



Awakened W O M A N

~ LESSONS ~

1 | Unlocking What Breaks Your Heart

Application Activity

As discussed throughout the lesson on “Unlocking What Breaks Your Heart”, you have likely become aware that there is a deeper hunger that lies within you, just waiting to be discovered, though our material desires often mask it.

Your task is to listen for the stirrings of this insatiable hunger - the thing that is begging you to connect to in this world in a new way. It will be from this place of knowing that you will align your dreams.

Let's get started!

Step 1: Identify and list your Little Hungers (top ones or any you can think of)

Step 2: Determine when you engage with your Little Hungers (think triggers)

Step 3: Consider how your Little Hungers “get in your way”



As discussed in the first part of the lesson, there is a deeper hunger that lies within us, waiting to be discovered.

Your task is to help guide others to listen for the stirrings of an insatiable hunger begging them to connect to the world in a new way..

Using the prompts above, or through a discussion, guide your client(s) through the first three steps for unlocking what breaks their heart.

In step 1, be prepared to provide additional examples of Little Hungers. You can of course use the examples shared in my discussions with Margo, and you may find that you have additional examples from your life and the lives of other women you work with.

In step two, make sure they think through a 24 hour clock...making a list of all the typical situations and places they find themselves during the week, and then to note if the Little Hunger is present.

Lastly, with self-compassion (i.e., in a way that a friend would be treated), encourage them to see the downside of attending to the Little Hungers.

Step 4: Answer the question, “What breaks my heart?”

As shared in this lesson’s videos, it’s critical that you understand how your Great Hunger is directly tied to answering the question, “What breaks my heart.”

As you engage in the process, try not to force or judge things that come up. Like Margo, it may take some silence, some tears, and some digging to find your answer and to find your Great Hunger.

If it helps, you might also ask yourself any of the following questions:

- *What does my heart long for?*
- *What is it that I truly hunger for in this life?*
- *What does my soul need?*
- *What in my community or in the world makes my heart ache because of some lack, pain, or injustice?*

As was the case with Margo, it may also be helpful to generate a list of things that break your heart. For others it may be easier to draw or state aloud your response to the question *What breaks my heart?*

The aim here is to begin to make connections between the responses and your life, your goals, and your dreams

List of things that break my heart

Space to draw/illustrate

Step 5: Prioritize or rank responses

As you begin to consider how your heart's desire can become a dream you can achieve, don't start worrying about the "how" for now, give your full attention to the desire that is coming up over and over again.

After you've generated a list or set of ideas regarding what breaks your heart, go back through and identify those which are most painful to you. Try to even identify the top one.

Remember, making a list and prioritizing is helping to “unlock” what breaks your heart and eventually, to give rise to becoming a joyful and compassionate individual.



Invite your client(s) to join you in a comfortable seat in a quiet space. You can sit or even lie on the floor if this is more comfortable.

Use the lesson's guided and inspirational meditation audio file, or sit quietly with your client(s) for a few moments.

After a few moments of quiet, deep breathing in this position, invite them to answer, “*What breaks my heart?*”

Repeat the question as needed: *What breaks my heart?*

If it helps, invite them to ask one or more follow-up questions:

- *What in this world makes my heart ache?*
- *What does my heart long for?*
- *What is it that I truly hunger for in this life?*
- *What does my soul need?*
- *What in my community or in the world makes my heart ache because of some lack, pain, or injustice?*

Remind your client(s) to not rush or force an answer or a response to these questions. Allow them to wash over the body.

It's ok to not have the answer right away. It's ok to have two, three, or more answers. In fact, the answer may not even make complete sense at this time.

All of this is okay. Remind them the answer, even if only partially formed, is the beginning of their sacred dreams journey. Encourage them to not try and limit their answers, not to judge their answers, or even to make sense of their answers. Rather, invite them to be open to anything that surfaces. Invite them to begin to identify those which are most painful.

Step 6: Identify what you are passionate about

Generate a list of things you are passionate about - things you are drawn to time and time again. You might even include things you experience a strong emotion about. Don't take a lot of time to do this. Just write down what comes up most quickly.

Step 7: Complete the T.H.R.I.V.E. Activity

(Adapted with permission from Dr. Kristie Pretti-Frontczak's [THRIVE](#) for early childhood leaders and professionals.)

DIRECTIONS

1. Review the description of each letter in the word T.H.R.I.V.E. below.
2. Identify a key attribute associated with each letter (T.H.R.I.V.E.). For example, you may list "good sense of direction" as a "talent".
3. You can leave a letter blank if you aren't sure what to write or ask for input from friends and colleagues.
4. After identifying your key attributes, use them to help you achieve your dreams and to overcome challenges.



Talents: Avoid thinking "Dancing with the Stars," or other "creative expressions," rather, think about what comes to you with ease, "what you were born to do." Our talents are often things we take for granted and are surprised by, when others remark on them. For example, others may comment on your flexibility or strength, your "innate sense of direction," or even your ability to remember everyone's birth date.

Talents: _____



Habits: These are the things you engage in each and every day...the actions you make, with little or no thought. Examples of habits can include backing your car out of the driveway, making coffee, or typing without looking at the keys. While we engage in 100s of habits a day, we often talk about them in a negative light; however, habits can be good things, essential things...as they make room for inspiration and innovation.

Habits: _____



Resources: Each of us has a network of colleagues, we likely receive unconditional support from family and friends, and we benefit from the inner wisdom gained from life's lessons. These are the resources that help us channel and find success.

Resources: _____



Interests: When we are motivated, all things are possible! Motivation stems from things that interest us, and allow us to remain attentive and engaged. Not sure what interests you? Try thinking about the last time you lost track of time...you were likely doing something of interest.

Interests: _____



Virtues: You can also think of virtues as *Human Essence Attributes*...the human qualities that are inside each of us (e.g., *adaptability, love of learning, resilience, zest*).

Virtues: _____



Elements: Not the periodic table type, but rather the inspirational type. Think about "being in your element," when are you at your best, when are you happiest? For example, when you are being creative, when you are helping others, or is it when you feel like your work matters?

Elements: _____



After your client(s) has generated a list of passions, see if they are able to indicate which is their top one and why.

Invite them to consider if this passion is their great hunger. If so, help them to write the passion in such a way that expresses their great hunger as the thing that gives meaning to their life.

They will know if the desire in their heart is the Great Hunger, because it will energize them, invoke their spirit of resilience, un-silence the once silenced voice, speak to issues that matter most, and implore them to encourage other women to do the same.

To support your client(s) further, you may want to model how to complete the T.H.R.I.V.E. activity.

Start by walking through each of the definitions provided. Be prepared to share additional examples that may resonate with their life and experiences.

You can also break the activity into parts, where you take a week or session to explore each letter more fully. For example, you may spend one session talking just about talents, and then habits (the good and supportive ones), etc.

Lastly, you can facilitate the activity with a group who knows one another well. They can work in pairs or on teams to self-identify attributes and for others to add to or weigh in with additional insight.

End by reminding them that the Great Hunger expects them to honor the greater good with their gifts. This is what gives meaning to life.

Step 8: Begin to develop a roadmap

What you've accomplished by working through the previous seven steps is no small task. Part of being an *awakened* Awakened sister is to respond to your earthly calling and rise with dignity from what breaks your heart.

Be sure to allow yourself time to reflect on what you've discovered and to begin thinking about what might happen next.

Like a restless sleeping giant, once awakened, your Great Hunger must be satisfied, and it will keep pulling until it is. Following this pull is what leads to the fulfillment of your dreams and discovering your path to greatness.

This all said, in the end, all of this isn't about us as individuals; it's about how we can be of true service. As you continue to unlock what breaks your heart, and begin to develop a roadmap forward, I invite you to consider how you can connect your dreams to the greater good.

One way to start is by identifying three issues in your community that cause your heart to ache:

- 1) _____
- 2) _____
- 3) _____

Next, consider which of the three issues taps most deeply into your Great Hunger?

Then, ask yourself, “Why is this issue so important?” and “How will working on this issue or helping heal this heartbreak satisfy your Great Hunger?”

Remember, your Great Hunger keeps calling you to be the person you were always meant to be. And what breaks your heart is part of fulfilling a purpose that is harmonious with the greater good because you have the gift, talents, and passion to fulfil the task and even our dreams.

And so my sister, are you ready to move forward? To soar toward your dreams?

Remember too, dear sister, your Great hunger intersects with your faith in times of fear and adversity, giving you the strength and courage to keep going.

My sister, my friend--Dare to dream big!



For those ready to continue with the journey of becoming an Awakened Woman, and achieving your goals and dreams, check out other lessons in this [series](#).

[Enroll today](#) for Lesson 2: Healing Your Soul Wounds and take the next step in your journey to achieving your best self and making a difference in the world.