to do next? We would love to hear more from you in our community spaces, or have you deep dive with us into The (re)Connection Project, our signature 3 month experiential process. Continue to be a role model by leading as your best version of self, and inspiring others to do the same.

Let us know how we can support. Join our villages [on Facebook](#), and [on Instagram](#). We would love to help you move into your absolute brightest and true version of self, so that the many generations ahead have an opportunity to do the same.