“This is My Summer to Pivot”

Session Four - August 5

“THE COURAGE TO FEEL FULLY”

Every meaningful pivot begins with a shift in consciousness. Before we can transform our lives, we must first remember who we truly are. From that awakened identity comes the resilience to face life’s challenges without forgetting our divine nature. And as we live from that truth, transformation becomes not something we force, but something we allow.

In today’s session, we’ll explore Day 217, in *The Pivot Year*. In this reading, Weist offers:

Day 217

A heart that is willing to be earnest, and sincere. A heart that is strong enough to keep loving, no matter how many times it's been bruised. Irony and cynicism are shields, a way to laugh off your life so that it cannot truly touch you. This slowly ices you out to your own experience until one day you wake up and realize you are surrounded but lonely, busy but disengaged. If you want a full life, you have to be willing to open yourself to it. Let it all in. And let it move you. Let it change you. Let it free you and let it make you feel again. Let what's heavy hurt and what's healing lighten, and let yourself move through it all without getting too attached. You're here for a reason, and an understanding of that reason can only be dissected through your experience.

Introducing The 15 Commitments of Conscious Leadership

The 15 Commitments of Conscious Leadership, by Jim Dethmer, Diana Chapman, and Kaley Klemp, invites us to think about leadership in a much broader way than simply being the person in charge. Conscious leadership is about how we show up—in our relationships, our work, our communities, and ultimately, in our own lives. At its heart is a simple but powerful question: Am I meeting this moment from awareness and choice, or am I reacting from fear, defensiveness, habit, or self-protection? The commitments give us practical ways to notice when we have slipped into unconscious patterns and to consciously choose another way of being.

One of the central ideas of the book is the distinction between living “above the line” and “below the line.” Below the line, we tend to become defensive, closed, attached to being right, or convinced that life is happening to us. Above the line, we become curious, open, responsible, and willing to learn from what is happening. Being above the line does not mean that everything feels good or that difficult emotions disappear. It means we develop the awareness to recognize what we are feeling and the willingness to ask, “How do I want to meet this?” Consciousness gives us a choice where previously we may have simply reacted.

That is what makes these commitments such a powerful companion to Day 217 of The Pivot Year. Day 217 challenges us to notice the armor we sometimes put around the heart—cynicism, detachment, busyness, even humor—to keep life from touching us too deeply. Conscious Leadership asks us to do something remarkably similar: notice when we have closed, and practice opening again. Not because openness guarantees that we will never be hurt, but because a fully lived life requires our participation. We cannot selectively numb ourselves to pain without eventually numbing ourselves to joy, connection, wonder, and love. The invitation is not simply to protect the heart—it is to develop a heart strong enough to remain open.

Session Four Activities

Day 217: "If you want a full life you have to be willing to open yourself to it. Let it all in and let it move you. Let it change you. Let it free you and let it make you feel again."

Activity 1 — "Rewrite the Lesson"

Think of disappointments you still carry.

Focus on ONE disappointment and complete these sentence stems:

- The story I've been telling myself is...
- This experience taught me...
- Another lesson this experience might be offering is...
- Because of this experience, I have become...
- Today I choose to become curious about...

Activity 2 — "Armor or Openness?" (part 1)

The Pivot Year, Day 217 says:

"Irony and cynicism are shields, a way to a laugh off your life so that it cannot truly touch you. This slowly ices you out to your own experience until one day you wake up and realize you are surrounded but lonely, busy but disengaged."

You will need 1 sheet of paper (8.5"x11") torn in half.

On one half-sheet write the **emotional armor** you most often wear.

Armor Examples:

- busyness
- sarcasm
- perfectionism
- withdrawal
- people pleasing
- overthinking
- always being strong

On the other half-sheet, write the quality your **heart** longs to express instead.

***Open*-heart** Examples:

- trust
- tenderness
- joy
- honesty
- compassion
- wonder
- peace
- love

Activity 2 — "Armor or Openness?" (part 2)

With both completed ½ sheets in front of you… respond to the questions below:

Reflection Questions

Which has been running my life— Armor OR Openness?

_____

_____

_____

_____

What has my armor protected me from?

_____

_____

_____

_____

What has it also prevented me from experiencing?

_____

_____

_____

_____

What small act of openness can I practice this week?

_____

_____

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_____

Then, tear up, fold away, or set aside the "armor" half-sheet. Keep the “open” half-sheet and refer to it daily as a reminder.

Week Four Daily Practice

During each evening's Daily Review ask yourself:

1. When/How did I protect my heart today?
2. When/How did I let life move me?
3. What did I learn because I stayed open?

Homework – Session Four

Read/Review Day 217 in The Pivot Year

Complete ALL Activities (above)

Our "My Summer to Pivot" Daily Practice:

Begin **each morning**, during SS'26, by completing these four sentences:

1. Today I **intend** to…
2. Today I **choose** to embody…
3. Today I **focus** my attention on…
4. Should I lose my center, I will gently **return** to…

Session Four Assignments

1 – A Slight Pivot

Daily **INTENTION** setting (see above)

Weekly **READING** (see above)

+ Write a weekly affirmation: **My affirmation for this week is…**

2 – A Half Pivot

Daily INTENTION setting

Daily **READING** in The Pivot Year

+ Commit to show up next week

+ Complete sentence stems:

"What has my armor protected me from?"

"What has it also prevented me from experiencing?"

+ Write a supporting daily affirmation: My affirmation for **today** is…

3 – *A FULL PIVOT*

Complete all of the above (daily intention, daily reading, sentence stems & write daily affirmations, commit to show-up consistently). Plus… making a sacred commitment to yourself – to consciously participate in your own transformation throughout this five-week journey by becoming ***A FULL PIVOT*** subscriber.*

+ To become A FULL PIVOT subscriber, please use the QR code.

** Your subscription generates daily worksheets, suggested meditations, etc. via email.*

Available on a Love Offering basis

☐ 1– A SLIGHT PIVOT ☐ 2 – A HALF-PIVOT ☐ 3 – A FULL PIVOT