



## How I Show Up?

### Objectives

In our relationships at home and at work we don't always show our true feelings. Especially in times of uncertainty we are showing up on one way but on the inside we feel completely different. See how you really want to show up to strengthen your relationships during this time.

### Pause

Take a pause from your thoughts and worries. Close your eyes and take a couple of deep breaths.

### Expanding

Now we're ready. Let's go! Choose 3 Faces

cards face up that best describe you in the situation in the question. Additionally chose 3 Reflection cards face down. Answer each question in relation to the photo and text on each card?

### Focus and action

What are your main insights from this process on how you want to show up in this situation. Next write down three actions that will allow you to show up the way you want - one for today, one for next week and one for the upcoming month.

### [ 2 ] How do I show that I feel to the outside?

My card:

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### [ 1 ] How do I feel on the inside?

My card:

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### [ 3 ] How do I want to be seen?

My card:

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