

# Rebuild Your Backbone

## TOPIC OVERVIEW

### Backbone: The Just Say No Edition

#### Week Four: July 20

It is hard to believe this is the last official assignment! But I do know it is the beginning of a long and beautiful journey to find good tools, information and resources on this topic. I know that I have only just begun to understand the complexities of this work, and I look forward to sharing my learning with you all as I work on it for the next 12 months.

This quote sums up this week's theme:

"Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough." - Josh Billings

Summarizing themes from the series:

#### Class One:

- Life is short. Knowing there is a finite time on earth can motivate you to act on your fears.
- Gratitude for others is key to developing your backbone.

#### Class Two:

- Create your own definition of success, as the blueprint for your decisions and actions. Key criteria will be that you enjoy your life *while you are living it*, not just when you reach your goals.
- A music soundtrack (or sound of silence) can be a great way to bring your definition of success alive, and lift your mood when you get caught in a spiral (otherwise known as a black boot moment).

#### Class Three:

- Assessing and naming your strengths is key to developing a strong and clear path to success.
- Your view of the world is just a story. If one is keeping you stuck and in emotional pain, rewrite it.

**Class Four:**

- Define the impact on other people when you act with clarity, strength and backbone.
- Say no to things that do not fit your definition of success.
- Protect yourself from negativity by choosing strong symbols.

I would like to propose a fifth and final wrap up class that is totally optional at the following date and time:

**Wednesday, August 4 at 1pm Pacific/4pm Eastern.**

I will talk more about it on the video update on Friday, and I will send a reminder notice.

Now, let's get to your homework!

## HOMWORK

This week's homework is intended to help you clearly describe the *impact* of your work on others, and to choose people or symbols to surround yourself with that keep you strong, clear and safe from negative energy.

### Instructions:

#### Part One:

Write a description of one person you really would love to help through your life or through your work. Describe what it would mean to them if you were able to bring your full set of strengths and superpowers to their aid. What would happen? How would their life change? What change would *they* be able to enact in the world as a result of feeling strong?

#### Part Two:

Think of a situation where you really want to say "no," but are having a hard time saying it. Craft a sentence that clearly states no, but keeps a positive and respectful tone. If you have the opportunity in the next two weeks, say no! Then notice your reaction.

Example: "Joe, I really appreciate that you would like me to take on your project. Unfortunately, due to my current client load, I am not able to do it. Can I help you find another resource?"

or ...

"Aunt Gertrude, I appreciate that you would like me to come for dinner on Sunday. You make the best peach pie west of the Mississippi! This Sunday, however, I have another obligation. Enjoy your dinner!"

#### Part Three:

Choose your set of protectors, amulets and shields.

This can include people in your life who are deeply aware of your strengths, and protective of you in the best way. My Dad is this person in my life.

Then, if you are comfortable, choose an object, symbol or physical stone to put in your work or living space to represent protection. I have listed some stones here. But it could also be something like my silver "Xena Warrior Princess" bracelet (or a necklace – my husband wears

an arrowhead around his neck).

If you think this part is terribly Northern Californian, skip it. 😊

**Amber**- A major healing and protection stone.

**Smoky Quartz**- A powerful protection stone. Use for protection in business meetings and when you fear a psychic attack.

**Black Tourmaline**- Deflects negativity. Protects against negative energies entering from the outside.

**Black Onyx**- Protects while absorbing. Transforms negativity without storing it. Protection from accidents.

**Hematite**- Protection when traveling. Great for air travel; protects and aids jet lag.

**Garnet**- Protection for astral travel and nightmares.

**Green Tourmaline**- Protects the aura against negative forces.

**Aqua**- Used as a protection stone in sea travel. Protects vulnerability.

**Sapphire**- All protection stone great for all water protection, sailing, kyaking, etc.

**Rutilated Quartz**- Peace and protection. Protection on water and cruises.

**Amethyst**- Protects homes, rooms and self.

Other stones include- Malachite, Peridot, Turquoise, Fluorite, Tigers Eye, and Lapis Lazuli.

## Resources

Byron Katie - <http://www.thework.com/index.php>

Brooke Castillo – Self Coaching 101 the book, and free worksheets at the bottom of the book page: <http://www.brookecastillo.com/book.html>

William Ury, [The Power of Positive No](#)

## INSTRUCTIONS FOR POSTING

You have two options if you want to share your homework:

- 1) **Post it publicly** by sending an email with your content (audio, video or just text) to [post@rebuildyourbackbone.posterous.com](mailto:post@rebuildyourbackbone.posterous.com)

You can check to see if it posts by visiting: <http://rebuildyourbackbone.posterous.com/>

- 2) **Share it with me privately** by sending an email to [pam@pamelaslim.com](mailto:pam@pamelaslim.com) with the subject line: **Backbone homework**

If you have any trouble with either method, send an email to [support@pamelaslim.com](mailto:support@pamelaslim.com)

Feel free to comment on other posts on the Posterous site – it is your place to connect with each other!

Thanks and talk soon!

