

The Support Container

Committing to a heartfelt project is a personal/spiritual growth activity. You will come up against your resistance, your identity and your fears. You will find many ways to procrastinate or to avoid the inner changes that must occur for you to reach your goals. Remember that in order to do something you haven't done before, you need to become someone you haven't been before. This can present formidable challenges.

To minimize the impact of stress and resistance that comes up with any heartfelt project, it is wise to have a plan for dealing with triggers and stresses, Stress occurs and can result in serious procrastination or paralysis if one doesn't have a good plan in place. The Support Container is a document you create which outlines the following 5 elements:

1. Connecting to Purpose
2. Pro-Active Practices
3. Know Triggers
4. Recovery Techniques
5. Celebration

For more details refer to the examples below.

My Support Container

The purpose of creating a support container is to hold me on my trajectory towards my goal. The container is built around potential fears, distractions and limiting habits of behavior and thought that I have recognized from my past experiences and is continually updated as new fears, distractions and habits present themselves.

The container is designed to help me shift to sustainable fuel sources (to not allow me to slip into using fear, stress, shame, duty, obligation or sacrifice as motivators for the work I do) and to keep me moving forward when conditions arise that I know have tended to side track me in the past.

There are 5 basic elements to a support container:

Connecting to Purpose	Pro-Active Practices	Recognizing Red Flags	Methods of Getting Back	Ways to Celebrate
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Connecting to Purpose: These are methods I use to keep my purpose at the center of all the activities related to my project.

Examples of these methods are:

- Daily (or at least several times per week and always when I am feeling like not working) revisit my dream. What is the end goal for my project?
- Frequent review of my Ideal Scene and updating it on a regular basis
- Daily review of my commitment list
- Creating a Living Vision for my project
- Regularly scheduled dreaming/visioning sessions for my end goal

Your methods of connecting to your Purpose:

Pro-Active Practices: These are activities that I schedule into my life regularly to head off procrastination due to habitually unmet needs, unacknowledged fears or stresses or unsustainable fuel. The emphasis is on a commitment to self-nurturing on all levels (SPEMS). The discipline is to regularly putting these practices high on the priority list and to keeping my agreements with my basic self and other inner aspects that need and like nurturing.

Examples of Pro-Active Practices are:

- Surrounding myself with support: I have a list of supportive people who I know I can contact any time for support. I nurture friendships with people who support my growth. I regularly touch in with friends who support my growth. I minimize contact with people who allow me to indulge in smallness or negative self-talk or who seem to trigger judgment in me. I notice which social and business encounters fill me with energy and joy and which leave me feeling defeated or depleted or in judgment and I choose my activities with this in mind.
- I have created a support structure of regular, scheduled meetings with my accountability teams.
- I am creating routines that support my success: beginning my work day by reviewing my Ideal Scene and my Purpose Checklist, starting each week with scheduling my support activities, etc
- I have daily, weekly and monthly practices that I am working to fully ground and establish: meditation and prayer sessions, exercise for my beloved body, regular reflection sessions, journaling, healthy eating habits,
- The practice of self-love: On my weekly calendar I first schedule blocks of time to engage in fun, treats and self-nurturing. I have compiled a list of activities that address my inner aspects' needs for special time.
- I keep a collection of inspiring quotes which I review regularly.
- I Sharpen My Saw. I take classes, read books and work to improve my knowledge and mastery of the material I teach and the methods I use to work with clients.
- I schedule regular self-healing sessions, and sessions with my mentors, healers and coaches, both virtual and quantum.

Your Pro-Active Practices:

Recognizing Red Flags: I am increasing my ability to identify when I am triggered, charged, and/or not working within the flow or from inspiration. My intention is to always work in cooperation with the flow of the universe, in a state of presence and aligned with my intuition and inspiration so that I am fully participating at the highest levels in the work of Spirit in this life.

Examples of recognizing red flags:

- The use of reflection tools such as rating scales, monthly reviews "grokking" sessions with myself and others.
- Use of subpersonality drawings to more deeply understand the physical, mental and emotional manifestations of charge
- Use of checklists and tracking tools to aid in my reflection of my commitments to self-nurturing practices and activities.

Your Methods of Recognizing Red Flags:

Methods of Getting Back: When I have gone off track I use the following tools to re-set and begin again from a place of integrity and alignment.

Examples of Getting Back techniques:

- ho'oponopono
- self-forgiveness
- EFT
- One belief at a time
- adventure
- rest
- hiking
- calling a support person
- consulting with a quantum partner

Your Methods of Getting Back:

Ways to Celebrate: I recognize that all aspects of me like to be acknowledged for work well done so I have created a list of ways I can show myself appreciation. I have committed to doing 3 - 5 items from this list each week.

Examples of Celebration:

- Send myself a love letter or card
- Take a day and go up or down the coast
- Share my wins with a supportive friend
- Create a gratitude list of at least 10 things about myself that I appreciate
- Take a day to listen to music
- Prize my Inner Child for at least 10 things I like about her
- Go dancing
- Take myself out for a really nice dinner
- Watch the sunset
- Go people watching

Your Ways to Celebrate: