

Moxie Moment: The 5 Rs (Recall, Relive, Reframe, Release, and Reapply)

Directions:

Identify three to five significant experiences (“Come to Jesus” moments) that have shaped how you think of yourself, your voice, your presence, and your purpose. In the space below, you are going to **Recall** these pivotal experiences. On the left side of the page, list them, naming each one so that you know what it represents. Next to this name, on the right, you are going to list some basic details of what happened as you **Relive** (or reexperience) the journey you went through — as I did with my current events and Space Academy stories. Don’t worry; I won’t leave you in Relive for very long. But you have to go into it to get through it and heal it.

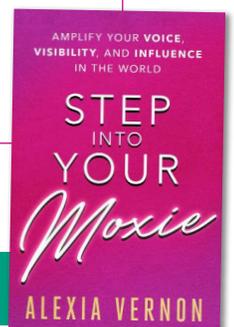
RECALL

RELIVE

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Now that you have Recalled and Relived, you are going to pick the one or two experiences you feel are most relevant to you (who you are and who you are striving to become). For each, you will write your **Reframe**. This is where you will begin to shift from seeing what happened to you as something that happened *for* you — to help you learn, grow, and cultivate resilience. While I certainly wasn't grateful for the embarrassing and diminishing moments I shared with you earlier in the chapter, I have reframed them and now see them as moments that prepared me for my work as a coach, speaker, and author. Identify how you can consciously see your experience so that it empowers your voice and presence — rather than undermining it (or you). And again, be sure to write it down.

REFRAME



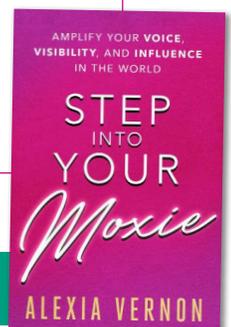
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To ensure that your Reframe for each experience really sticks, you need to now **Release** it. At this stage, you let go of any thoughts, feelings, beliefs, and habits that are getting in the way of your truly believing your Reframes. On the worksheet, write the word *Release*, and list anything and everything that you are letting go of, once and for all. For me this would include a desire to publicly shame any of my childhood humiliators or to travel back in time and give an Oscar Award-winning presentation. Feel free to combine your experiences as you cull together everything you want to release.

RELEASE

In the final R, **Reapply**, you identify how you have carried forward and how you will continue to carry forward the knowledge awakened in the Reframe section. Try not to list just what you have done/will do (e.g., the behaviors or actions) but also the evidence you will look for, or perhaps already possess, that proves you are embodying your Reframe(s) in all spheres of your life. Writing this book is a *huge* piece of my Reapply!

REAPPLY



Excerpt from *Step into Your Moxie: Amplify Your Voice, Visibility, and Influence in the World*

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Questions for Reflection

- As you look back on your work in the five Rs, what are you discovering?
- What role have your stories played in the development of your inner and outer voice?
- What will the payoff be for holding your Reframes and Releases and committing to your Reapplies?
- What other truer, more self-empowering stories could you be telling?
- What would it cost you if you went back and lingered in the Recall and Relive of your old story (or stories)?

