

'I am Kind - Flip the Script' with Cinnamon Cooney Supporting PDF

Sometimes the quirks of our nature we feel the worst about can be our greatest strengths. Often I hear people think that they are flawed in the areas and yet if you flip the script its the best parts of Them . Its all about the filter we see ourselves through. Trauma vs Nature. This exercise is about our nature not our trauma. Trauma can shape us like clay but the clay is our nature. When we look at our personalities sometimes we will apologize for our natural traits. Choosing to see the positives about our whole authentic self can help us shape our own clay.

To begin the project print out the worksheet and write out how you describe yourself when you are apologizing for your personality quirks. Then in the second row reframe those descriptions to what the positive of that personality quirk is. I have found that when I can put shame down and intentionally access all of my personality I can become a powerful force for good in my own life. We are who we are. Choosing to see our full nature is a good tool help us create a path forward leading to more happiness.

Left side Example critical self framing:

I am a perfectionist.

I am shy

I am gullible

Right side Reframing Example:

I embrace order and harmony

I am modest and observant

I am trusting

In The one word box Try to thing of a word that describes your best Re-framed trait.

On you painting Surface:

- Write the negative descriptions you have been using in reference of yourself using a watercolor pencil.
- Take a damp brush and wash those old ideas out.
- Paint over the surface with an image of self love. You can create your own or follow the video.
- Find a space and Write out the Word your new Script uses to describe that personality quirk.

Homework: Intentionally Access that part of your personality daily for the next two weeks From your new script. Make a conscious choice to be the best part of that Quirk. When you speak of yourself use your new framing. It can help to hang your painting where you can see it daily.

My wish for you is that you see yourself through a kinder more gentle filter.

Materials List:

8x10 Canvas or paper

Reframing Worksheet

Watercolor Pencil

Generals pastel pencil white

Acrylic Paint: Cadmium Red / Cadmium Orange / Cadmium Yellow / Phthalo Green / Phthalo blue / Dioxazine Purple / Quinacridone Magenta / Burnt umber / Titanium white

Brushes: #20 Bright Short Handle / #4 Cats Tongue / #2 Bright / #1 Monogram Liner