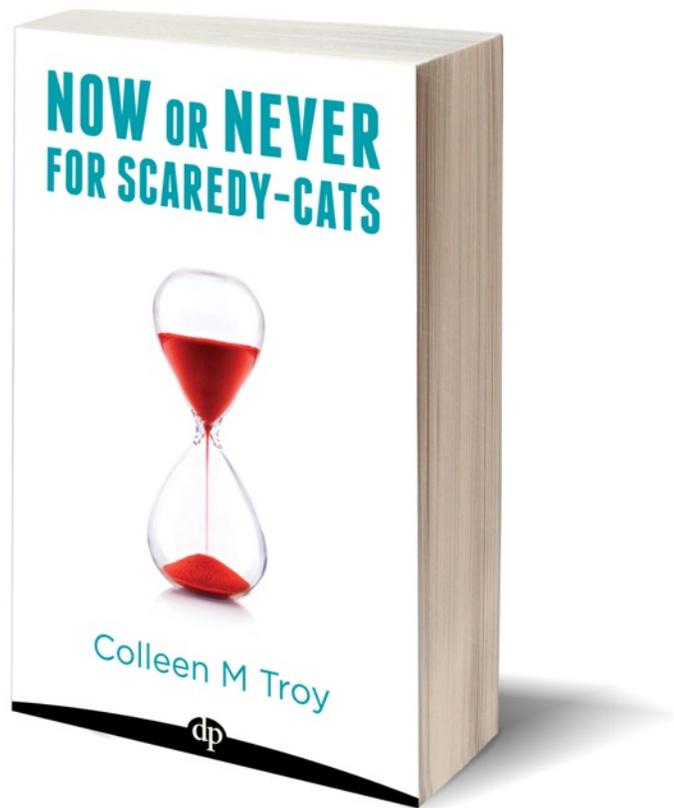


Cool and Groovy
Discussion Guide

Stop Hiding, Break Some Rules and Have
Way More Fun Before It's Too Late



Welcome to the clubhouse Scaredy-Cats.

Hope you are sitting with some great friends drinking some fabulous french press coffee or sipping wine depending on your taste. And if you are taking this guide in solo, no worries, the clubhouse doors are always open and just as fun.

Here's how this guide works. First, get up and dance to some music. Let your body move and groove with a natural smile on your face. Or at the very least, roll your shoulders up and down and tap your toes. I'm always partial to watching a Jimmy Fallon YouTube for immediate belly laughter. The point being.....don't sit at a desk in preparation for going through this guide. Moving the body is a fabulous way to promote new ideas and inspiration.

There are three sections to this guide.

◆ Section I... throws out a variety of questions for you to chew on and share in relation to each of the seven scaredy-cat pledges. Start wherever you feel compelled. What matters most, however, is that you discover for yourself a set of basic pledges that work in your life, that you believe in and can follow as you go forward in life.

◆ Section II... all about Rule Breaking 101.

◆ Section III... a new version of "Truth or Dare, Triple Dog Dare" in fact.



Section I

Scaredy-Cat Pledges

- ◆ I belong to this club of scaredy-cats. It's primal to feel scared, yet fear is just one of the emotions I can experience on any day. There's an infinity of life experiences beyond being scared.
- ◆ I nurture the dreams of my youth and adulthood and stay open and curious to explore them. I will not POUT.
- ◆ I take responsibility for my actions, words and mess-ups instead of pointing the finger at others.
- ◆ I search my heart daily for any unfinished business in my relationships, self, and God, and take action to get to a peaceful place
- ◆ I break my own rules, over and over again.
- ◆ I am here to experience joy, lots and lots of joy.
- ◆ I learn to not be afraid of myself. I confidently trust my thoughts and my opinions.

Pledge #1

I belong to this club of scaredy-cats. It's primal to feel scared, yet fear is just one emotion I can experience on any given day. There's an infinity of life experiences beyond being scared.

What is your initial response to the term "scaredy-cat?"

Do you admit to other people when you feel afraid?

How did this memoir make you reflect on your own life?

Were there any parts of it that you were able to identify with?

Have you had any "jolt" moment in your life? A moment that motivated you to make some kind of change for yourself? Describe and share.

What are your thoughts and feelings about the themes of the book?

Midlife Angst
Death and Dying
Experiencing Pleasure and Joy
Fear of Self

Explain how the book reminds you of yourself or people you know.

The only way to make dying wonderful is to....

I don't want to wait until _____ to _____....

Pledge #2

I nurture the dreams of my youth and adulthood and stay open and curious to explore them. I will not POUT.

I POUT? Doesn't everyone? It's just one of those daily occurrences unless you're a highly evolved *9 habits of-highly-effectiveness* kind of person.



So the question becomes in which area of my life do I POUT the most? Where am I playing the game of *hide and seek*?

- Health
- Relationships - Friends and Family
- Money
- Career
- Physical Environment
- Fun & Recreation
- Personal Growth

On a scale of 1-10 with 10 being the highest rating, rate each of these categories. Take the category with the lowest rating (or the most compelling, the one you have a gut reaction to) and we'll start there.



When you are in a relaxed, dreamy state (seriously, put down all technology) - ask yourself what scenario is more appealing, more compelling than the one you currently are dealing with/hiding in? Just imagine what that looks like. Bring in sensory qualities: what does it smell like, taste like, who's around you? Write details of this description in your journal. Tell your BFF's. Share your dreams with others, instead of keeping them hidden.

Pledge #3

**I take responsibility for my actions, words and mess-ups
instead of pointing the finger at others.**



es?

or



o?

Is it easy or difficult for me to fess up to others?

When I say I'm sorry to someone, I truly mean it.

I play the victim role really well.

I'm just too afraid to even try anything new.

I like to take care of others' needs first before my own.

All drivers on the road are idiots and need serious help with their inconsiderate ways.

It's not easy for me to deal with conflict.



onsider the suggestion to *act, not react*. For too long, I was in reaction mode in the relationship I described with my father. Reaction is habit forming. It also leaves an ugly taste in the mouth. Whereas, taking action and holding myself accountable feels totally different.

Pledge #4

**I search my heart daily for any unfinished business
in my relationships, self, and God,
and take action to get to a peaceful place**



In a quiet, calm space, place your hand over your heart. Do a mental inventory of the people in your life, start with the close-in circle of family and friends. Then scan the outer circle of folks. Ask yourself these questions:

With whom in my life do I have unsettled (meaning anything other than peaceful) feelings for?

Can I reach out to them?

Can I express myself and say I'm sorry?

Do I have regret for something I've done to another person?

Can I ask for forgiveness from them?

Honestly, your heart will talk back to you. Listen. Don't get any response? That's OK.

Try again tomorrow. And again the next day until you feel that tug to make a connection and clean up the relationship.



Did you write that admiring letter to yourself? Put that glass of wine down and grab paper and pen to do this very inspiring exercise.



For deeper work in this area and to make an impact today, rather than later, contact me directly for a personal consult about my Heartscaping coaching programs at www.colleentroy.com

Pledge #5

I break my own rules, over and over again.

Rules are meant to be broken, especially the ones that hold us back from full-on-living.



Observe: Before doing anything here, take a week or two to observe your actions and reactions in social settings as well as common everyday situations. Notice subtle rules you unconsciously follow day in and day out such as:

What time to get up in the morning?

What do you wear to go get groceries?

How often do you speak up to offer help in a situation before another person speaks?

Pay attention to anytime you use the word *should* (a very passive-aggressive word) or *have-to* as you are in the observing phase.



Owner: Once you notice these subtle rules, ask yourself who owns the rule? Your mother? Your partner? The Mayor of your town?

-Who is prescribing these rules?

-Does your body agree to these rules or rebel?



Choice: Now that you can see the times/places in your life from this new perspective, ask yourself if you still want to choose to continue this rule? Does it need some adjustment to make you feel less rigid in your thoughts and feel more relaxed? More at ease? Could it be tossed out all together?

For more illumination on this topic, see section II all about *Breaking Rules 101*.

Pledge #6

I am here to experience joy, lots and lots of joy.



ime for another dance break. Funk? Pharrell and *Happy*? Motown? Whatever grabs your attention....turn up the volume. Move toes, fingers, eyeballs, head, anything and everything that can move on your body.



here in your life (you can use the same categories indicated in pledge #2) do you feel joy?

Is it certain activities? Indoors vs. Outdoors? In certain relationships?

Describe to the friends you are sitting with the last time you felt *over-the-moon filled-up* with joy. I love to swim in all kinds of waters, the fresher the better. Visiting Portland, Maine a few summers ago with women friends we spent an afternoon in a small lake swimming to an island, sunning, then swimming back. These clean fresh waters felt so delicious next to my skin. As a mother of two small kiddos living in Austin, TX in the 90's the only way to cool down from a hot Texas sun included frequent dips in Barton Springs and Deep Eddy, not to mention lesser known swimming holes.

Listen to each other as they tell their stories of joy. How animated do they get? What's the vibe they are sharing? Is it contagious? What is inspiring to you?



r.....just go find a swing and plunk your butt down in it, look at the blue sky, and swing to your hearts content.

Pledge #7

I learn to not be afraid of myself.

I confidently trust my thoughts and my opinions.



All you need is a mirror here. And one minute.

Put some soft, gentle music on.

Breathe slowly.

Stand/sit in front of the mirror (as close as you can) for the one minute looking directly into your eyes.

Oh, the eyes may wander some but gently come back to looking into your own eyes.

You will have a variety of thoughts while you are doing this that may sound like:

—Look at those droopy lids. The optician lady was right—she did need to hold up my eyelid to measure my eye.

—Whoa....wrinkles.

—This is silly.

—This is stupid.

Just keep breathing until the one minute is up. We are used to looking in the mirror to fix our hair, check out our panty line, apply make-up. But seriously looking in the mirror into the depth and brilliance of our own eyes is a brand-new experience. Try it.



Breathe some more.

Try this again tomorrow. And the next day. Notice your thoughts. What are you afraid of?

Section II

Rule Breaking 101

Come along scaredy-cats and break (boldly and bravely) some rules with me. We're so programmed, so conditioned (I'm too old; it's not acceptable behavior; I can't afford this) with so many rules that shut us off from options. So it'll take a little or a lot of *Un-conditioning*.....that's all. Here's some teasers for you:

—No one walks in the rain right? When was the last time you walked in the rain? Did it hurt you? Wanna stick out your tongue and catch some oh-so-sweet raindrops? Walking under a full moon? Sounds romantic but not for you? Why not?

—Wear something outrageous in public that will freak out your friends. I kid you not, I love polka dots, and found myself purchasing a white top with large black polka dots on it. I loved it in the store. I loved it in hanging in my closet. But I couldn't reach out to grab it off the hangar and put it on myself. I was too afraid. That chicken little would run out and announce the sky was falling you ask? Finally I did wear it. Wheeeeeee.

—How "not nice" can you get? Recently I was standing on the front porch of a friends' house. The next door neighbor kid walked by and stuck his tongue out at us....unprovoked (honestly). You don't "have to" be nice all the time. Try it on.

1. **Spot** your own rules (have-to's). So much of our energy goes into holding on tightly to these rules when we'd rather be having more fun.

2. **Choose** something else that your heart desires (you'd much rather be doing but haven't let yourself be free to choose.

3. **Action** - Take baby steps to break out of that old rule.

4. **Repeat**. Breaking rules is all about having less regret in our lives.

Section III

The New Truth or Dare (Triple Dog Dare) Game

Why do you need to play this game?

Like flossing your teeth or starting a physical exercise program, this practice of Truth telling needs to become a habit (one of those helpful habits).

The *Truths* that can set us free are not inert. They want to be told.

Playing this game helps you ask for what you need and want from others.

It's a commitment to get to know yourself better by getting in touch with the truth, *just one moment a day*.

OK, so the only *Dare* in this game, is getting up close to a point of truth. As a Scaredy-Cat, we're used to hiding. Connecting with our truth, helps us stand taller, speak up, throw away our tired old need to hide. Once you get the hang of it, there's not a lot of time needed each day to find the moment of truth.

Real Agenda vs. Apparent Agenda (great to use for indecision in social settings)

1. Pick an upcoming activity you will be participating in (a volunteer event, a walk with a friend after dinner, a work meeting.) Keeping this activity in mind, ask yourself:

2. What is the motivation for doing this? Give it real thought and be brutally honest. Pick the motivation that feels most true to you.

3. Align - does your *real agenda* align with your *apparent agenda*? This step is to see whether you are making it clear or hiding your agenda from others — *even yourself*. Finish this statement..."I let myself and others think the reason I am doing activity XYZ is

_____."

4. Is there a match between answers 2 and 3? If yes, you are being transparent. If not, go on to the next step and get clean.

5. Consistently tell yourself the truth about your motivations and any deceptions you perpetuate. If you are inclined, tell the "others" involved but it's not necessary at first. By simply stating the truth first to yourself, helps to develop the muscle awareness of taking care of your inside needs and ever so slightly, you will begin to adjust your actions/behaviors to be more in line with your true nature.

*Adapted from the work of Martha Beck."

Now or Never for Scaredy-Cats

Stop Hiding, Break Some Rules and Have Way More Fun Before It's Too Late

When you step into the clubhouse with the other Scaredy-Cats, the author demonstrates seven lessons for “what really matters” before you die. From a very personal viewpoint, Colleen offers Scaredy-Cats, like herself, a blueprint to live fully before it's too late:

- Why most people who want to experience more joy and play in their lives fail
- The critical steps to take responsibility today in your relationships with others, self and with God, rather than wait till the moment of your death
- How to nurture the dreams from your youth while not Putting-Off-Until-Tomorrow (POUT)
- How breaking your own rules results in a liberated soul
- The difference between telling yourself you're on the search for enlightenment about death and dying but really playing the game of “hide and seek” with your life. It's the only game that matters Now.

Here's a few more ways to stay connected Scaredy-Cats:

—If your book group is interested in contacting me for a skype call, give me a shout out. The first 10 clubs that contact me will be fee-free.

—If you'd like to join others in our Facebook *Scaredy Cat Clubhouse*, sign in to my email list I'll add you to the Secret Group. This is a place to play. I'll be throwing out different ideas now and then, but no coaching. It's a great place to get inspired by each other.

—If you are ready to dive deeper in *Breaking Rules* or *Heartscaping*, check out my website colleentroy.com for both speaking and coaching programs.

Questions? Here I am..... colleen@colleentroy.com

Thank you, Colleen

