# *Embrace Your Truth*

## with
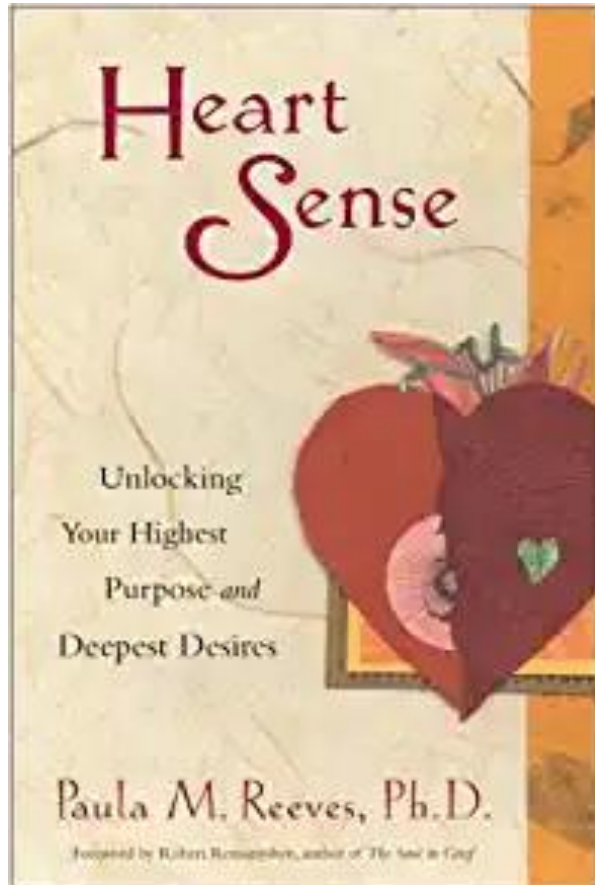## Gabrielle Claiborne

# Poll (multiple choice)

Our hearts speaks to us through which 5 languages?

1. Attractions, Feelings, Intuitions, Dreams and Bodily Symptoms

2. Emotions, Attractions, Thoughts, Explanations and Dreams

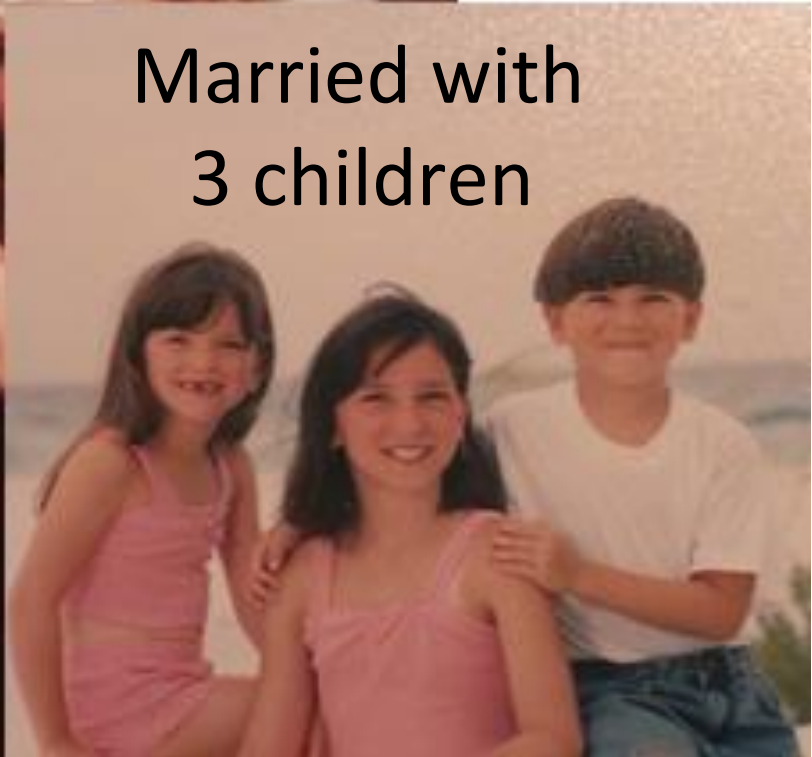3. Emotions, Intuitions, Dreams, Thoughts & Bodily Symptoms

# 5 Languages of the HEART

- Attractions
- Feelings
- Intuitions
- Dreams
- Bodily Symptoms

Heart Sense

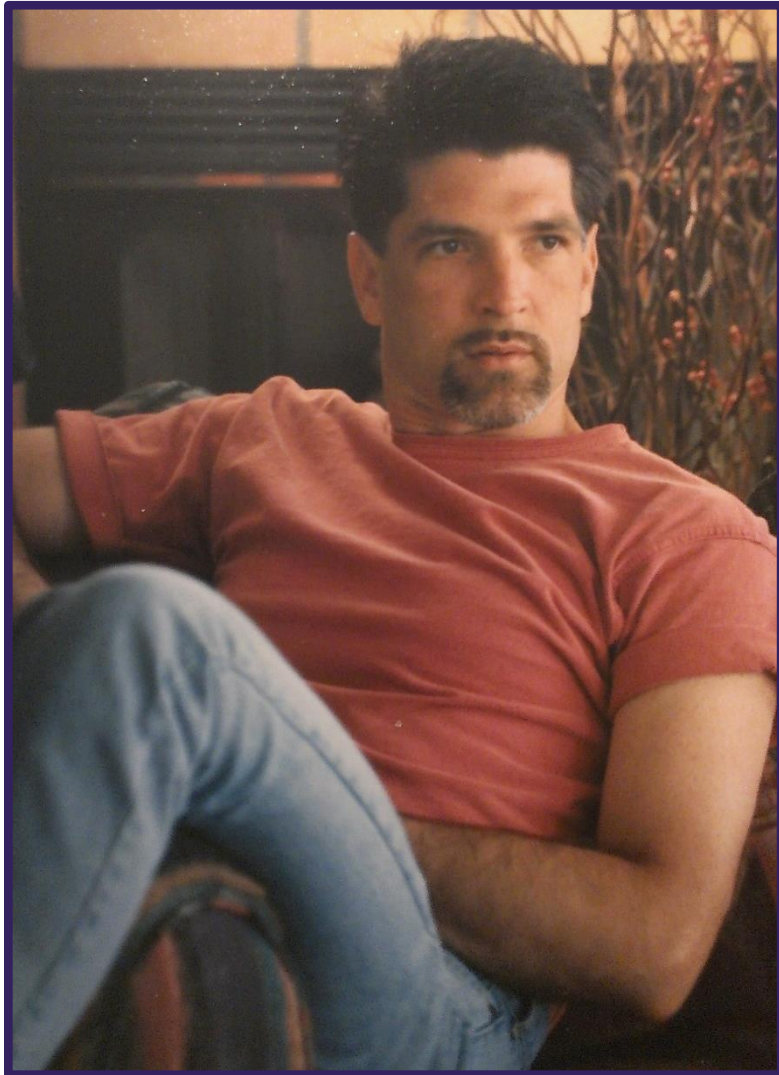Unlocking Your Highest Purpose *and* Deepest Desires

Paula M. Reeves, Ph.D.

Married with
3 children

# My company's $300 million project

## Bridge Street Town Center

# Yes...
## that's me

# 49 years old…
and meeting myself
for the first time!

# Activity

**Write the names of 3 people you admire…**

# Activity

**3 people I admire are: _____**

**Several things I admire about these people are: \_\_\_\_\_**

**_____**

**_____**

# 5 Languages of the HEART


Heart Sense
Unlocking Your Highest Purpose *and* Deepest Desires
Paula M. Reeves, Ph.D.
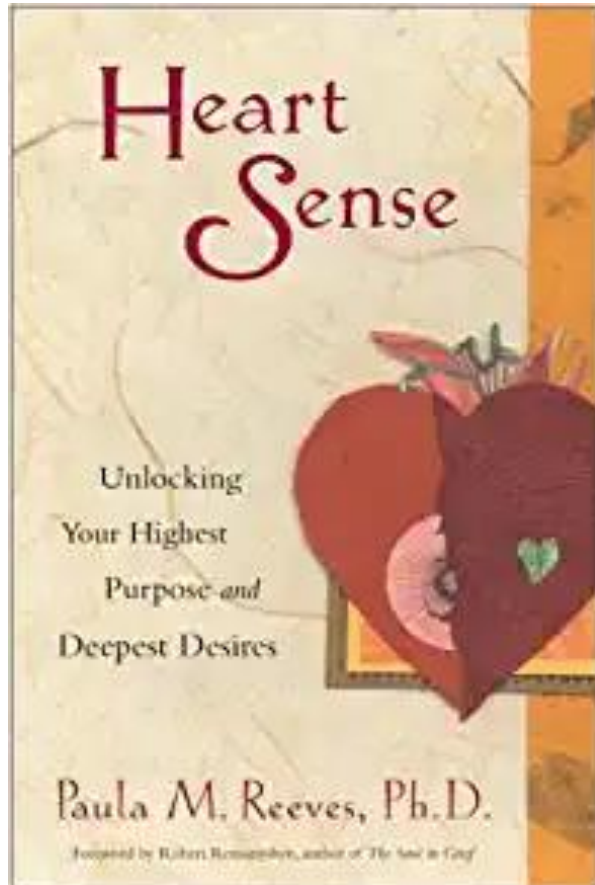
- Attractions
- Feelings
- Intuitions
- Dreams
- Bodily Symptoms

# Embrace Your Truth



- Listen to your heart
- Love yourself
- Persevere through pushback

# Me and my kids

# Embrace Your Truth

- Listen to your heart
- Love yourself
- Persevere through pushback
  - Monitor pushback
  - Selfish or Self-honoring

# Poll here (multiple choice)

## What is the difference between guilt and shame?

1. Guilt = I am bad; Shame = I did something bad
2. Guilt = I hurt someone; Shame = I hurt myself
3. Guilt = I did something bad; Shame = I am bad

# Guilt vs. Shame

**GUILT = I *did something* bad**

**SHAME = I *am* bad**

# Forgiveness

- Forgiving $\neq$ Condoning

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- Aided by compassion for self and others

# Forgiveness

When we know better...
we do better.

*Maya Angelo*

# Forgiveness

The process of continually choosing to release negative thoughts and feelings about our own and others' harmful actions.

*Rev. Linda Herzer*

# Poll here (multiple choice)

## Does forgiving someone mean you condone their actions?

1. Yes
2. No
3. Not sure

# Poll here (multiple choice)

Is forgiveness a one-and-done action?

1. Yes

2. No

3. Not sure

# Forgiveness

- Forgiving $\neq$ Condoning
- Doesn't cancel out consequences
- Keeps us from poisoning ourselves
- Aided by compassion for self and others
- Is a process of continually choosing

# Embrace Your Truth

- Listen to your heart
- Love yourself
- Persevere through pushback
  - Monitor pushback
  - Selfish vs. self-honoring
  - Forgive yourself and others

# Poll here (multiple choice)

## Where do you find the courage to live authentically? In your…

1. Head
2. Heart
3. Feet
4. All of the above

# Take a step!
# Build your courage muscles!

# My purpose
## found me!

**TRANSFORMATION**
JOURNEYS WORLDWIDE
Transgender - Focused Diversity Training

# Authenticity…

## a journey; not a destination.

TEDx CentennialParkWomen
=independently organized TED event

Embrace Your Truth
A JOURNEY OF AUTHENTICITY

GABRIELLE CLAIBORNE
with LINDA TATRO HERZER