

The Story I Tell

How to make the Age of
Disruption work for you

A companion workbook
created by Sally Seiffer

Sally & Sifer - day. LLC



my mind is like the clear, blue sky



my heart is like an open, green field



my belly is like the stable, orange core of the earth

now THIS is me.

sallyseifferco.blog

a sensual lifestyle brand created by Sally Seiffer

@sallysifer

SALLY SEIFFER

the story I tell

how to make the age of disruption work for you



SALLYSEIFFERCO.BLOG

I refer to myself as a public academic working in schools since 1995.

In 2007, I received my MSW from the University of Denver and began working as a school social worker in the greater Denver area. I became passionate about mindfulness and teacher self-care as essential interventions in response to school violence and student death by suicide.

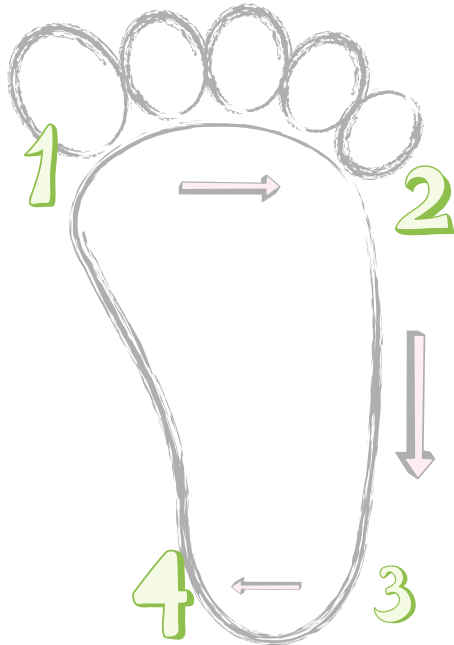
I define self-care as caring about yourself enough to notice your thoughts and the story they tell; then choosing skills, tools, and strategies to shift limiting scripts. I have over 25 years of experience with all grade levels across three states: Illinois, California, and Colorado.

Over the last twelve years, I have created several curriculum concepts that include the checkIN and Movement.Breath.Kindness. In June 2020, I published an ebook titled: The Story I Tell. How to make the Age of Disruption work for you. In addition to the ebook, there is a companion workbook that makes it simple to transfer the skills, tools, and strategies to a classroom or coaching session. In January 2021 I published a second ebook: Something More. Connecting to the pulse of a Shared Humanity. January 2022 I published a third ebook: abetterway. Using Inner Resources to Create Your Own Algorithm. All books are now available in paperback at Amazon books.

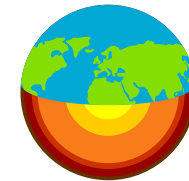
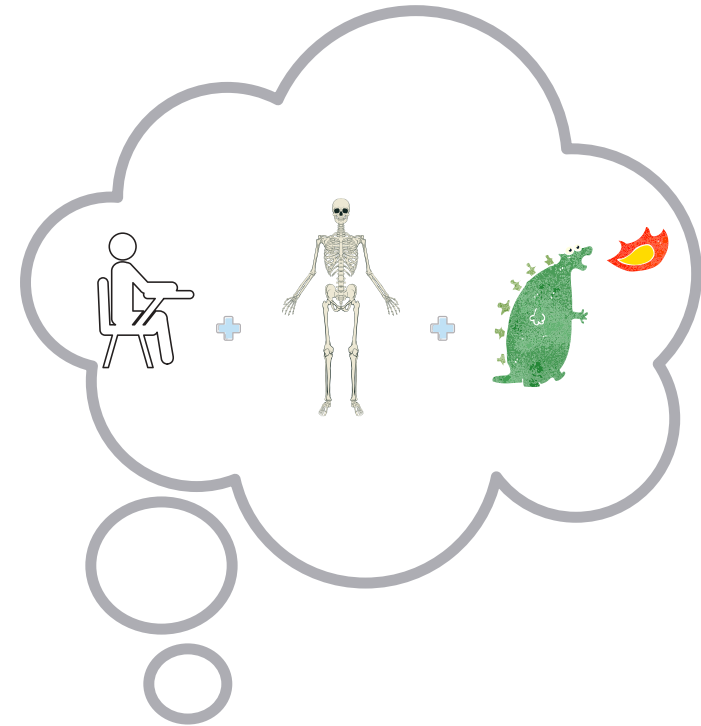
I publish a weekly blog at sallyseifferco.blog that is posted on Sally & Sifer Facebook Page. I publish weekly content on Instagram @sallysifer, as well as visual content that complements blog posts on the Sally & Sifer YouTube channel, TikTok, and Instagram Reels.

Summer 2022 began an 8-week teaching series that began June 4 on @sallysifer Facebook Page. Additionally, 2022 8-week teaching series can be found on the FB page beginning on January 24 and April 4. An 8-week series focused on The Story I Tell began on January 17, 2023 and ended March 13, 2023. Check out the storyitell blogs 1-8 for the content.

grounding feet



spacing out?



too rigid?

(breathe in all that space from the sky - nonphysical/right brain energy - imagine breathing it in through the crown of your head, breathing it through your body, then releasing all that spacey into the structure of the earth and the stable ground below as you breathe out)

(breathe up from the ground all that is physical, all those rules and assumed expectations of others - physical/left brain energy, and as you breathe it up through your body, allow yourself to set it free as you breathe it out, sending it out though the crown of your head, to the space and freedom in the sky above)

5 senses

5



4



3



2



1





noticing sensations on the inside



**lengthen.
soften.
expand.**

three helpful practice tips



RECOGNIZE RESISTANCE

notice how you respond
to a new idea.

open sensation - not
threatened

closed sensation -
potential threat

recognizing your state
allows you to choose.

ON BOARD THINKING

what CAN you get 'on
board' with...

"I may not agree with
_____, but I can be
open to_____."

CHOOSE CURIOUS

choosing an attitude or
state of curiosity allows
access to problem
solving (executive
functions/higher order
thinking skills)

"I wonder why____"

"Why am I_____"

"What if _____"

post-dated journal entry

Choose a segment of time and post date a journal entry that you would write as if everything is happening exactly how you wish - on that date.

I am so happy now that...

creative visualization - part one

Keeping in mind your present life situation, write down under each of the following categories some things that you would like to have, to change, or to improve upon in the NEAR future. Don't think about it too hard; simply write down any ideas that come to your mind as good possibilities.

Personal Growth and Education

Work/Career

Relationships

Creative self-expression



Money

Lifestyle/possessions

Leisure/travel

Environment

creative visualization - part two

Now...for fun and practice using your creativity and imagination...brainstorm ENDLESS possibilities...if ANYTHING were possible...what would you desire to be, do, or have in ANY category?

Personal Growth and Education

Work/Career

Relationships

Creative self-expression



Money

Lifestyle/possessions

Leisure/travel

Environment

writing prompts

You choose:: 'If' or 'Since' I can be, do, or have ANYTHING without money, time, or other resources being of concern or limitation, what do I desire?

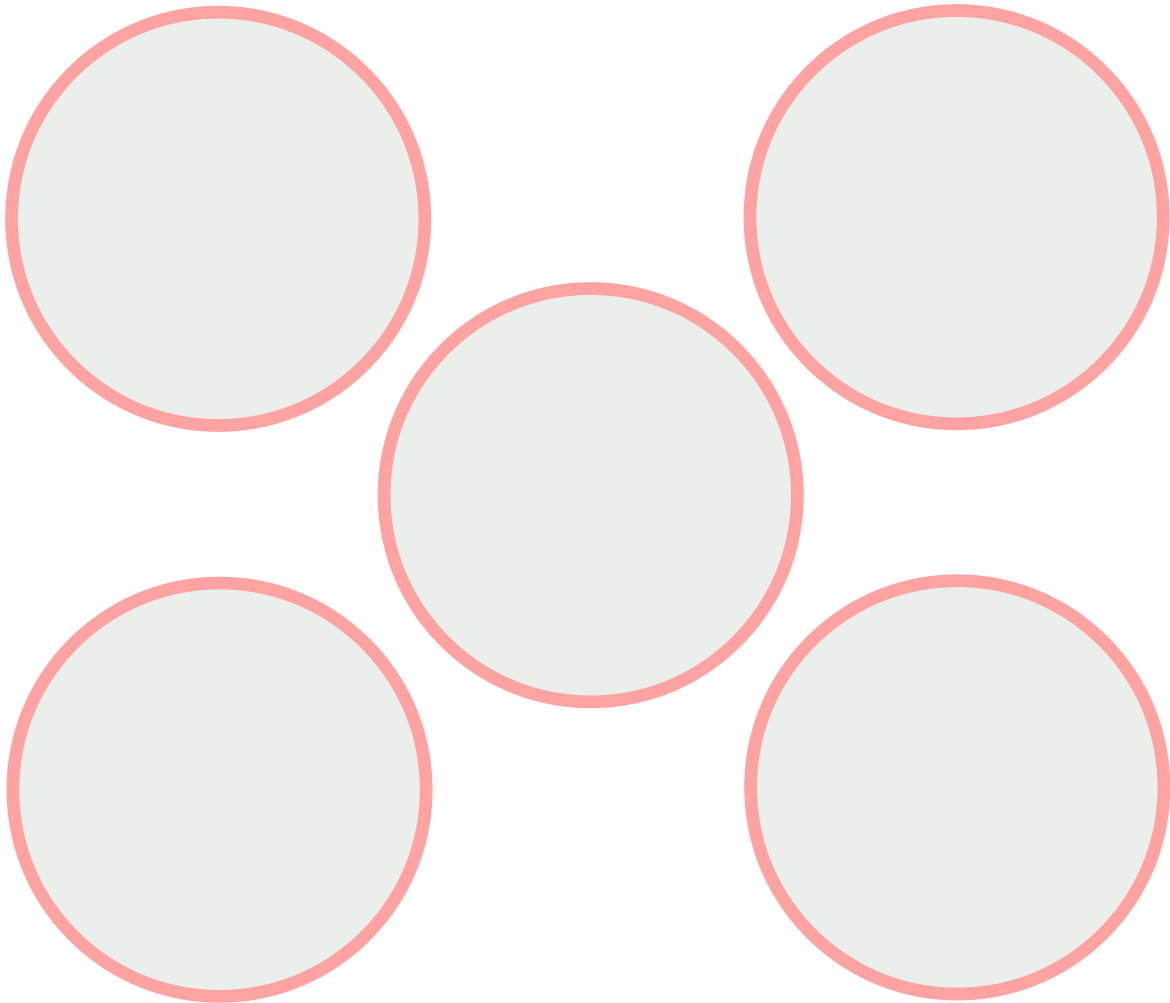
Practice tips to consider:

- remember a curiosity about 'the blur' - skill: flip the blur
- self-care (caring about yourself) mindset or attitude: it's between you and you.

1. List 5 influential people, ideas, or things relevant to your life right now.

-
-
-
-
-

2. Now write at least one quality for each choice that really stands out.

Five large, light gray circles with a thick red border are arranged in a cluster. Two are in the top row, one in the middle, and two in the bottom row. They are intended for writing qualities for each of the five choices listed in the first section.A series of horizontal light gray lines spanning the right side of the page, providing space for additional notes or reflections.

Who am I?

Introduce yourself using the qualities you listed...



Ask yourself...

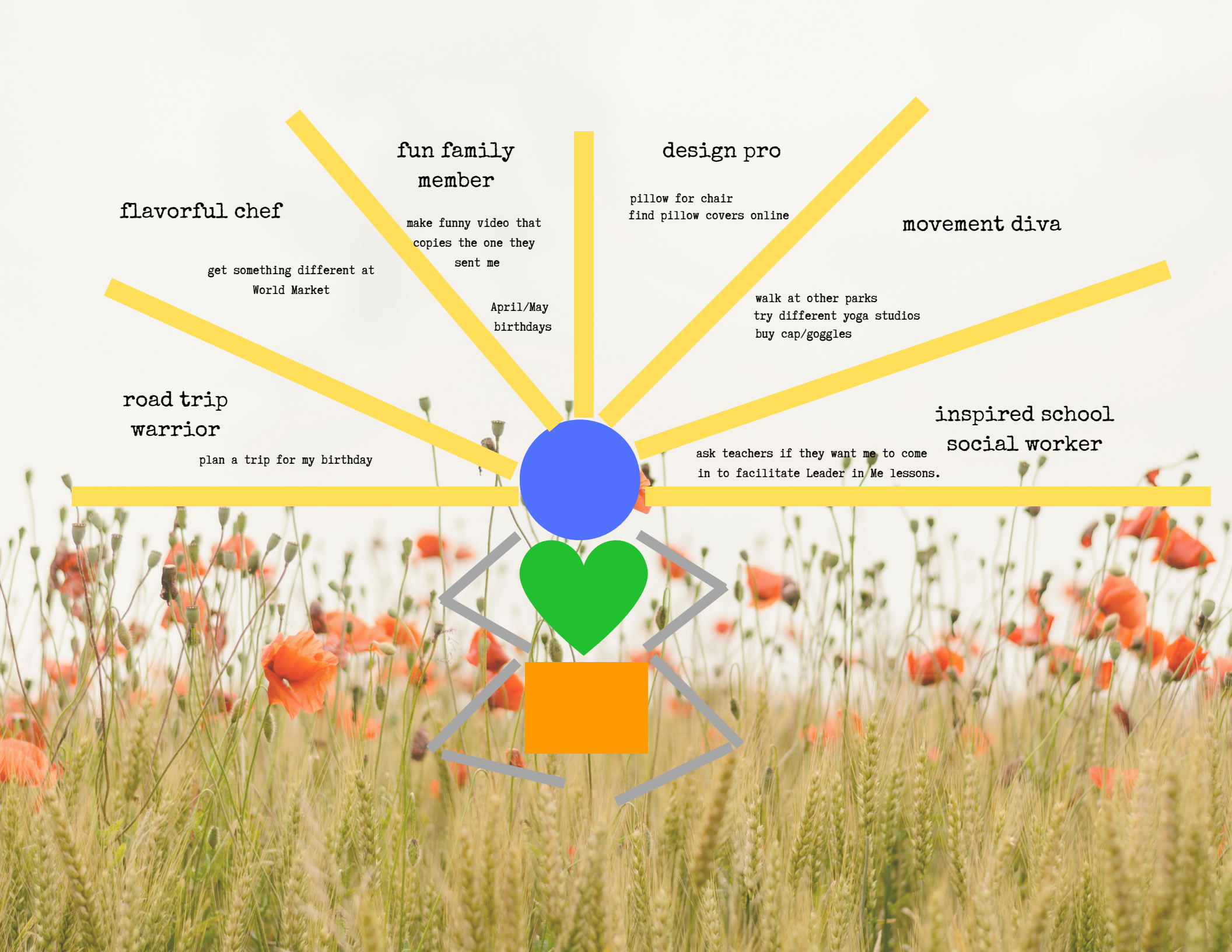
What breaks my heart?

What makes me feel most alive?

How do I desire to show up and express myself?

Create a mission statement by declaring a statement that combines your greatest heartbreak and your greatest joy.





fun family
member

make funny video that
copies the one they
sent me

April/May
birthdays

design pro

pillow for chair
find pillow covers online

movement diva

walk at other parks
try different yoga studios
buy cap/goggles

inspired school
social worker

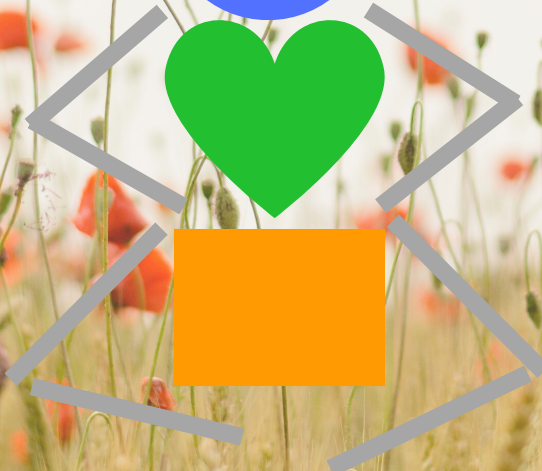
ask teachers if they want me to come
in to facilitate Leader in Me lessons.

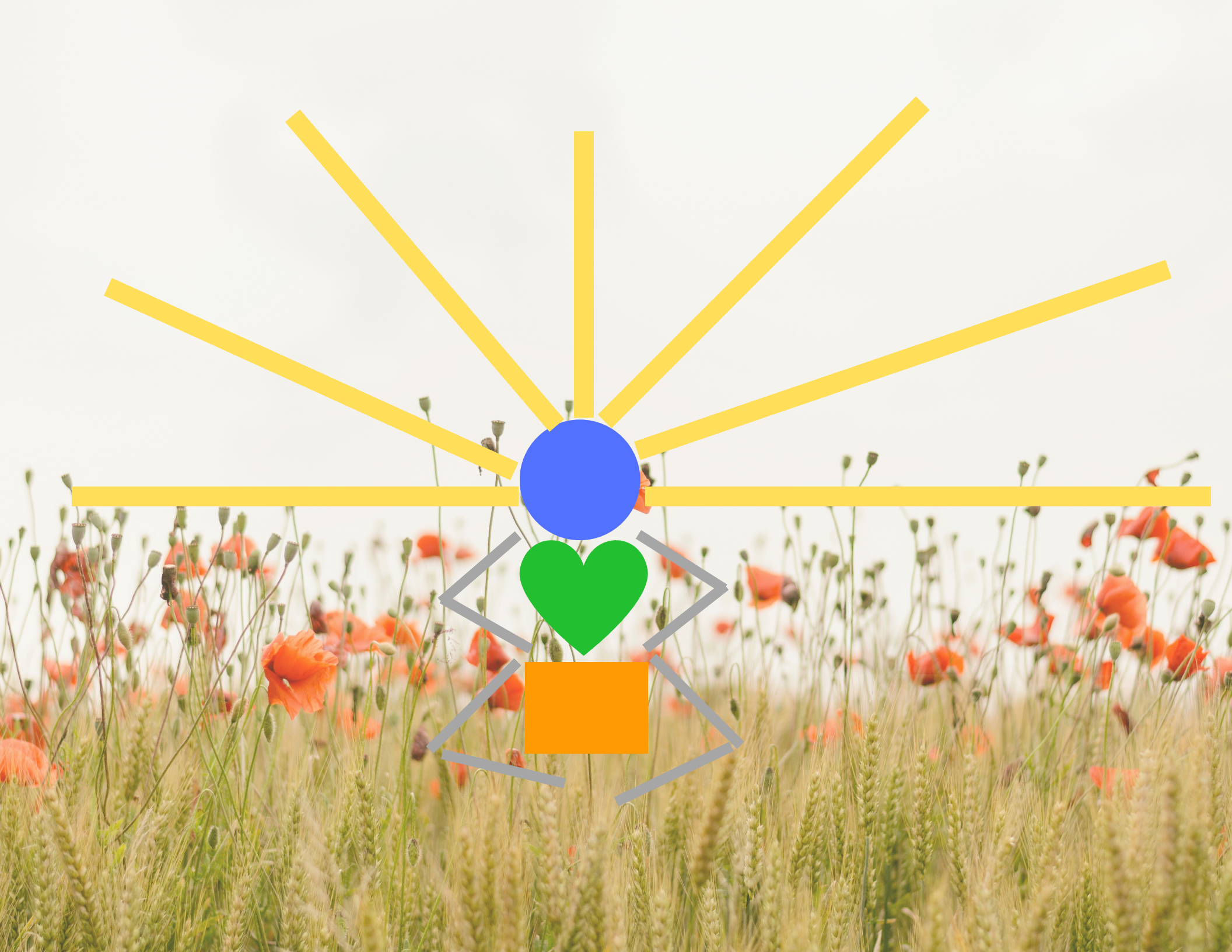
flavorful chef

get something different at
World Market

road trip
warrior

plan a trip for my birthday





An ornate, heavy gold-colored frame with intricate scrollwork and floral designs at the corners and midpoints. It encloses a white rectangular area where the text is located.

what results are showing
up?

what is your data?

This page is not included in storyitell but was introduced in somethingmore as a way to be curious about outcomes and growing in awareness of one's own 'data'. This can be a reflective tool for each 'role'. For example, in the 'job' role, one may rate themselves high; and in the 'family' or 'friend' role, the rating may be lower.

areas for reflection	grade	comments: what did I do well, what do I want to improve
Positive Emotions		
Engagement		
Relationships		
Meaning		
Achievement		

skills to grow	Y/N	what can this look like, feel like, sound like
Self-Directed Learner		
Collaborative Worker		
Community Contributor		
Complex Thinker		

areas for reflection grade comments: what did I do well, what do I want to improve

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the frame: curious about patterns

#ifyouknowthewhythehowwillfollow

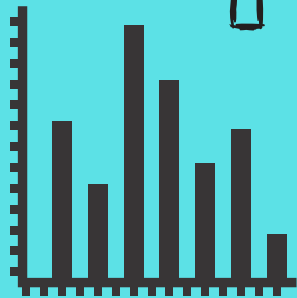
Mindset or Paradigm

what am I saying about
what is showing up?



Data

results: what is showing up?



How does it feel?

what state or mood
does my mindset or thought
patterns create?



Actions/Non Actions

Observable - what am I
doing or not doing?

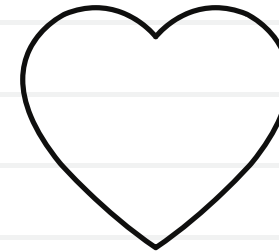
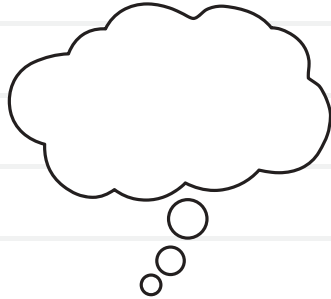


see.feel.do.get.

the frame: curious about patterns

Mindset or Paradigm

what am I saying about
what is showing up?



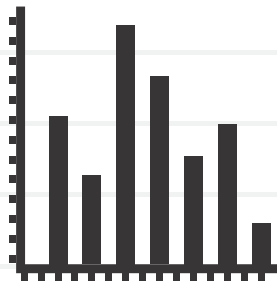
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results: what is showing up?

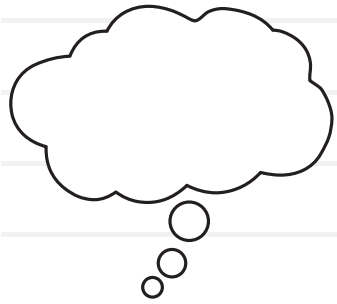


Actions/Non Actions

Observable - what am I
doing or not doing?

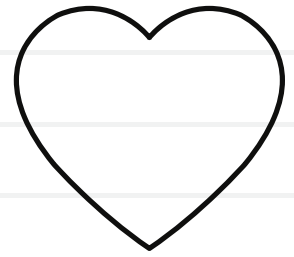
see.feel.do.get.

Mindset or Paradigm



what am I saying about
what is showing up?

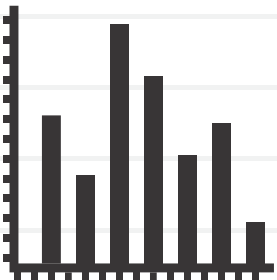
How does it feel?



what state or mood does my mindset or
thought patterns create?

Data

results: what is showing up?



Actions/Non Actions

Observable - what am I
doing or not doing?



see.feel.do.get.



See.

Mindset or Paradigm

what am I saying about

what is showing up?

flip it: flip any limiting or lacking mindset, what if (yes)?

How does it feel?

what state or mood does my mindset or
thought patterns create?

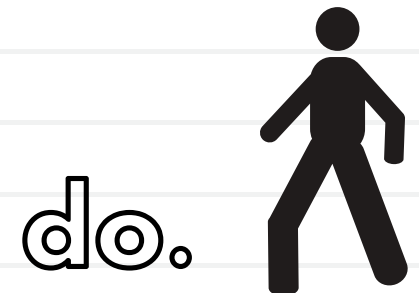
flip it: how do I desire to feel?



Actions/Non Actions

Observable - what am I
doing or not doing?

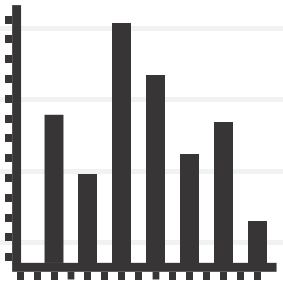
Let's not focus on observable behaviors. This is where we get a bit disconnected. Imagine desireable behaviors and connect the behavior to the desired state. For example, if you desire to workout regularly or consistently, what does that feel like? What is the why for the working out? If you desire to look different physically, why? What does it feel like? What is the sensory experience of the visualized preferred outcome? If we only focus on observable behaviors we can get stuck or spinning in patterns that lead to more discomfort because the behavior alone does not lead to sustainable growth outcomes. If we shift our paradigm to align with a state of wellbeing, the behavior is going to match the desired state, as will the results.



Data

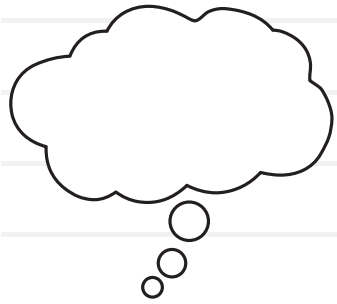
results: what is showing up?

flip it: what do I desire to show up? (insert desired outcomes
from brainstorm practices)



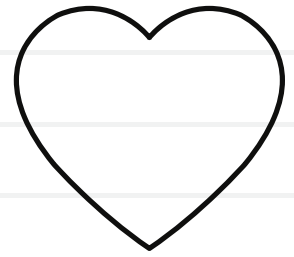
get.

Mindset or Paradigm



what am I saying about
what is showing up? (Flip
the blurt)

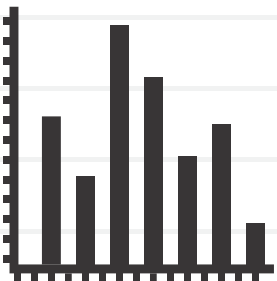
How does it feel?



what state or mood does my mindset or
thought patterns create? (intentionally
create a preferred state)

Data

results: what is showing up? (what is your
desired outcome?)



Actions/Non Actions

Observable - what am I
doing or not doing? (our behavior can
become more natural and 'easy' when
we focus on thinking thoughts, or
telling a story, that matches a
desireable state: balance - not too
much, not too little, enough)



see.feel.do.get.

this works best....

Go and love someone
exactly as they are.
And then watch how
quickly they transform
into the greatest, truest
version of themselves.
When one feels seen and
appreciated in their own
essence, one is instantly
empowered.

~wes angelozzi~

with this....

Go and love yourself
exactly as you are.
And then watch how
quickly you transform
into the greatest, truest
version of yourself.
When one feels seen and
appreciated in their own
essence, one is instantly
empowered.

~well-being~

"I love you for free, Elaine."

movie quote - Sleeping with Other People

"I love me for free."

read more: sallyseifferco.blog
email: sally@sallyseifferco.blog

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THE END.