

# AWAKENING WORTH

*Belinda*  
PRUYNE

## EPISODE #3

Your Worth Comes from Courageously Sharing the  
Truth of Who You Are,  
Not What You Do

*"Come to the edge of the cliff, he said  
We're afraid, they said*

*Come to the edge of the cliff, he said  
We're afraid, they said*

*Come to the edge of the cliff, he said  
They came  
He pushed  
They flew."*

Guillaume Apollinaire  
French Poet  
1880-1918

Guillaume Apollinaire is a beautiful example of what can happen when you honor yourself, even if you look at the world differently than others.

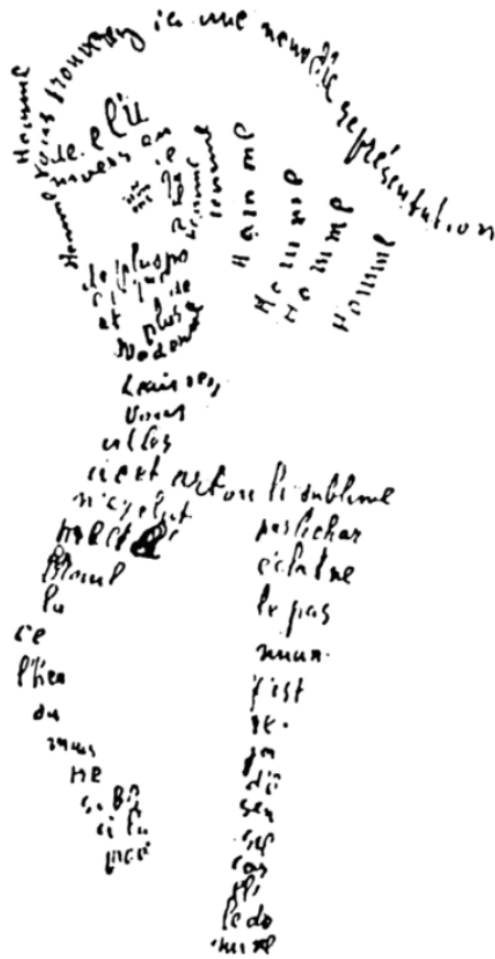
By honoring himself, Guillaume created a form of artistic poetry that expanded the way poetry was expressed. Guillaume created what's called the "Calligram". A type of visual poetry which created a sub-culture of art world that was not universally accepted in the beginning.

In Apollinaire's work, the arrangement of the words plays an important role in the meaning of the poem.

On the next page is a copy of one of his visual poems - Calligram.

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— tout ferriblement

Guillaume Apollinaire

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It takes a great deal of courage to do what Guillaume Apollinaire did. He was met with great judgement and ridicule from others when he was creating his visual poetry – yet he persevered and created a new form of poetry that is still used today.

This is your time. Time to stop working so hard to fit in. Time to end compromising on who you are and all you want to create in your lifetime.

## In life we compromise to:

- Fit in
- Be accepted
- And loved

## In our jobs we compromise to:

- Get the job
- The raise
- The promotion

## In our companies we compromise to:

- Meet the prospect
- Make the sale
- Get the recognition

The one thing I can tell you about compromise is:

**The more you compromise on who you are and all that is important to you,  
the more you will struggle!**

Replace **Compromise** with **Courage.**

Dare to be true to you regardless of what others might think.

As you continue the journey of elevating your self-awareness and awakening worth take a moment and identify any areas where you are holding back for fear of being judged.

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**Write down a time(s) when you were afraid to act but did it anyway.**  
What was the outcome of taking that action? What did acting teach you?

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**Where are you holding back for fear being judged or criticized?**

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**What would you be doing if you did not fear being judged or criticized?**

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The journey of growth and change brilliantly articulated by **Portia Nelson** titled:

## **Autobiography in 5 short Chapters**

1. I walk down the street. There is a deep hole in the sidewalk, I fall in, I am lost...I am helpless. It isn't my fault. It takes forever to find a way out.
2. I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I'm in the same place. But it isn't my fault. It still takes a long time to get out.
3. I walk down the same street. There is a deep hole in the sidewalk. I see it is there. I still fall in...It's a habit. My eyes are open. I know where I am. It is my fault. I get out immediately.
4. I walk down the same street. There is a deep hole in the sidewalk. I walk around it.
5. I walk down another street.

**We all fall into holes; it is how we respond to them that make a difference**

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Over the past couple of weeks, you have been gathering intel on yourself.

- **When do you come from a place of Self-Esteem vs Other-Esteem.**
  - Looking within vs seeking outside approval.
- **What unique experiences make up your Career Portfolio?**
  - The experiences that built you, gave you your perspective on life and when put together create your point of difference from others who do similar work. Or said another way, Your Unique Value Proposition.
- **What skills did you learn from the roles you played as a child?**
  - How to read a room, deescalate a situation with ease, masterful communicator, bring people together through laughter...
- **What are your fear blocks and what are they keeping you from achieving?**
  - Fear block: being judged, ridiculed, failure, huge success...
  - Cost to you: a life well lived, fulfillment, who you are meant to be

When you combine all you have uncovered, what have you learned about yourself?

On the next page I want you to review all you have discovered into “I AM” statements and the impact they create

- **I am a masterful communicator**
  - Creating a safe space for difficult conversations to be productive & respectful
- **I am comfortable being uncomfortable**
  - Allowing me to make sound business decisions even if they are not popular
- **I am not afraid of a blank page**
  - Creating things from scratch (programs, software, product, events...) is my sweet spot
- **I am someone people turn to in times of crisis**
  - I remain grounded in challenging times, anticipating needs, solutions, and safety



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Create a minimum of 10 “I AM” statements and the impact they create

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*“It is not the critic who counts:  
not the man who points out how the stronger man stumbles,  
or where the doer of deeds could have done them better.*

*The credit belongs to the man who is actually in the arena,  
Whose face is marred by dust and sweat and blood:*

*Who strives valiantly:*

*Who errs, who comes short again and again,  
Because there is no effort without error and shortcoming.*

*But who does actually strive to do the deeds:*

*Who knows great enthusiasm, the great devotions:*

*Who spends himself in a worthy cause:*

*Who at the best knows in the end the triumph of high achievement,*

*And*

*Who at the worst, if he fails, at least fails while daring greatly,  
So that his place shall never be with those cold and timid souls who  
neither know victory nor defeat.”*

Theodore Roosevelt