

# 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 strong, orange core of the earth

THIS is me.

[sallyseifferco.blog](http://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 am a persistent and forever in progress student of life 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 thirteen 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 this 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.

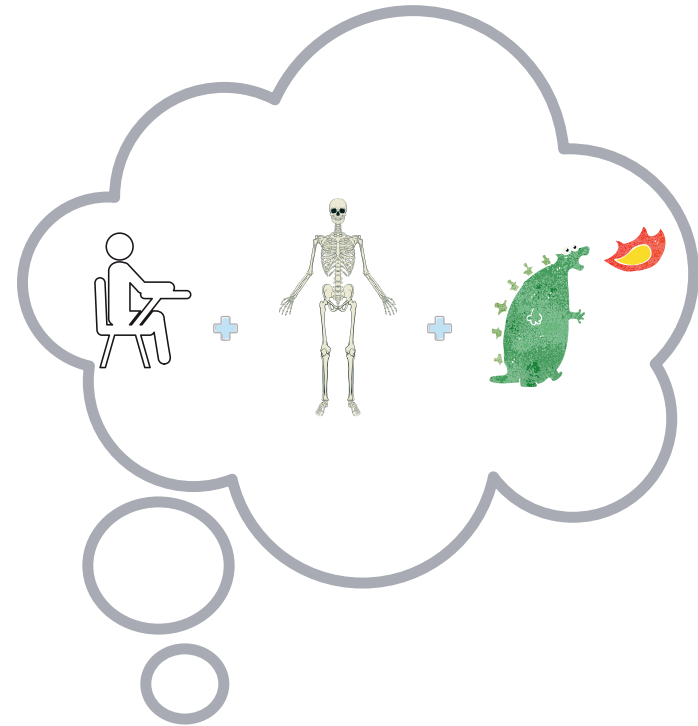
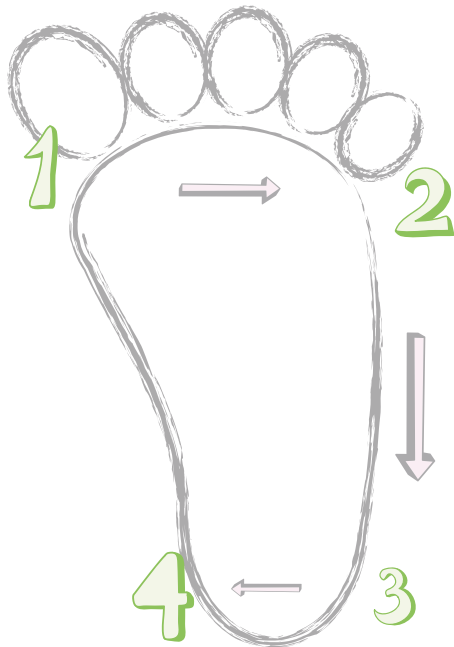
I publish a blog at [sallyseifferco.blog](https://sallyseifferco.blog) that is posted on Sally & Sifer Facebook Page. I publish content on Instagram @sallysifer, as well as visual content on the Sally & Sifer/@sallysifer YouTube channel and Instagram account. Blog posts are also shared on LinkedIn.

The 2024 blog year included Thursday *Something More* Book Club posts; and Sunday *A Better Way* Book Club posts. The posts included excerpts and reflective questions, and generally correspond to the same time/week/day of the original posts.

I began a Yoga Teacher Training in August 2024 and it resulted in the blog and social media pausing temporarily.

The 2025 blog year mimics Tim Ferriss's *5 bullet Friday*. I share what I am interested in, which is mostly podcasts. I'm committed to sharing only what I have completed, or listened twice through when it comes to podcast shares.

# BF grounding feet BF



(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...

[illegible]



# 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**

A large, light pink oval shape, positioned in the top-left quadrant of the image. It is empty and serves as a background for the text 'Money'.

**Lifestyle/possessions**

A large, light pink oval shape, positioned in the top-right quadrant of the image. It is empty and serves as a background for the text 'Lifestyle/possessions'.

**Leisure/travel**

A large, light pink oval shape, positioned in the bottom-left quadrant of the image. It is empty and serves as a background for the text 'Leisure/travel'.

**Environment**

A large, light pink oval shape, positioned in the bottom-right quadrant of the image. It is empty and serves as a background for the text '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**



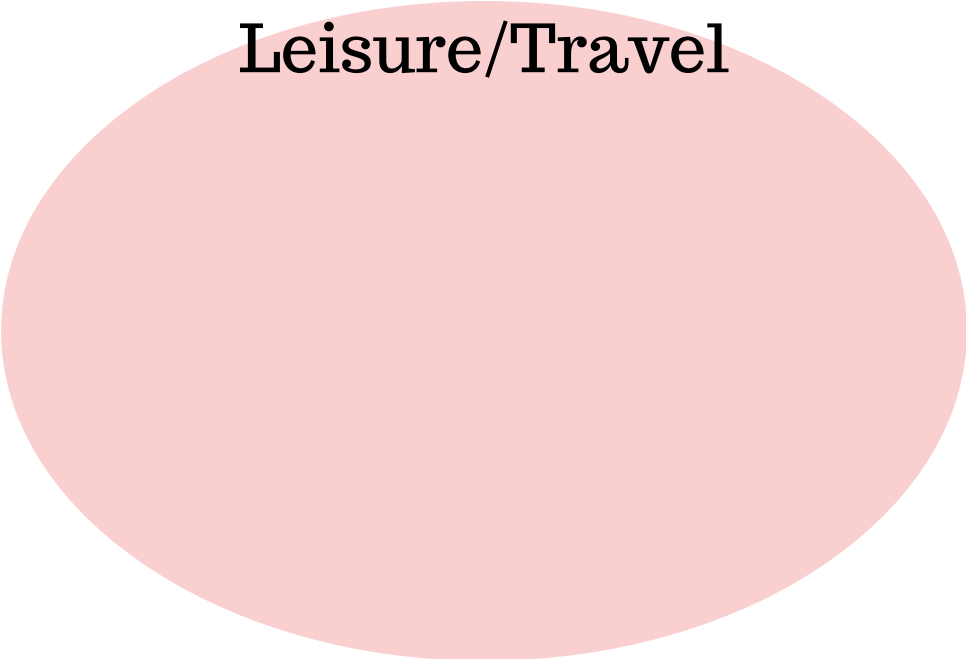
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## writing prompts

**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 blurt' - skill: flip the blurt
- self-care (caring about yourself) mindset or attitude: it's between you and you.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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○ ○ ○ ○ ○

[illegible]

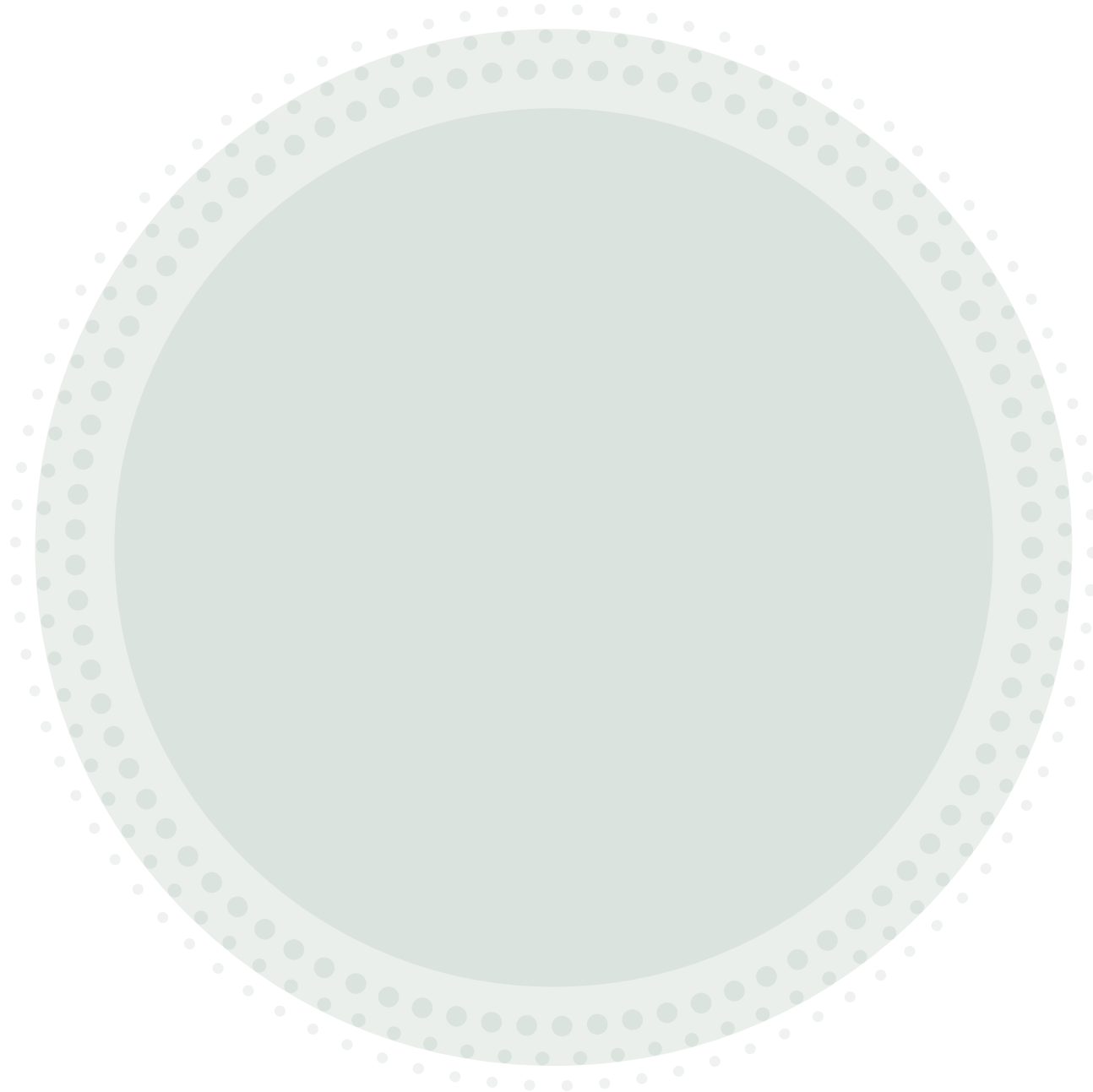
[illegible][illegible]

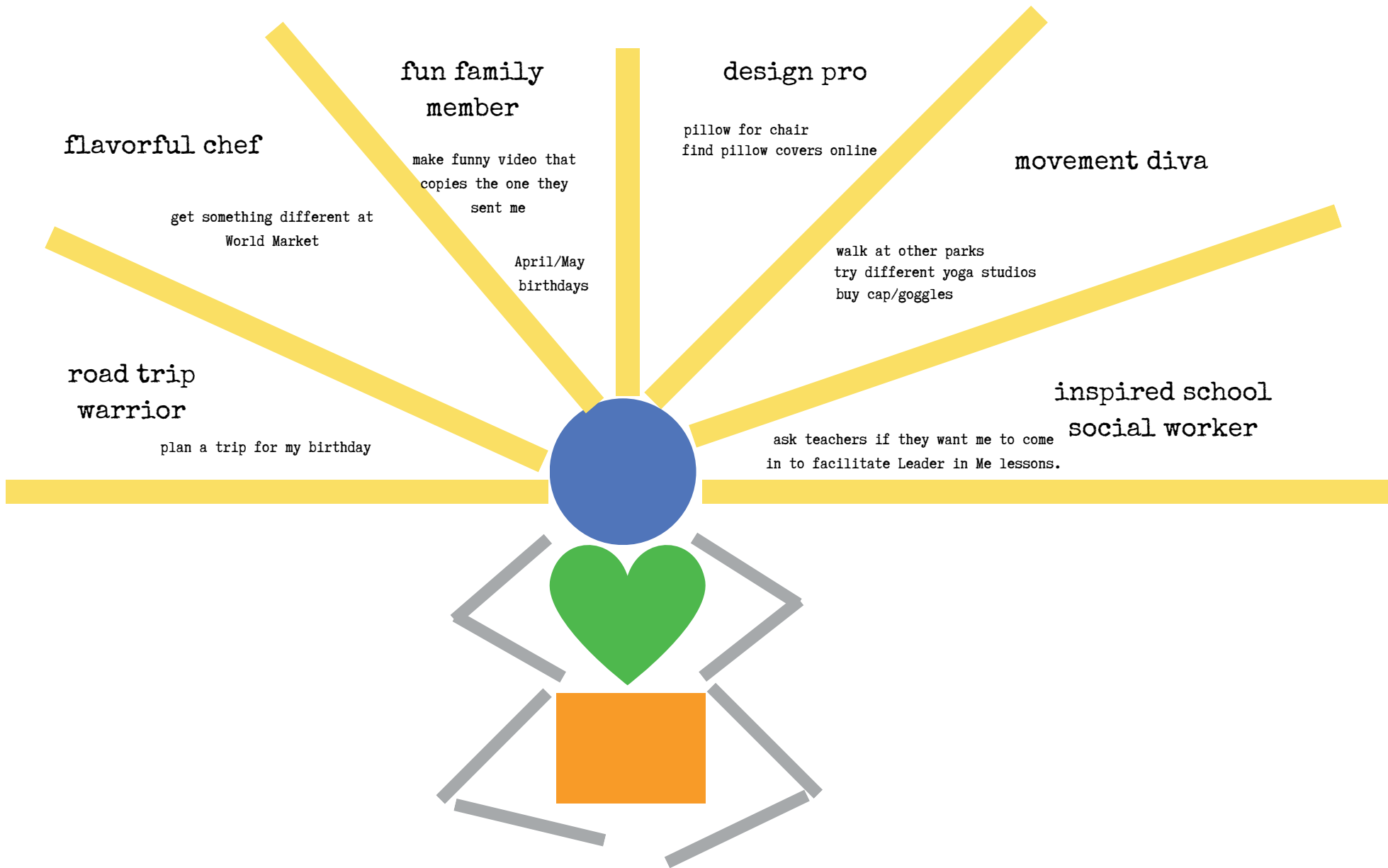
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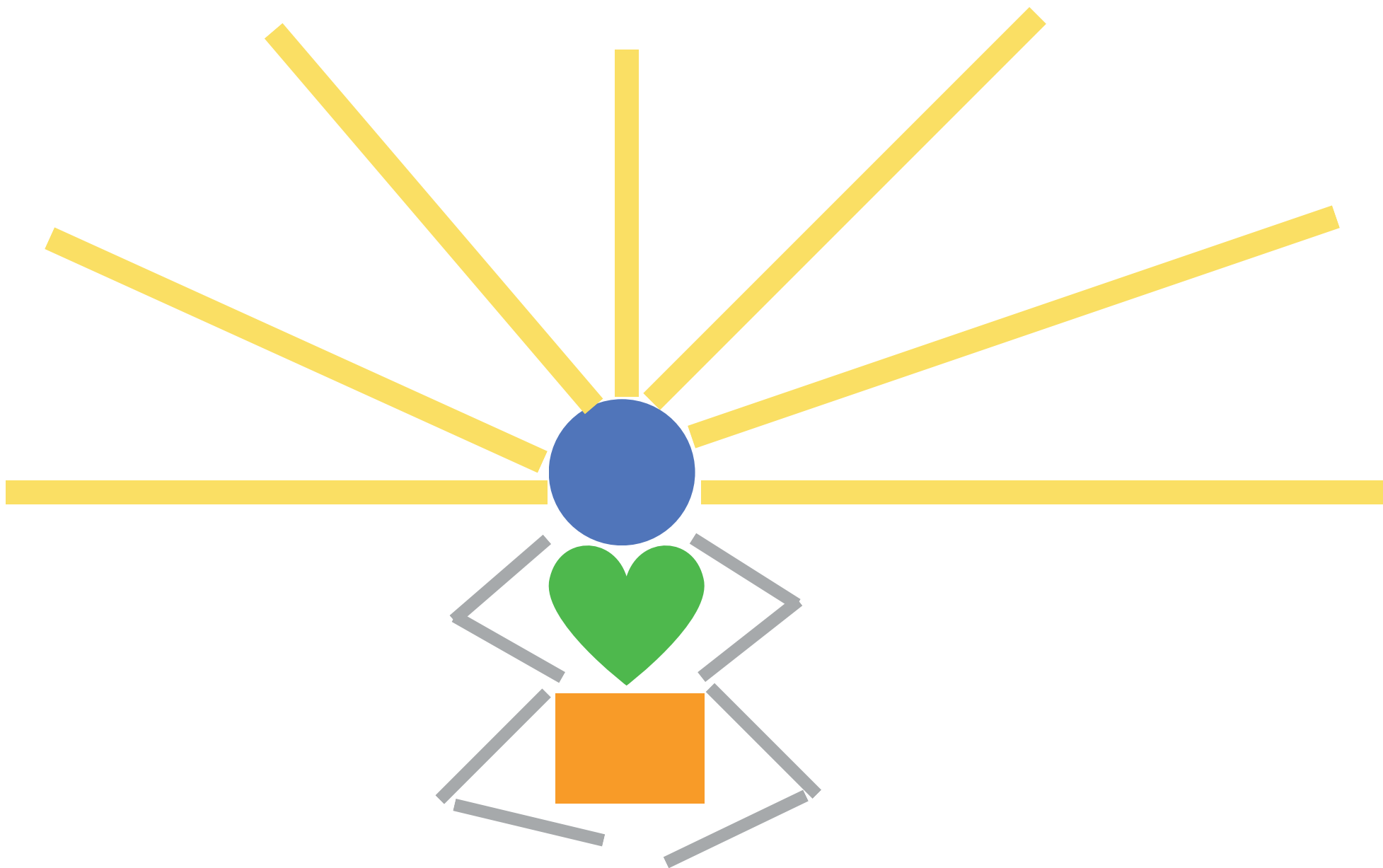
# What makes me feel most alive?

# 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.**









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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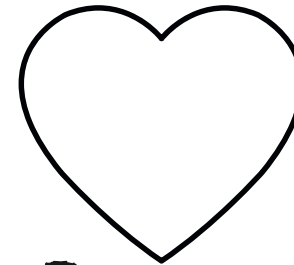
Self-Directed Learner		
Collaborative Worker		
Community Contributor		
Complex Thinker		

# the frame: curious about patterns

#ifyouknowthewhythehowwillfollow

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?

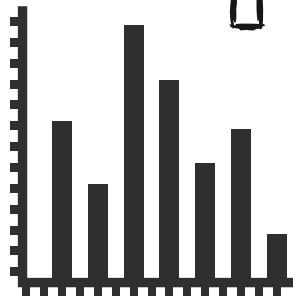


Actions/Non Actions

Observable - what am I  
doing or not doing?

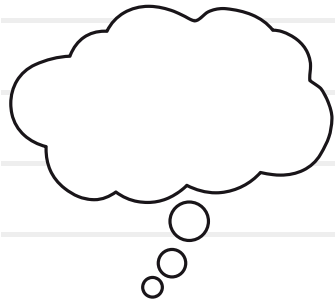
Data

results: what is showing up?



see.feel.do.get.

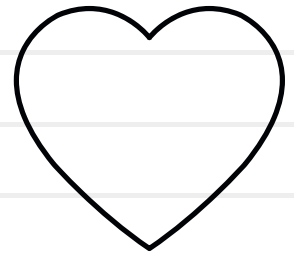
## Mindset or Paradigm



what am I saying about  
what is showing up?

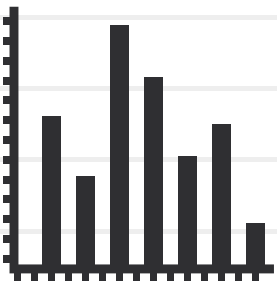
## How does it feel?

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?

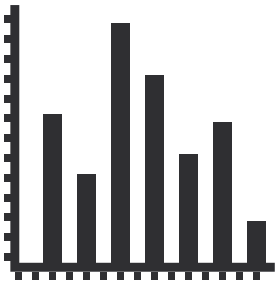


see.feel.do.get.

## Data

results: what is showing up?

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



get.



what am I saying about  
what is showing up?

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

[illegible][illegible]

How does it feel?

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

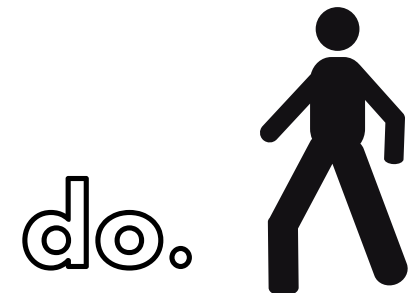
flip it: how do I desire to feel?



## 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 desirable 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.



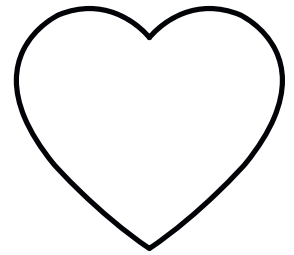
## Mindset or Paradigm

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



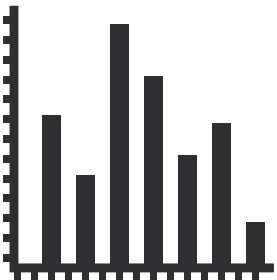
## How does it feel?

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](https://sallyseifferco.blog)**  
**email: [sally@sallyseifferco.blog](mailto:sally@sallyseifferco.blog)**

**follow: @sallysifer on**    

**THE END.**