

June 2021 Issue 11

# The We Turned Out Okay Playbook

by Karen Lock Kolp, M.Ed.

Doing what works for you and your family...

Instead of treading the conventional path. Let's jump in!

## **Heart; Gut; Deepest Part of Yourself**

Welcome to Issue 11 of the *We Turned Out Okay Playbook*!

I've just attended a wonderful, virtual conference for coaches. (Before the conference, I would never have thought that you could use the words "wonderful" and "virtual" to describe the same event. Now I know different!)

It was called a Coaching Intensive. The Intensive took place over nine days between late April and early May, and as a group we went really deep. I got way out of my comfort zone, realized some important truths – and danced at least one half hour per day. Because the organizers employed a DJ, and prioritized music and movement.

There were dozens of truly profound, life-changing moments during the Intensive. I honed my mission when we visited the year 2030; coached and was coached by the leaders of my field; and made a connection with a woman whose job title was Curator of Magical Experiences – in which I provided the magic for *her*. It was so cool!

I want to share with you one key, deeply profound exercise. It took place on Intensity Day, which really turned up the volume from previous days (in order: Money Day, Meaning Day, Mission Day, and Impossible Day).

I found that this exercise gave me words to help myself feel better in times of doubt or fear. I've adopted them in the week or so since the end of the Intensive as words to live by. I hope that by sharing exercise in this space that you will be able to adopt this tool for your own use, in your life.

So here goes!

First, sit comfortably in a quiet space, preferably with a door you can close so that you won't be disturbed. (The whole thing will take like five minutes. Maybe even less.)

2

Next, breathe into your body. Become conscious of the rise and fall of your belly and chest. Allow your eyes to close and just breathe deeply for a few moments. Once you feel truly present in this moment, you can open your eyes and keep going with the exercise.

Now, place one hand over your heart. Feel it beating. Connect with your heart... Ask yourself the following question: "What does my heart need me to know right now?"

(At the end of this exercise I will share my answers. For now, stay present with your heart and listen carefully so it can tell you what it needs you to know in this moment.)

Breathe deeply again. Now ask: "What else does my heart need me to know right now?"

Once you have your answer, take a moment to tell your heart "thank you." Your heart does a lot for you behind the scenes! Saying thank you, sending appreciation to this key organ, is an important part of this exercise.

Remove your hand from over your heart, and place it on your belly. Breathe deeply as you feel the connection with your gut.

Ask yourself: "What does my gut need me to know right now?"

Pause, breathe, and listen for the answer.

Then ask, “What else does my gut need me to know right now?”

Wrapping up with your gut, once you listen for the answers be sure to say “thank you” to your stomach, intestines, and other organs in the digestive system. As with the heart they do an important job! They’ll appreciate the recognition.

An aside... Sometimes, there will be multiple things that your heart or your gut need you to know. And sometimes there will just be one important thought coming from these areas. If you can, be open to what your heart and your gut tell you.

That goes for the third part of this exercise is well.

Now, move your hand down just below your belly, to what I think of as “the deepest part of you.” (It’s okay if this feels a little strange at first.)

There is a lot going on in this area of our body! Reproductive organs, nerves moving out from the base of the spine and connecting through the pelvis, not to mention the terminus of the digestive system. In some Eastern traditions, this area is called the “root.” The deepest part of us. The part that keeps us grounded.

Placing a hand just below the belly, ask this deepest part “what do you need me to know right now?”

Pausing, listening, being open to the answer.

And then asking “what else do you need me to know right now?”

Finally, after pausing, listening, and being open for something more, saying thank you to this deepest part.

To wrap up, bring your attention back up to your chest and belly and take a few slow, deep breaths.

What did these three areas – heart, gut, and deepest part – share with you?

Here’s what mine told me:

My heart said “I’m strong... You don’t need to worry about me.”

My gut said “You’re safe... And you are on the right track.”

My deepest part said “You’re safe... And I’ve got you.”

I cannot tell you how good these statements made me feel. I was filled with wonder that consulting with three different parts of my body would produce three such completely different responses.

At first it was a real challenge to overcome the negative thoughts I had in even beginning to attempt this exercise. I had thoughts such as “this is so silly.”

It felt tremendously uncomfortable to physically put my hand over my heart, my gut, and worst of all over the deepest part of me!

The exercise took me way out of my comfort zone, for sure.

But once I was there, I allowed intuition to take over.

Ever since I feel stronger, safer, and aligned with my values and goals in a way I did not before.

Are you attuned to your instincts, to your intuition? Or do you shy away from even the idea of going with your gut?

We'll spend this month getting out of our head and into our body. It's going to be awesome.

4

Let's dive in!

## June 2021 At-a-Glance & Calendar Expansion

This is sure to be an interesting month! You'll spend time:

- Being open to “all is right with the world” moments
- Understanding intuition as high-level pattern recognition
- Understanding what intuition can teach us about ourselves and our kids
- Observing how the 5 C's of Parent Leadership intersect with intuition

Plus, you'll create an Intuition Playsheet to synthesize your learning and see how intuition intersects with one of the 5 C's!

Happy June – Enjoy!

6

Sunday	Monday	Tuesday	Wednesday
		1. All-Is-Right-With-The-World Moments!	2. What intuition truly is...
6. Sunday Play Day 1	7. All-is-Right-with-The-World Moments, round 2	8. What can intuition...	9. Tell us...
13. Sunday Play Day 2	14. Checking in on All-is-Right-with-The-World Moments again	15. The intersection of intuition and the 5 C's of Parent Leadership	16. The first C
20. Sunday Play Day 3	21. What are you noticing about All-is-Right-with-The-World Moments?	22. The fourth C	23. The fifth C, Part 1
27. Sunday Play Day 4	28. Last All-is-Right-with-The-World check-in for this month	29. Reflecting on this past month...	30. Looking forward to July!

Thursday	Friday	Saturday	Ideas
<p>3.</p> <p><b>It's High-Level...</b></p>	<p>4.</p> <p>Pattern recognition!</p>	<p>5. Self-Care Saturday</p>	
<p>10.</p> <p><b>About our kids...</b></p>	<p>11.</p> <p>And ourselves?</p>	<p>12. Self-Care Saturday</p>	
<p>17. <b>The second C</b></p>	<p>18. The third C</p>	<p>19. Self-Care Saturday</p>	
<p>24. <b>The fifth C, Part 2</b></p>	<p>25. Wrapping up with intuition and the 5 C's</p>	<p>26. Self-Care Saturday</p>	
<p>J1</p>	<p>J2</p>	<p>J3</p>	

## Let's jump into June 2021!

**June 1:** A handful of times over the course of my life I have had what I think of as “All is right with the world moments.”

They don't happen on gigantic momentous days like weddings or graduations. Instead they are quiet moments, often in the middle of daily, noisy fun, or when suddenly I look around and I'm surrounded by people that I dearly love. Or one of my kids asks the most astounding question, or does something small and kind for one of us, and the world aligns perfectly for joy and fulfillment. In a tiny, quiet way.

Each Monday in June we will check in on All-Is-Right-with-the-World-Moments that you may have had. These can be moments you notice during this month, but it doesn't have to be. You could use this space to journal about a past All-Is-Right-with-The-World-Moment. All I'm asking you for today is this: be open to the idea that sometimes, all feels right in your world.

8

### Intuition Part 1: High Level Pattern Recognition

**June 2:** Today, think on a time when your gut told you something was going to be awesome – and it was! Share about that experience in this space...

**June 3:** Today, think on something that broke bad – or that might have broken bad except that your intuition led you away from it. Some hunch, some feeling that you had, perhaps even that led you to say “oh boy, this will not end well.” What were those feelings? And what happened in the situation? Write, draw, or doodle about it all just here:

**June 4:** Rereading what you wrote yesterday and the day before, what was it about those situations that caused you to have your gut feelings? This is your brain, understanding and registering some high-level patterns that you may not consciously be aware of. Share in this space about an insight (or a few even) that occurred for you in these last few days about intuition as high-level pattern recognition.

9

**June 5:** It's the first of our Self-Care Saturdays! Each Saturday this month your job is simple... Let intuition guide you in taking care of your self. Even if it's just 10 minutes, to put your feet up and read something for pleasure. What did you do today to get that self-care? Share about it here:

**June 6:** In June, Sundays are play days! Each Sunday, find some time to engage in open-ended, just-for-fun playtime with your kids. (High/Low/Hero/Funny is also an option for one of these Sundays! You can find that on page 18.)

Write, doodle, or draw about what playtime you all had today:

**June 7:** All-is-Right-with-The-World-Moment Check-in... Have you had one of these moments yet in June? Or, have you remembered one that you had previously? This is your opportunity to write, draw, or doodle about one of your own All-is-Right-with-The-World Moments...

10

### Intuition Part 2: What Intuition Teaches Us

**June 8:** The way intuition communicates with us is by taking us out of our brain, and dropping us directly into our body.

Butterflies in the stomach. Tingling in our hands or feet. A racing heartbeat that we can feel even if we don't put our hand over our heart. How has intuition shown up for you, in your body? Share about it here:

**June 9:** An expression I have heard: “When your mind and body disagree, usually your body is right.” Does this feel familiar to you? Journal about one time when your mind and body disagreed. Which was right?

**June 10:** Thinking on intuition as high-level pattern recognition, and how much of our intuition is present in our body rather than our mind, what can this teach you about yourself? How might this knowledge help you in the future?

**June 11:** Thinking again on the high-level pattern recognition and the bodily presence of intuition: what might this teach you about your kids, and your relationship with them? How might that knowledge help you in the future?

**June 12:** Self-Care Saturday, round two! How are you taking care of yourself today? Let intuition guide you, and share what you ended up doing in this space:

**June 13.** Sunday Play Day, the second! What sort of open-ended play will you engage in today with your kids? Keep in mind that the High/Low/Hero/Funny playsheet on page 18 can also be a part of Sunday Play Days : )

12 **June 14.** An All-is-Right-with-The-World check-in: For me, All-is-Right-with-The-World-Moments are tied to intuition because they have to do with high-level pattern recognition. The world is literally spinning differently in those moments. I can almost hear a refreshing breeze coming up when one begins. It's as if everything around me is cosmically saying "Hey. Pay attention to this important yet tiny moment." Is that how it feels for you? Share about this, and/or any All is Right with The World Moment you would like, right here:

Intuition Part 3: Bringing in the 5 C's of Parent Leadership

**June 15:** What are the 5 C's of Parent Leadership? They are one of the very first ideas about parenting I ever came up with and shared on the *We Turned Out Okay* Podcast.

In no particular order the 5 C's are: Courage; Consistency; Calm; Confidence; and Community. Over the next few weeks of June we are learning about the intersection of intuition and the 5 C's.

(The 5 C's come up in my first book, *Positive Discipline Ninja Tactics* – if you don't have it yet, go to <http://bit.ly/PDNTfree> to enjoy a complimentary download of this book : )

It's going to be fun, studying the intersection of these two important concepts!

For now let's go to the...

### Mid-Month Check-in

Looking back over the last few weeks, what strikes you about anything you've written so far? Are there any common themes or patterns that you recognize? Share about them in the space below, whether in writing, drawing, or doodling:

Common themes, patterns, other insights...

13

**June 16:** The 1<sup>st</sup> C is Courage.

Think back to a moment when you needed to summon all the courage you possessed. Were you thinking with your head, or were you going with your gut in that moment? Doodle, write, or draw about this situation here:

**June 17:** The 2<sup>nd</sup> is Consistency.

Is it harder for you to stay consistent when trying to influence your own behavior, or your children's? Think of a situation which required all your skills at remaining consistent. Was it more coming from your mind, or from your body? Describe and share about this situation and your thoughts and conclusions here:

**June 18:** The 3<sup>rd</sup> C is Calm.

For me, remaining Calm is about training my brain to listen to my body. To recognize when my heart is racing, when my stomach twists. Only when I have that awareness can I take steps to be calm. Is it like that for you? Where does Calm intersect with intuition for you? Doodle, draw, or write about it here:

14

**June 19:** Our third Self-Care Saturday! Today, spend at least a little time doing something just for yourself. Then, share about what you did in this space!

**June 20:** Round 3 of Sunday Play Day... Go and have some fun with your family! And then come back and share about what you did here:

**June 21:** Checking in on All-is-Right-with-The-World moments. What's come to you, when you think of these moments? Have you experienced one yet? What aspects of the 5 C's might help you make sense of them or be more in the moment when they happen?

### Intuition Part 3 Continued: More C's

**June 22:** The 4<sup>th</sup> C is Confidence.

When you're nervous, where do you feel that – in your mind, or in your body? How might calling upon the fourth C help drop you into your body and thus your intuition?

**June 23-24:** The 5<sup>th</sup> C is Community.

We'll take these two days to consider how Community coincides with intuition. The reason this will take two days? Because I want you to be IN your community. Over these next few days, put on your observer hat and notice a few things.

Who do you love to be in community with? Why are they your people? What part does your brain play, and what part does intuition play in making those choices?

Finally, how does it all converge? Use Playsheet 2 on page 19 to answer these questions and see where they intersect!

**June 25:** 5 C's/intuition wrap-up. Looking back over these entries, and Playsheet 2, how do the five C's and intuition intersect for you? Doodle, write, or draw about that here:

**June 26:** Four weeks in a row of Self Care Saturdays! Did you do it – did you take some time each Saturday of June? If not, forgive yourself first and foremost. This is a crazy month! Either way, take a deep breath and give yourself permission to engage in some self-care time today. Share about what you did here:

16

**June 27:** Maybe this isn't the last Sunday Play Day, though it is the last one in June. But perhaps it's the beginning of a beautiful future of Sunday Play Days! Either way, share about what you did today, in terms of playing with your family, here!

**June 28:** Checking in on All-is-Right-with-The-World moments, once more in June. Was this concept fun for you? Was it a new concept, or one that you'd heard of before? I hope learning about it has helped you be open to the possibility that All-is-Right-with-The-World moments can happen to you, and for you <3

**June 29-30:** Reflecting back, looking forward!

## End-of-the-Month Roundup

**What will you use and remember, from this epic month of parenting?** Share your thoughts in the box below:

I will use and remember...
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17

And get ready for July's *Playbook*! It's going to be a great month!

## Playsheets

If you know me, you'll know I'm not a fan of worksheets. But I really wanted you to have a place to collect your thoughts in a worksheet kind of way, so I developed these Playsheets instead!

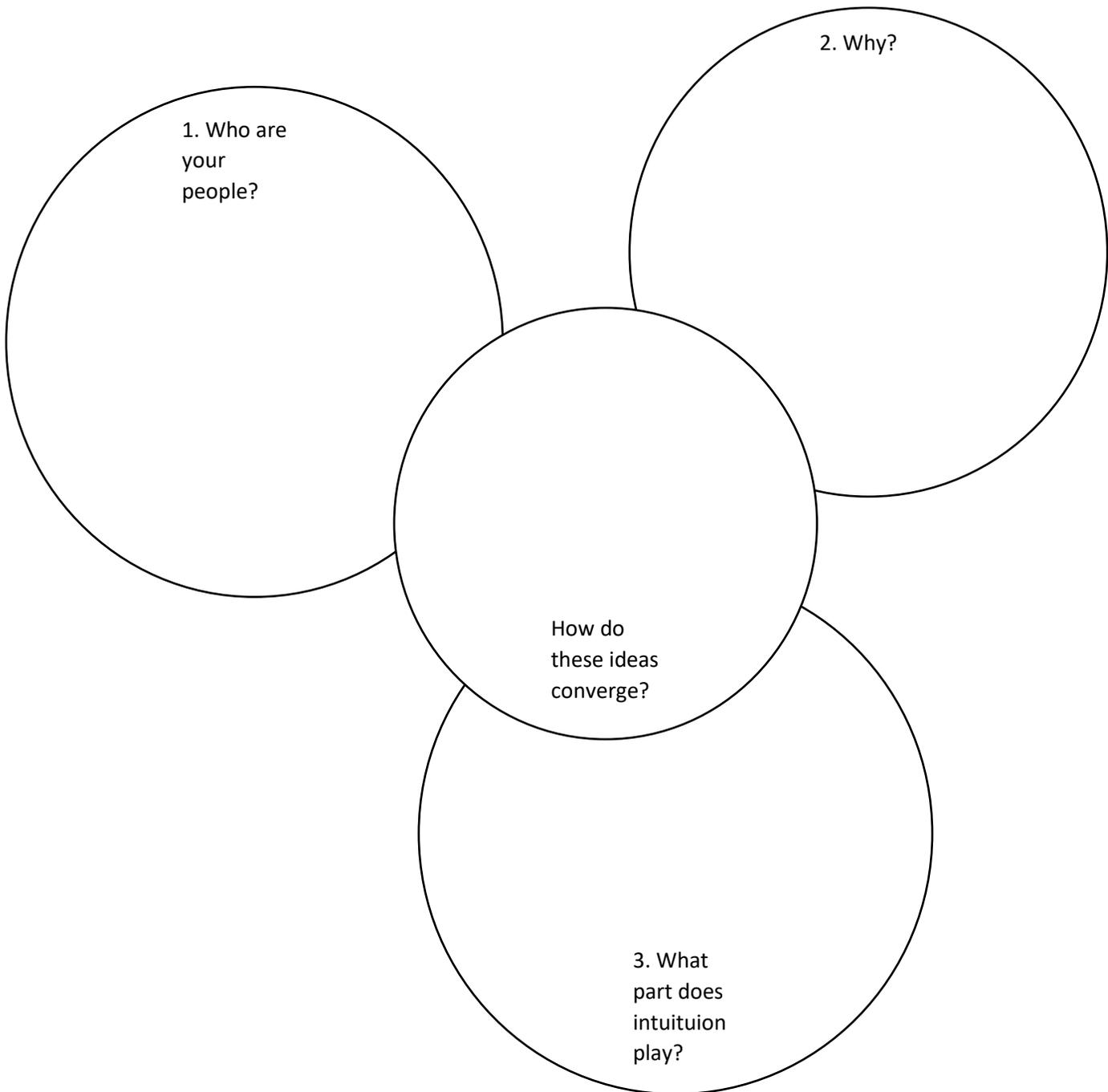
**Playsheet 1: High/Low/Hero/Funny...** In each issue of the *Playbook* we play this family game, where everyone shares about the best thing that happened to them that day, the toughest thing about that day, and who was a kindness hero for them that day – and/or, what entertaining or funny thing happened?

We play this game each and every month so you can enjoy looking back on your child's highs, lows, heroes and funnies over your *Playbook* subscription! This gives you a record over time so you can see how they change and grow.

18

Family Member	High	Low	Hero	Funny

## Playsheet 2 – The Intuition of Community



## Ask the ~~Child Development Expert~~ Life Quester

At the Coaching Intensive I recently attended, many amazing questions were asked. We were invited to give careful thought to the answers for us in our own lives. I've chosen to ask you one of my favorite questions posed during the course of the whole Intensive:

### **When do you feel you can most be yourself?**

Something I found beautiful and moving, no two people answered this question the same way.

One woman, whose life has been spent on stage in music and movement, replied "I feel most myself when I'm dancing."

One man, currently in his third decade of corporate work, posed the question "How do you be yourself when you have to work within a system?"

20 My reply wasn't situational. In other words, what mattered to me wasn't where I was or what I was doing. (Please note, I'm not criticizing others' responses to the question. I'm simply aware that my answer differs from theirs.)

Instead I realized that what matters most to me – when I feel I can most be myself – is when I feel emotionally safe.

It felt so good to realize this. Following from that, what holds me back from being most myself is when I can't trust that the people around me will help me feel emotionally safe. And what sets me free is being with (as one fellow Intensive attendee put it) "People who hold my heart in both their hands."

I do truly feel set free, when I can be most myself. Because I feel emotionally safe.

**What about you?** When do you feel you can most be yourself? What holds you back from this, and what sets you free? Use the space on the next page to write, draw, or doodle your thoughts.

Cheers!

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Dear reader, what challenges are you facing right now?

Use this chart to help you map out the challenges and what you could do about them.

	1.
	2.
	3.
	4.
	5.
	6.
	7.
<b>Thoughts... conclusions...</b>	<b>... Insights...</b>

## Hello from The Dream HQ

The column where each month we visit a wonderful place for mindfulness and relaxation: Karen's Dream Headquarters.

We step into the glade of the Dream HQ, and we take in the view:

It's a warm, starry, beautiful night here.

We arrive just in front of the Big House, and our attention is drawn to Long Lake, sitting just to the east of the house itself.

There's a campfire built up next to the lake tonight. As we walk toward it, we look south and see the message written in the stars: "All shall be well."

It's about fifty steps or so from the house to the campfire. As we approach we see an inviting Adirondack chair, which looks as if it's been placed just for us, with the view of the southeastern sky spread out before us.

We take a seat... And notice that we're wearing our favorite bathing suit.

Draped onto the chair next to us is a big, thick towel, and a pool noodle that is the perfect size for supporting us should we want to swim.

Pinned to the towel is a note:

"We are swimming tonight and would love to swim with you! Love, Joy and Honey"

We are not quite sure about swimming at night, but our curiosity is piqued. We grab the noodle and walk around the campfire, to the shore of the lake.

What we see is wondrous: fairy lights which make the water look not intimidating but inviting.

Two shapes – that of a winged horse, and a larger-than-life lady – floating together just offshore.

There is soft whinnying, and joyful laughter.

Suddenly we know that to swim here will be perfectly safe. Not only that but it will also be invigorating and comforting at the same time.

So we slip off our shoes, and head in. The water is warm! In that way that lake or pool water often is at night, when the ambient temperature is cooler than the water itself. It's so pleasant to wade into. We decide to swim under our own strength, keeping the noodle with us for when we want to rest as we hang out with Honey (the winged horse) and their friend Joy, the two permanent residents of the Dream HQ.

As we swim out and come closer to them, we feel all their happiness at having us join them.

Then with a sweep of her arm, Joy indicates that we should turn around. When we do spin around in the water, we not only see the words written in the stars of the southern sky, "All shall be well." We notice that in the northern sky there are words as well: "Everything's going to be okay."

The peace that comes over us as we swim with our two friends, under the starry sky and in the comfort of warm water, is profound.

We stay out there for a long time! Treading water, taking deep breaths and going under, trying out some of our favorite swimming strokes. At one point Joy and Honey get into a splashing game, and it's a thrill to watch these two friends simply play together as if they were children.

Next they produce a beach ball and the three of us take turns in a splashy game of catch. It's fun to spend time with these two, and we marvel at how comfortable and safe we feel. Even if we can't swim in our regular lives, we are masters at it here!

After we are all finished, dried off and snuggled up into chairs by the campfire, we realize we're going to want to come back and swim often. Good thing it's so easy to do...

All we need to do is close our eyes and step into the Dream HQ.

## What's coming up in the July *Playbook*?

We dive into something that gets to the very heart of the *Playbook*. And more importantly to the very heart of what makes family life and our own inner lives truly fulfilling:

Play!

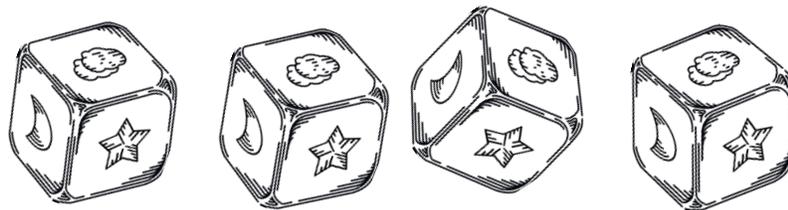
No matter what is going on, no matter how anxious or sad or frustrated we feel, play holds an important role in working through our emotions and figuring out the solutions to our challenges. This is true for adults as well as kids.

Fortunately play is an inexpensive, fun, creative, and engaging way to accomplish all of the above! So we will “play with play” all during July 2021.

Coming soon, right into your mailbox...

24

Have a great June and we will see you next month!



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