

BECOMING UNSHAKEABLE

1. Start Here: Your Mission + Core Values

Before we dive into the weekly rhythm, we need to begin with something deeper. Your mission and your values are your roots. They are the foundation beneath the titles you carry. They clarify who you are—not just what you do.

Why This Comes First: If you don't know what you stand for, you'll default to reacting instead of responding. Your personal mission and values create the filter for your yes and your no. They shape how you lead, how you love, and how you live.

Instructions: Don't rush this. This is not a quick fix. You may need days, weeks—or even a few months—to write a clear, honest mission statement that reflects your truth. The same goes for your core values—the 3 to 5 principles you want to live and lead by, even when it's hard. Write what's real now. Refine as you grow.

Exercise: My Mission + My Values

In this season, I believe my mission is to:

I stand for these values—no matter what:

This is not meant to be perfect. It's meant to be true. Let it evolve. Return to it when things feel heavy or unclear. Once this part is complete—or even just started—you're ready to move into the weekly practice.

Weekly Self-Check-In

This is where clarity begins. This is your space to pause, process, and check in with the real you—the person behind the responsibilities, behind the expectations, behind the smile.

Take 5 minutes. Silence the noise. Close your eyes. Breathe deeply. Then ask yourself—not as a leader or a parent or a professional, but as a human:

How am I doing, really—mentally, emotionally, spiritually?

Where am I thriving? Where am I tired?

What signs of burnout, disconnection, or overextension have shown up this week?

What has poured into me? What has pulled from me?

Write honestly. Nobody else needs to see this. But you need to say it.

Don't just keep moving—make meaning.

Don't just show up—check in.

3. Who Do I Want to Embody This Week?

This week, I want to lead/parent/teach/live as someone who is...



(Write the kind of person or leader you want to show up as this week—calm, courageous, grounded, joyful, focused)

What internal thoughts or feelings might get in the way? - Are there external pressures I need to prepare for or approach differently?



“Don’t react from old patterns. Respond from who you’re becoming.”

9. If You're Feeling Heavy...

This space may have stirred some things. That's not weakness—it's wisdom waking up.

If you're feeling overwhelmed, pause here. You don't have to push it down. Let it breathe. Here are a few things

- **Box Breathing** – Inhale for 4, hold for 4, exhale for 4, hold for 4. Repeat 3–4 times.
- **Write Freely** – Take 3 minutes to write without judgment. Don't edit. Don't fix. Just feel.
- **Move Your Body** – Stand, stretch, or take a short walk. Let the emotion move through you.
- **Speak This to Yourself** – “I am safe to feel what I feel. I am not alone. I don't have to fix everything right now.”

This isn't about solving everything—it's about staying present with what's real. You're doing the work. You're showing up. And that's more than enough for today.