

# From Clarity to Clients: Aligning Goals, Value & Messaging

## Quick recap

The group discussed various personal and professional challenges, including Dana's business success and recovery journey, while Annie provided guidance on relationship dynamics and self-perception. Jenn shared her experience ending a relationship due to trust issues and discussed her struggles with addiction, as Annie offered support and advice on navigating the breakup process. The conversation ended with discussions about career changes, travel plans, and relationship challenges, with Annie providing guidance on communication and boundary-setting strategies for the group members.

## Summary

### Empowering Mindset and Personal Growth

Dana shared her recent success in securing her largest client yet after doubling her rates, attributing this to a shift in her mindset and self-perception. She discussed her post-surgery recovery and the challenges of balancing healing with professional commitments, while Annie encouraged her to give herself grace and emphasized the importance of pacing herself. Dana also reflected on changes in her relationship dynamics, particularly in how she perceives and supports her partner, noting a shift towards empowering him rather than enabling him. Annie advised Dana to trust her partner's highest self when navigating any mixed messages and to continue experimenting with new approaches.

### Jenn's Decision to End Relationship

Jenn and Annie discussed the recent breakup between Jenn and her partner. Jenn explained that she ended the relationship due to trust issues and unhealthy behaviors that she didn't see changing. She still cares for her partner but felt it was the right time to end the committed relationship. Jenn's partner expressed shock and shared that she had been under a lot of stress with work and the app launch, which may have affected her behavior in the relationship. They also touched on Jenn's history with addiction and her recent relapse, which played a role in the breakup.

### Relationship Trust and Separation Considerations

Annie discussed the importance of using non-confrontational methods before considering a breakup or graduation, emphasizing the value of allowing the system to adjust to separation. Jenn shared that she had been contemplating ending the relationship for a few weeks due to

trust issues, particularly regarding her partner's honesty, and felt the decision was overdue. Despite acknowledging her partner's perspective, Jenn expressed regret and a sense of failure, noting recent personal changes and seeking understanding for her emotional state.

### **Relationship Grief and Trust Fears**

Jenn discussed her recent decision to end a relationship, expressing grief and uncertainty about the future. She shared her fears about trust issues and feelings of disconnection in the relationship. Annie offered support and explored Jenn's concerns about revealing past mistakes, highlighting the fear of losing love and approval. Jenn admitted to having nightmares about ruining the relationship through drinking, emphasizing her struggle with anxiety and trust.

### **Jenn's Relationship Breakdown Discussion**

Annie and Jenn discussed the end of Jenn's relationship with Matt, emphasizing that the breakup was not solely due to drinking but was a culmination of various issues. Jenn expressed feeling unsupported and fixated on negative moments, while Matt acknowledged his role in the relationship's challenges and expressed his desire to support Jenn. Annie advised on the importance of a graceful and dignified breakup process, highlighting its impact on future relationships. Jenn shared her pain and need for space, and Annie offered support.

### **Supporting Personal Growth and Relationships**

Annie discussed the personal challenges of Jenn and Matt, emphasizing the importance of allowing them to navigate their complex relationship independently. She encouraged the group to support them and recognize that their situation could lead to positive transformation. Lorena shared her excitement for Slava's upcoming trip to Austin, despite her inability to join due to immigration restrictions, and expressed gratitude for the opportunity for personal growth. Slava expressed enthusiasm about the trip and his admiration for the group, while Lorena mentioned their improved communication and recognition of relationship patterns.

### **Career Values Over Financial Stability**

Eric shared that he applied for a new job that would require moving across the country and a significant pay cut, but he prioritized aligning with his values over financial stability. He explained his vision of creating an alternative food system focused on nutrient-dense food, which he believes this new opportunity could support through networking and relationship-building. Annie encouraged Eric to share his vision with the group, expressing support for his pursuit of a more fulfilling career path.

### **Job Application and Memorial Plans**

Eric applied for a job but hasn't heard back yet, and Annie encouraged him to visualize positive energy and alignment in his application to increase his chances of getting the position. They discussed Eric's upcoming visit to Austin for his grandfather's memorial service, and Annie reminded him to take a leadership role if needed during the event.

## **Approachable Travel and Relationship Insights**

Annie and Eric discussed Eric's upcoming travel plans and his intention to practice being more approachable and "dockable" with new people. Annie provided guidance on improving energetic and tactical aspects of social interactions. Inga shared her hesitation about re-engaging with her ex-partner Chaz, and Annie advised focusing on future possibilities rather than past issues, encouraging Inga to approach Chaz with a fresh perspective and positive intentions.

## **Transformative Potential in Relationship**

Annie and Inga discussed Inga's relationship with a man who, despite mutual agreement to part ways, shows potential for growth and transformation. Inga shared her intuition that the man, who is 72 and has a history of misogynistic attitudes, could evolve beyond these patterns. Annie advised Inga to provide feedback without shame, emphasizing that addressing uncomfortable patterns requires gentle communication and understanding rather than punishment. They explored the idea that Inga could serve as a "portal" to the man's future potential, suggesting that her vision and support could inspire his development.

## **Reclaiming Power in Relationships**

Inga discussed her relationship challenges with her partner Chaz, including issues with him not visiting her as often and their communication during fights. She expressed frustration with Chaz's friend Keith, who often stays with them and makes disrespectful comments towards her. Annie advised Inga to reclaim her power by clearly communicating when she is triggered by disrespectful behavior, even if others defend themselves initially.

## **Dealing with Relationship Dynamics**

Inga expressed concerns about Keith potentially staying for two months, which made her hesitant to work things out with Chaz. Annie advised Inga to consider the benefits and cons of Keith's presence and suggested a more sophisticated approach to communicate with Chaz. They also discussed Inga's tendency to look for offensive behavior, and Annie encouraged her to respond to such comments from a non-triggered state to potentially influence others' behavior.

## **Enhancing Intimacy and Connection Strategies**

Annie and Inga discussed the challenges of intimacy and connection, with Annie emphasizing the importance of conscious boundaries and the responsibility to find people interesting. They explored strategies for enriching relationships, including enrolling partners in new experiences and cultivating interesting conversations. Sharman mentioned she and Daniel would be attending an upcoming event in Austin, and Annie offered to ensure there would be comfortable seating options for Sharman.