

# HELP FOR HELPERS

LET YOUR WISDOM & STRENGTH  
CHANGE THE WORLD



SOUTHWEST INITIATIVE  
FOUNDATION

# HELP FOR HELPERS

INCREASE YOUR WELLNESS AND LIVE IN PURPOSE



The importance of wellness in the life of change makers and leaders cannot be emphasized enough. In a space where a consistently strong presence and voice is expected, there are aspects of wellness that must be developed beyond typical models of nutrition and physical fitness.



By beginning to see the inseparability of wellness and productivity, your self-care practices will naturally begin to shift as your paradigm of leadership (leading a better life) evolves. This transformation will allow you to live out of meaning and purpose rather than merit.

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## CONTEXT AND COMPONENTS OF THE PROGRAM

**BIOCOGNITIVE SCIENCE:** The language, techniques, movement, and scope of this program are based in the theory of biocognition. In this model, we are able to explore the way that our mind, body, and spiritual development coemerge with one another as we grow within the premise of a specific culture, context, and environment. In this sense, we can step out of models of reductionism, cause-and-effect, and linear processing because we know humans do not function and develop in those ways, but rather holistically and comprehensively as complex human beings.

**MINDFUL MOVEMENT:** The movement-based component of Help for Helpers is presented as a hybrid of a variety of models of physiological wellness including: Health and Exercise Science, Physical Education, Health Education, Functional Movement, Strength Training, Dance, Yoga, Tai Chi, and Qi Gong.

**LEADERSHIP DEVELOPMENT:** Although your job title or position in a company or community may not position as an executive, you are still learning and growing to lead a life of greatness. Lessons from the psychology of organizational science and leadership development are naturally embedded into the design of this program to allow you to explore existential inquiries about your purpose.

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## READINESS

I am ready to accept my inherent nature of health, prosperity, and love.

I begin by relaxing, observing my mind and body, contemplating my state of being, and embodying my personal excellence.

I integrate and apply this mindbody shift by determining for what purpose I am training in my life.

### *Daily Reflection*

- *What one word describes your current state of wellness?*
- *How difficult or easy is it for you to complete your self-caring commitments?*
- *What is the most important outcome of this program for you?*
- *Will you commit to completing this program?*

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01

## SELF-WORTH

I belong wherever I go.

By pausing to establish a long breath pattern, I signal to my mind and body that I am safe and I belong.

The alignment and posture of my physical stature reflects and symbolizes what I have learned to believe about the value of my presence.

### *Daily Reflection*

- *When did you last abandon a self-caring commitment?*
- *What makes you feel worthless and what makes you feel meaningful?*
- *What song(s) best describe(s) you?*
- *What is the most important self-care you need to complete today?*

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02

**FAITH**

As I take a leap of faith, I trust my personal truth to guide me to my destiny.

My book of life offers evidence and hope for the goodness of my future.

The slow motion Zen walk helps me integrate this learning at a very deep level throughout my mind and body.

## *Daily Reflection*

- *Recall a story of faith overcoming hopelessness in your life...*
- *What made you hopeless?*
- *Where did you find hope and light in the darkness?*
- *What words help describe the shift from doubt to belief?*
- *Finish the sentence, "I place my trust in \_\_\_\_\_."*

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03

## BODY IMAGE

I am beautiful and more than my physicality.

My mind and body connect to heal and grow through observational healing without judgement.

The lengthening and strengthening of my physical body allows me to explore inner and outer beauty.

### *Daily Reflection*

- *Describe your physical attributes.*
- *What frustrates you about your body?*
- *What's your favorite part of your body?*
- *If your body was a car, which one would it be?*
- *What do you want to achieve with your physical wellness?*

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## 04 COMPETENCE

The knowledge I share brings wisdom and transformation to the world.

I have an archive of inspiring personal achievements.

I leave my ego at the door to address unmet needs expressed by my body through movement.

### *Daily Reflection*

- *What are you an expert in?*
- *When do you doubt yourself?*
- *How do you empower others with your wisdom?*
- *Recall the journey you have traveled to acquire all of your knowledge...*
- *Who has been your greatest mentor, coach, or teacher?*



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## COMMITMENT

**My devotion and self-care  
strengthens my service and meaning.**

**I commit to safety, love, expression,  
peace, and spirit for myself always.**

**Through postures that require focus  
and commitment, I explore sticking  
points and blocks to self-caring  
commitments.**

### *Daily Reflection*

- *What is your current top priority in life?*
- *How easy or difficult is it for you to highly prioritize your wellbeing?*
- *Who hinders and who supports your self-care practices?*
- *What boundaries do you need to set around self-care?*

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06

## MINDFULNESS

Pause. Breathe. I am aware of \_\_\_\_\_.

As I close my eyes and go inward, I observe new sensations and qualities in and around the mind and body.

I slow down and release tension that prevents me from going deeper with my senses and intuition.

### *Daily Reflection*

- *What are the first 5 things you sense around you right now?*
- *When are you most distracted?*
- *When do you feel most focused?*
- *Which 2-3 emotions do you experience most? (happy, angry, surprised, sad, disgust, fear)*
- *Which emotions do you feel least?*

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## TERRAINS

I detach from associations, assumptions, and judgement about my personal truth and self-care.

The sensations and qualities I sense during observational healing guide my decisions and actions.

A deeper awareness of physical tension allows more comprehensive release and healing of the mindbody.

### *Daily Reflection*

- *Where have you learned the most about self-care?*
- *What are the greatest pressures you think about and feel regarding your wellbeing?*
- *Close your eyes ... who do you see when you think of 'roadblocks' to living your personal excellence?*
- *What action idea does this trigger for you?*

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## LOYALTY

My truth is a navigational compass to set boundaries and limits for self-respect.

I embody loyalty through my five portals of wellness.

Stretch and strength is required to exercise and express personal truth.

### *Daily Reflection*

- *How do you define loyalty?*
- *Where is more work needed for you to embody self-loyalty?*
- *What gives you courage to act more out of self-loyalty?*
- *When have you seen or experienced loyalty before?*
- *What would it look like for you to act more in this way?*

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## WELLBEING

I am more than the absence of illness. I am resilient and thriving.

My inner world is a colorful picture of the pristine terrains of wellbeing I cultivate and enact.

I breathe good in and bad out. I extend love and embody love.

### *Daily Reflection*

- *What is the current state of your being?*
- *What are some events from the past year that you remember about your personal wellbeing?*
- *What would you say lies underneath these significant memories?*
- *How would you like your life to look differently in the future?*

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**TRANSFORM**

My thoughts and actions trigger the best of my genetics and enliven the best of my culture.

In a theater where I am writer, director, and actor, I am free to be me.

In alignment with self, I can extend and reach farther than I believe possible because I am the essence of strength and flexibility.

## *Daily Reflection*

- *Who are the most influential (positive & negative) cultural editors and coauthors from your life?*
- *What makes you feel devalued and what makes you feel appreciated by these people?*
- *What do you know differently than any of these people that you could teach them to be better?*

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## OBSERVATION

My mind is focused. My body is alert.  
My intentional observation affords  
healing and growth.

Beyond obvious stimuli, in a state of  
focus I am more keenly aware of  
myself and the world around me.

The health of my central nervous  
system and endocrine system is  
paramount in regulating wellbeing.

### *Daily Reflection*

- *What are the first 3 things you observe about yourself when you wake up in the morning?*
- *What concerns you about this?*
- *What inspires you about this?*
- *What insights are beginning to emerge with deeper observation?*
- *How will your daily routines begin to change into rituals based on this new information?*

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## AFFILIATION

I express thanks to the quality people in my life who support my passion.

Taking time to reach inward with gratitude expands my creativity.

Movement allows me to enact symbolic gestures of thanks and gratitude to self and others.

### *Daily Reflection*

- *Who are the 3-5 most quality people in your life today?*
- *What relationship brings you the most concern or anxiety?*
- *Which relationships give you a sense of peace and trust?*
- *How can you engage more with the quality relationships and less with the toxic relationships?*



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## HOLOGRAM

Beyond mind and body function, my personal truth is the essence and sculptor of me.

On a path in nature, I better tune-in to my truest and best self.

Stillness of the body promotes focus, quietude, and epiphanies in the mind.

### *Daily Reflection*

- *Who are you?*
- *What do you stand for?*
- *What is your personal truth?*
- *What cultural truths have you bought that decrease wellbeing?*
- *When do you feel trapped?*
- *What makes you feel empowered?*
- *Who do you need to speak your truth to in order to release more?*

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## 14 **COURAGE**

My self-valuation determines my courage to enact my personal truth and meaning in life.

Pondering my existential anxiety allows me to develop the foundation from which I live and lead.

I can bow with humbleness and humility and also stand tall with pride and courage.

### *Daily Reflection*

- *When was a time you saw or experienced courage?*
- *How did this experience model bravery or valuation?*
- *What are you most afraid to say or do in your life to make an impact?*
- *What is your next step to enact justice or change in the world?*

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## CURIOSITY

Insights emerge in the realm of epiphanies as I ponder my truth.

My guides and angels offer me the wisdom I need at the right moment in my journey.

Looking at the world upside down offers new perspective and guides my problem solving in creative ways.

### *Daily Reflection*

- *Look around - how difficult or easy is it for you to find something novel?*
- *How do you harness your curiosity to focus your impact?*
- *What gets in your way from being curious and going into novelty learning on a daily basis?*
- *Who do you love to learn with?*

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## NOURISHMENT

Honor, loyalty, and commitment to my true self feed my soul.

I go to my cabin in the woods for retreat and restoration whenever I need rest.

The touch of a loved one is embodied and expanded through biosymbolic movement of a strong embrace.

### *Daily Reflection*

- *Most of the time, do you feel energized or exhausted?*
- *What depletes your energy?*
- *What refuels your energy?*
- *How would you describe the pattern of your self-care to stay nourished and refreshed?*
- *What do you want more of and how will you make it happen?*

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## SAFETY

**I take safety with me wherever I go.**

**With my physical body grounded and aligned, my mental and emotional bodies begin to release into safety.**

**I allow space between the toes to open, extend, and release danger embodied in the lower extremities.**

### *Daily Reflection*

- *From the feet to the stomach, what part of your body holds danger?*
- *What scares you the most?*
- *What brings you a sense of safety?*
- *How often are you in a state of danger (fight or flight)?*
- *What contexts trigger the sense of danger and what triggers safety?*

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**WARRIOR**

**I am a brave and honorable fighter.**

**My intuition and wisdom that guide my decisions and action allow me to embrace Spartan and Amazonian warrior archetypes.**

**As a warrior I stay grounded in peace in the present moment with an understanding of the past and a vision for the future.**

*Daily Reflection*

- *Think about the characteristics of your favorite warrior...*
- *How do you resemble and embody these characteristics?*
- *Which attributes of a warrior do you value and cherish the most?*
- *Where do you need to use your warrior archetype more fervently?*
- *What do warriors do to rest?*

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**HONOR**

My higher self is guided by my personal truth.

What the world has molded me to become does not have to be a sentencing that defines my life.

Stepping into a child-like nature, I am able to rest, clear my mind, and reimagine who I can be in the world.

## *Daily Reflection*

- *Who exemplifies honor as a coauthor or cultural editor in your world?*
- *When have you experienced the greatest shame?*
- *What brings you a sense of honor?*
- *In the healing field of honor, who is someone you wish to express righteous anger toward?*

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## INTROSPECT

By navigating my inner world, I cultivate a terrain of quietude and invincibility.

The exploration of my mindscapes creates maps to navigate and grow what can do and what I know.

One step at a time. One breath at a time. My journey unfolds on a beautiful pathway.

### *Daily Reflection*

- *What is the state of your inner world - describe your mindscape.*
- *What has been most painful on your journey thus far?*
- *What has been the most surprising and beautiful?*
- *What is the most important action to cultivate a richer inner world to support your personal development?*



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## RESPONSIVE

Instead of emotional reactivity, my ego steps aside for me to be compassionate with self and others.

In a state of quietude, I can identify precursors that lead me to a state of reaction or compassion.

I can navigate my inner world to be at peace and stay in focus.

### *Daily Reflection*

- *What is a reaction as opposed to a response?*
- *What triggers you to react the most emotionally?*
- *What helps you remain focused to respond with compassion?*
- *How can inclusive compassion help you grant yourself grace to overcome self-punishment?*

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**LOVE**

I offer myself inclusive compassion  
and nurture myself through self-care  
and self-devotion.

I am worth receiving the love I  
extend to others.

It is my choice to increase or  
decrease the amount of love I give  
and receive.

## *Daily Reflection*

- *What is love?*
- *When have you lost hope in love or compassion?*
- *What about love gives you courage and strength?*
- *What song, book, or movie best illustrates real love to you?*
- *How will you give more of this authentic love to yourself?*

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**STRONG**

More than physicality, my compassion and understanding grow to expand my perception and ability to change the world.

I am here to save the world.

I gain strength in stretching my wings, soaring to higher heights.

## *Daily Reflection*

- *How strong are you?*
- *Who or what makes you feel weak or helpless?*
- *What do you do on a regular basis to increase strength?*
- *How do you want to impact the world with your talents?*
- *Who will support you unconditionally?*

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## GRATITUDE

I give thanks and embody the love offered externally to myself internally.

Without associations, I let gratitude settle into my body.

The grace of gratitude is light and ever uplifting, guiding my strength, courage, and curiosity.

### *Daily Reflection*

- *What color represents gratitude for you?*
- *When do you act with arrogance rather than gratitude?*
- *When do you need to practice admiration without envy?*
- *How do you betray your greatness with pseudo-humbleness?*

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## EXPRESSION

My voice, my body, and my work enact my personal truth wherever I go.

I have the power to release chains and bonds that suppress my freedom and dictate my personal truth.

I open up and extend the expression of my strength to the world.

### *Daily Reflection*

- *What is your personal truth?*
- *In what contexts do you suppress your truth and live by cultural truth instead?*
- *What is the physical sensation experienced when you express yourself openly and clearly?*
- *With which coauthors can you be fully expressive and receive love rather than punishment?*

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## ***SELFHOOD***

Each day I become more of who I am  
and less of what they expect me to  
be.

My dreams are within reach for me  
to take and make realities.

By expanding the force of my energy  
and space, I have greater  
opportunity to set boundaries and  
develop my selfhood.

### *Daily Reflection*

- *How would you introduce yourself to a stranger?*
- *What parts of yourself are you afraid to explore and heal?*
- *Which aspect of your selfhood development is the most exciting?*
- *How have recent insights accelerated your personal growth by setting better boundaries?*

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**PEACE**

I take peace with me wherever I go.

I am stillness.

I am quietude.

Peace and serenity resonate within me and I emit it to the world around me simply by living my personal truth.

*Daily Reflection*

- *Describe "a sense of peace" in 5-7 words.*
- *Who or what disrupts your peace?*
- *Who or what offers you peace?*
- *When is your inner world the most chaotic and unfocused?*
- *How does self-care transform your mindbody back to quietude?*

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## QUIETUDE

My inner terrain invites me inward to a space of serenity and restoration.

Quietude is my natural state of being.

As I quiet the mind and calm the body, I open portals across my body like small doors to release steam.

### *Daily Reflection*

- *What are your favorite rituals?*
- *When do you find yourself in the urgent present most often?*
- *Who or what helps you remember to slow down and go inward?*
- *What parts of your work or personal life do you want to transform from urgent and chaotic into focused and calm?*



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**SPIRIT**

**I am myself wherever I go.**

**Spirit, universe, energy, potential... I  
hold the essence of each within me.**

**As time passes, I am afforded  
opportunities to develop, grow, and  
express my excellence through my  
purpose as service with meaning.**

*Daily Reflection*

- *Which parts of your selfhood are the most difficult for others to understand or accept?*
- *What secrets do you wish to release?*
- *What sins do you wish to release?*
- *What heartache do you wish to release?*
- *Accept the invitation to be free.*

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*JOY*

My inner compass guides me to joy with patience, courage, and faith.

Admiration without envy allows me to enjoy the greatness of others as much as my own personal excellence.

Sometimes difficulty can be navigated and recontextualized as opportunity for joyful growth.

## *Daily Reflection*

- *How has your understanding of happiness and joy changed?*
- *What killjoys do you often experience?*
- *What do you now say to killjoys as you notice precursors leading you to sabotage, doubt, or suffering?*
- *What is your greatest joy?*

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**SURPRISE**

Sometimes I surprise myself with my own creativity and strength.

My patience allows me to hear my inner voice and respond to my needs.

My perspective allows me to understand the implicit needs of others to better serve them.

## *Daily Reflection*

- *Do you like surprises? Why or why not?*
- *When have you surprised yourself in the past?*
- *What is the greatest learning from this experience you will hold with you?*
- *How are you different now?*

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## GRATITUDE AND INTEGRATION



Now that you have an understanding of pristine gratitude, I want to offer my heartfelt thanks to you for fully engaging in this learning experience together. Remember, wherever you are in your journey is the right place as long as you keep owning your power and moving forward.



Your transformation process will ebb and flow through mental, emotional, and physical mountains and valleys. This is the natural process of spiritual and vocational development. Stick with your intentions and let your intuition and personal truth guide your embodied agency.

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A NOTE ABOUT THE CREATOR



**SAMANTHA LOUISE**  
Leadership Cultivator

Samantha's passion is personal empowerment, community restoration, and organizational culture. Currently, she is a doctoral student at Vanderbilt University's Peabody College studying leadership and learning in organizations which complements a Master's degree in Educational Leadership specializing in organizational systems change. Samantha holds a Diplomate and Instructorship in Biocognitive Science as well as a Diplomate in Biocognitive Organizational Science with a focus in mission and vision development to inform experiential education, workplace wellbeing, and business innovation. With experience in curriculum design, she ensures a humanistic approach to each framework she develops for personal growth and vocational empowerment.