



## Be the Gift of It

Every aspect of humanity is a gift, when used appropriately. It is normal, common, to judge certain aspects of humanity as wrong. You have been told so, or you have seen people overuse or inappropriately use it.

When you judge certain aspects of humanity as wrong, you lose your freedom to express them when the time is right. This causes stress in your body and an inability to move forward as effectively as you want.

You will know you are misusing (overusing or underusing) a human aspect when you see it in another person and it weighs on you, or you hear the word and think, "How can people be okay with themselves when they are being (that aspect) or how can I be okay being who I am being right now.

To use this guide, find the attribute that is disturbing you. Contemplate, what if people did this ALL the time (overused column), and what if they NEVER used this aspect (the underused column)? Then read the middle column, the aspect used as a gift. Let yourself see yourself. How can you balance this aspect in your life. Then start living your answer.

If an aspect is not listed, you can define your own! Here is how:

1. Look up the word in the dictionary.
2. Ask yourself the questions, "What if people were always this? What if they never were?"
3. Ask yourself, "What is the gift of this human attribute?"
4. Breathe. Notice your energy within you. Let your contemplation assist in balancing your feelings and energy inside your Energy Bubble.

Human Aspect	Overused	Strength - The Gift of It	Underused
<b>Abrupt</b>	Refusal to look at one's own feelings. Reacting instead of stopping, discerning, and creating personal and/or co-creative expansive solution. Isolation. Going it alone.	Self-care. Going within to create solution. Stopping, connecting with, and communicating forward movement energy.	Lack of direction. Listening to others and being swayed by their ideas. Not adding necessary aspects of self/ideas to the common direction.
<b>Accommodating</b>	Over pleasing. Trying to give or adjust for others more than they are asking for or willing to prioritize.	Knowing your needs. Listening to another's and taking the time to communicate & create a win-win scenario.	Making plans and moving forward, assuming others are onboard. Disregard of others needs and desires.
<b>Accountability</b>	Holding yourself to agreements you made with others when it no longer serves you. Refusal to put yourself in the picture and renegotiate agreements.	Knowing the changes you need to make or habits you need to establish and following through on them.	Blaming others for your reality. Knowing what you need to do and distracting yourself with excuses and reasons why you can't.
<b>Agreeable</b>	Losing oneself to another's lead.	Knowing your preference and what matters to you. Acceptance of another's perspectives while still honoring your own truth, too.	Refusal to see another's perspective. Inability to see new possibilities.
<b>Anger</b>	Taking emotion out on other people. Believing it is wrong to feel and stuffing it. Letting anger fester inside our thoughts. Letting yourself feel anger but not emotions that are underneath/led up to it.	Unleashes the power of commitment and motivation to do things a new way. Fuels positive change. Brings clarity to your part in challenge and can precede true forgiveness.	Denial. Pretending a challenge does not exist. Allowing your path to be led by another's' beliefs and desires. Loss of personal power.
<b>Anxiety</b>	Unaware of less intense emotions. A refusal to self-soothe. Laziness. Habitual connecting with others and life in heightened, ungrounded energy. Looking to others or situations to soothe self or find answers. Avoiding personal responsibility.	Prime time to shift focus, imagination, and actions in the exciting direction of life's solutions, dreams, or personal abilities. A precursor to new experiences. Indicator of a willingness to "put yourself out there" and grow.	Ignoring self-care and self-responsibility.

<b>Antagonism</b>	Refusal to feel, accept and process one's own emotions. Lack of self-acceptance and self-responsibility.	Clarity of personal desires. A starting point for co-creation.	Meeting other's needs at the cost of one's own. Imbalance of care for others vs self-awareness and self-care.
<b>Arrogant</b>	Squelching others or causing an aversion, repulsion of others	Coming out. Learning to use voice and actions to become solid in self-importance, gifts.	Ineffectiveness
<b>Attachment</b>	An exchange of power. Giving personal power to a person place or thing outside oneself. Refusal to find one's own means of navigating emotions and personal responsibility. Example: the child's blanket is his source of comfort. S/he is attached to it when comfort and self-soothing cannot be found in other means.	Knowing personal preference with a commitment to tending to people, places, and things one prefers. Example: She does not mind the work it takes to care for her second home because she is really attached to it.	Recklessness. Sporadic activities. Unawareness of personal preference. Living on the surface of life. Free spirit at the cost of consistency
<b>Betrayal</b>	Overindulgence of immediate desires at the cost of long-term goals. Betrayal of true self.	Breaking old agreement of misplaced loyalty. Opportunity to lead from greater personal strength. Deepen faith in self.	Showing loyalty to another at the cost of self.
<b>Blame</b>	Victim. Refusal to understand your part in a situation. Giving power to the perpetrator. Attachment.	Assigning responsibility: yours AND the others. It takes two to tango. Knowing we all are responsible for our thoughts, feelings, and actions. Calling out bad behavior. Creating safe boundaries.	Attaching yourself to others by being over- responsible for their feelings, thoughts, experiences, life.
<b>Caring</b>	Caring for others at the cost of taking care of self.	Self-Care. Caring for self and giving to others from your flow and overflow of love. Not to recuse or fix. Just because you want to do it. Knowing and trusting that others can care for themselves.	Caring for self at the cost of your big picture desire of connecting with and working others.

<b>Comparison</b>	Judging one as all good or all bad.	Awareness of differing gifts, strengths, and attributes. Power in ability to choose preference in the moment.	Misplaced expectation. Leads to disappointment, inefficiency.
<b>Conceit</b>	Realizing your gifts and proud of your success with an underlying belief of better than others and their gifts, goals, abilities, desires.	Realizing you have a gift, pride in your success, aware of your ability without insinuation you have an ability to succeed and have goals beyond and better than other's ability to succeed in their unique goals.	Seeing gifts and success in others yet having little to no belief in one's own ability, specialness, gifts.
<b>Confidence</b>	Bull in a China shop. Full speed ahead without considering all factors and/or getting other people/team on board with a co-created plan.	Standing in strength. Making clear, steady, step by step decisions towards the essence of a goal. Moving through obstacles connected with the strength and clarity of strong love.	No rudder set. Floundering. Refusal to take step forward and see personal power, strengths, gifts. Hiding. Seeking validation from others.
<b>Control</b>	Taking actions from out of your flow. Taking away of other people's power. Gaining temporary results at the cost of long-term goals. Dependent relationships. A feeling of emptiness when alone.	Taking actions from your flow. a powerful lead to create positive changes that benefit the whole. Taking a lead for yourself in line with your heart and soul's desires. When you win, everyone wins.	Toss around by others and life. Incapability. Helplessness.
<b>Conscientious</b>	Working too hard to do what is perceived to be right and good enough in other's eyes at the cost of what is good and right for self. Working before defining and committing to one's own parameters and responsibilities. See Healthy Boundaries Tool #1 and #2	Knowing and feeling comfortable with what is right for self, in all aspects of life. Committed to tending to these definitions.	Unaware of self; personal, individual desires, definition of right and wrong and impact on life. See Fundamental Inner Alignment Tool.

<b>Critic(ism)</b>	Thinking others should always do things your way in your time. Causes lack of true intimacy and connection (with both self and others).	Curiously communicating differences, or perceived faults with a willingness to be understood, gain understanding and contemplate possible win-win solutions.	Ignoring problems thus having to tolerate less than desirable situations. Refusal or fear in using voice to speak truth with love and make a difference.
<b>Defiance</b>	Refusal to work together and receive the benefits of constructive collaboration. An "if it's meant to be it's up to me" attitude. Perfectionism. Victim attitude. Choosing connection with self over connections with self and others.  (If you want to go fast, go alone...	Resisting doing things others' way or the old way. Carving out time to get clear on your own desires, your way of achieving them and how you want others to work with you. (Teach people how to treat you.) Refusal to move forward and collaborate with others until clear and connected within self. (Envision and tend to clear wants and needs)  ...if you want to go far, go together.)	Losing oneself to the needs, wants, desires and methods of others. Overpleasing, rescuing, choosing connection to others over connection with self and others. Over agreeable. Refusal to take a stand, use conflict constructively.
<b>Depressed</b>	Adding guilt, shame, self-criticism or blame during times of introspection and transitions. Seeking love and connection through self-pity.	Letting go of old structures, beliefs, habits. Opportunity to redefine "Who am I" , "Who do I want to be next?" and how you relate to God, The Universe, others and things outside yourself.	Denying heavy emotions, the potential emotional energy that can transform into pivotal growth. False expression of always happy. Hiding.
<b>Demanding</b>	Taking actions without lining up flow. Wanting self and others to achieve now without enjoying the journey (lining up thoughts, feelings and taking efficient inspired actions).	Using your well-developed skills and appropriate fine-tuned efforts. Seeing the best in others and inspiring them to be it.	Laziness. Waiting for something to magically happen without doing the inside work of aligning thoughts and feelings focused on desire.

<b>Delight</b>	Out of balance. N. Indulging in one pleasure at the cost of other aspects of life. V. Pleasing others at the cost of being self-responsible or other's responsibility. See Fundamental Inner Alignment Tool and Healthy Boundaries Tool #1.	Receiving gifts from others, God, and life. Giving to others from overflow.	Trying to be positive and uplift instead of being authentic, honest with self and others.
<b>Devotion</b>	Out of balance. Putting more effort, focus, attention, or energy on things outside of self at the cost of connection to Self and a balanced life.	Self-love. A commitment to an authentic dream, desire, vision, or love. Happiness in the efforts it takes to maintain and grow in self, relationships, spirituality, and goals.	Chasing after whims. Momentary thrills at the cost of long-term goals, relationships.
<b>Discernment</b>	Believing in right and wrong. Refusal to see another person's point of view as right for them in this moment of time.	Staying in your own bubble and using your feeling heart and soul to decide what truth is true to you. Pondering other's ideas and feelings and keeping only what feels right for you, and letting all else pass, or stay with the source of delivery. Using "Is this true for me?" "Is this mine?" When listening to another's truth	Letting all of someone else's truth be right. Letting everything is, all beliefs, ideas, ways of doing things, feelings.
<b>Disengage</b>	Starts and stops. Lethargy. Hopelessness. Unpredictable in relationships.	A starting over or changing course of direction. Pause to get clearer and intentional. Re-engaging in a more self-care and self-sufficient, authentic manner	Refusal to consider one's own individual needs, authentic perspective, and direction. Refusal to show up in life with all of one's authentic strengths, gifts, perspective, putting effort towards all desires Feeling unworthy, ashamed, less than.
<b>Doubt</b>	Refusal to make a decision and move forward. Not addressing emotions of inadequacy, mistrust, anxiety, worry. uncertainty.	Gathering facts. Gaining understanding and clarity. Allowing belief to grow. Being willing to change one's mind or beliefs.	Gullible. Inauthentic. Lofty goals and expectations without small steps to achieve. Recklessness.

<b>Elation</b>	Disrespect of others mood and emotional space.	Open, flowing, present	Looking to the future & missing now, or fear of feeling great and its impermanence.
<b>Effort</b>	Pushing from out of your flow. Pushing or taking on responsibility of others instead of influencing them: getting clear on what you would like to see in them and responding from that clarity	Aligning your focus. Using energy and time to align and take steps.	Incomplete process.
<b>Effortless</b>	Waiting for things to happen. Easily give up.	Clear goal. Working with intention, finding joy, wonder, meaning, or purpose in the things you do	Struggle. Trying to make things happen by taking care of things outside of your lane of responsibility.
<b>Elation</b>	Throwing energy away, ungrounded, dispelling energy that provides clarity and action to move forward.	In flow, open hearted, experiencing the moments as enough.	Inability to see joy in the moment. Desire to make things perfect and 'get there' and refusal to stop and enjoy now. Working too hard.
<b>Expectation</b>	Pressure. Demanding. Forcing time vs allowing Universal timing. Lack of trusting others inherent desires and intentions to do a good job and cooperate.	Trust in self and Universe/God. Consistent steady steps towards a goal, tending to the things in one's own lane of responsibility, holding others responsible for things in their lane and letting go of things in God's Lane.	Negativity. Stuck. Hopeless. Focused on now being all there is.
<b>Fault</b>	Giving the power of your heavy feelings and thoughts away to someone or something else. Refusal to get into action on your own passion.	Fault lines are where earth's plates can shift. Drawing a line in the sand through energetic attachments and owning responsibility. This is on my side of the line; this is on yours. Letting go of attachments. Building connections within yourself.	Carrying others heavy emotions in attempt to love them and be loved, important, significant.

<b>Freedom</b>	Lack of consideration regarding the impact of one's actions vs other's needs, boundaries, or differences. Unawareness of one's impact on others and the long-term benefits of win-win, collaborative scenarios.	Self-responsibility. Willingness to speak, live truth while respecting others right to do the same. Allowing self to experience the essence of desires without being attached to the form - the who, how and where they take place. Trusting others to do the same.	Responsible for others at the cost of one's own desires. Waiting for "someday" before taking care of self, dreams, and responsibilities today. Lack of self-care.
<b>Gracious</b>	Falseness. Over giving. Overcompensating to please and gain accolades for others. Refusal to give love to self.	Present to self and genuinely connecting and sharing strengths with others.	Bitterness. Feeling unloved and unsupported therefore refusal to see others Needs and deservingness of kindness and love.
<b>Gratitude</b>	Over praising others to seek approval, gain more, manipulate	Enjoying the moment.	Over working. Not enough-ness.
<b>Guilt</b>	Beating one-self up. Not allowing pleasure. Belief that not enough work has been done. Unworthy of freedom, joy and rewards.	Self-Steering. Realizing mistake, owning it and setting intention to make amends, learn, grow.	Enjoying at the cost of others. Justifying hurtful, reckless behavior and broken agreements.
<b>Hope</b>	A pulling toward the future without concrete steps in moving toward goals. Misplaced responsibility.	A clear knowing of what you want. Believing you are or have done your part and it will happen.	Refusal to dream, imagine, create. Lack of believe in self, God, others, life.
<b>Hopelessness</b>	Victim. Refusal to understand your part in a situation. Giving power to perceived perpetrators, wrong doers.	A pause in looking to others, experiences, or goals to provide the good feelings, contentment, and self-responsibility that one must provide for self	Refusal to address the negative and find real solutions.
<b>Humble</b>	Refusal to step into one's gifts and be recognized and valued for them. Imbalanced exchange of energy. Depletion and belief in better than - less than paradigm.	Realizing one's gifts, strengths, and capabilities. Communicating and sharing them in a helpful manner, recognizing the inherent value and common challenges of all humans.	Boastful. Egotistical. Belief in being better than others. Refusal to look at and address shortcomings in self.



<b>Immune</b>	Unwillingness to receive ideas, love. Inability to connect, co-create joyous experiences.	Staying true to oneself, unwavering.	Living according to others' wishes, ideas and passion. lack of personal leadership and voice.
<b>Insecurity</b>	Dependency. Pulling on others for feel secure and grounded.	A time to turn to yourself to find safety and stability in your own being: secure within yourself. Your value does not depend upon another providing for you, but in connecting with your inherent value and beauty within yourself. Here is where you can see, be and share your gifts, maintain personal power and receive from others without attachment or dependency.	Recklessness. Taking impulsive actions without consideration of goals and values.
<b>Jealousy</b>	Believing "They can and I can't". Fearing the other will leave you with their success. Bursting someone's bubble to keep them nearer to you and your abilities.	Helps us get clear on our desires. Shift it to inspiration and question, how can I experience that my way? If you see it in another, it is possible for you, in fact, it is so close you can see it right in front of you. Commit to the joyful journey of finding your way.	Not allowing yourself to desire more, different, better.
<b>Lack</b>	Missing out of the fullness of life in the present.	Resourcefulness. Finding new options.	Impulsive actions. Short term gains at the cost of long-term plans.
<b>Meek</b>	Walked on. Unaware of own needs and value or ability to work with others and the reap the mutual joy found in successful collaboration.	Willingness to compromise, see and find possibility in all situations. Kind, service hearted.	Abrasiveness, assertive. Fear of not being heard, seen, or valued.

<b>Narcissistic</b>	Missing out of meaningful connections found in seeing one's own self-worth and the inherent self-worth and beauty of others.	Self-awareness. Withdrawal from taking care of others and focusing on self, remembering the importance of deciding who one wants to be and then putting effort into being it through full self-expression	Seeing others as more powerful than, better than. Groupie syndrome. Lack of personal leadership.
<b>Needy</b>	Continual trying to get needs met outside oneself. Often shows up in addictions, co-dependent relationships,	Realizing there is something you need and turning inward with compassion and self-love. Listening to that need of the small voice within and finding it. Then taking actions to tend to them.	Over independence. Inability to work with others. Narcissism. Tending to own needs at the cost of relationships and the needs of the whole. Selfishness.
<b>Paranoia</b>	Focusing on others life, thoughts actions. Giving responsibility for your life, safety, connection to the Source of Unconditional Love and power away to others	Used to take bold actions to find the truth that sets you free. Possible side effect: others find a sense of freedom	Denial. Pretending a challenge does not exist. Ignoring inspired actions and self-care and your responsibility to communicate to gain understanding for fear of looking vulnerable.
<b>Procrastinate</b>	Over-thinking, refusal to face emotions, look within, decide, create. Judging stress as wrong	Refusal to act until clear on components of new desire	Always in action, never fulfilled, feeling accomplished. See impulsive/treadmill
<b>Questioning</b>	See doubt		

<b>Rejection</b>	Limited connections with others. Fixed mindset. Stubbornness. Stuck. Inability to move forward.	Confidence. Staying true to one's own path. Commitment to find clarity within without dilution of another's thoughts. Reconnecting with other's helpful strengths and ideas after clear personal vision in place. Giving oneself time for clarity. Understanding personal responsibility in creating and co-creating.	An unawareness or difficulty in meeting one's own needs or feeling fulfilled. "What about me? Who is going to take care of me? Someday I will..."
<b>Reckless</b>	Takes longer to complete the full picture of what you really want because of the need to fix errors	Break rules, enjoy freedom and flow of actions. Ultimate trust in self, God, and life	Over thinking, over caring for others and consequences instead of taking inspired actions and moving forward
<b>Resentment</b>	Re-sent. Sending your power into someone else's bubble. Thinking someone else is the cause of your heavy feelings; particularly powerlessness, inadequacy, jealous	Re-send. Claiming your power back. Realizing where you made others the cause of your situation and using your Energy Bubble to address your own thoughts and feelings and identify your clear heart and soul's desires. Taking responsibility for yourself	Refusal to move forward for fear someone else will resent you. Blaming your own fears of letting go and standing in your power on someone else's perceived weakness/strength.
<b>Rigid</b>	Belligerent. Refusal to cooperate. Isolation.	Allows roundedness with the flexibility of exploring new boundaries.	Wavering, non-committal, lack of self-care and personal boundaries.

<b>Ruthless</b>	Selfish. Taking care of or expressing your own needs without strength.	Self-Care, strength, leadership. Clear boundaries with the knowing that we are all responsible and capable of taking care of our needs. The possibilities are infinite. We are responsible for taking care of ours and others are responsible for taking care of theirs. Standing for the minimum of what you need. Honoring others by seeing them as powerful and capable of handling	Inability to make a decision. Too much compassion and kindness for others and not enough for self. Refusal to take a stand for oneself. Fear that your needs are wrong or unfulfillable.
<b>Sadness</b>	Refusal to take responsibility and create solutions within self or with others	Feeling the energy of letting go. Letting the habitual old thought patterns dissipate. Regaining energy, wisdom, ideas, and solutions within to begin new experiences and relationships.	Staying in head. Disconnecting from emotions. Lack of fulfillment.
<b>Self- Confidence</b>	Boastful. Feeling right for self and others.	Aware of individuals' strengths and ability to connect with and work with others.	Seeking validation from others. Diverting acknowledgement
<b>Self-less</b>	Taking care of others at the cost of self and one's own needs and responsibilities.	Understanding the connection, oneness of people. Openminded, compassionate while maintaining personal energy.	Self-absorbed. Missing out of true connection with Self and others.
<b>Self-Love</b>	Feeling superior, better than.	Acceptance of self and the human condition. Aware of unique gifts and our human commonalities. "There are many different gifts but one spirit."	Striving for external validation and accomplishments in order feel "good enough".
<b>Self pity</b>	Always focused on self. Inability to see others position, the good in ones' own life or the contributions of others	Facing unhappiness and using it to create solutions	Overly optimistic, refusal to address own needs or emotions.

<b>selfish</b>	False sense of importance hiding extreme deep-seated fears of inadequacies	Clarity on personal desires and a drive to lead and achieve them with others who desire the same.	Going with others at the cost of one's own needs and desires. An imbalance leading to a long term lose- lose
<b>shame</b>	Never good enough. I, in my being, am wrong/ insufficient (not related to actions but being). You did it because I am not good enough.	Self-steering. Assignment of responsibility. Pivotal decisions on aligning next thoughts, feeling and actions with personal values.	Lack of defining and adhering to personal code of ethics. Reckless.
<b>stubborn</b>	Inability to work with others. Inability to go with the flow and experiencing win-win big picture solutions. Loss of relationships and growth	Clear on what you want, what you are worth, willing to give, receive. Knowing you can let go and be okay. Conviction for self without wronging others	Unwillingness to care for own needs and lead change
<b>submissive</b>	Refusal to stand up for oneself and hold others accountable to respectful boundaries and win-win exchanges.	Letting go and trusting the lead of others or direction of life. Open to a new way to find desired goals and experience. Self-responsibility in being open to the goodness, miracles, little connections that can be found anywhere. Understanding life is not about "getting there" but enjoying the journey.	Bullheaded. Too strongly attached to the form, the way things need to happen. Controlling. Leaving no room for fulfillment and Universal support.
<b>unstructured</b>	Chaos, uncertainty, inability to connect or move forward	Relaxed, friendly unofficial style	No room for creativity, newness
<b>Unwavering</b>	Inability to experience new, connect with other ideas and people	Clear, connected, listening, thriving	Feeling of out of control, inability to make a decision, be predictable, difficulty in connecting and moving forward

<b>Upset</b>	Speaking or doing something from out of your flow, unawareness, immediate gratification at the cost of long-term support. - using heavy emotions as a way to feel connected	Speaking/living your truth/strong love knowing others are responsible for their feelings. - being willing to feel whatever feeling is showing up	Pleasing others at the cost of self - inability to set one's own course and create change
<b>Unsupported</b>	Not believing in or investing in self. Waiting for someone outside you to save, give permission, invest in your goals and dreams. Blaming others for lack of success.	Turning away from others and turning toward self and ability to take calculated risks towards dreams you continue to conceive, believe, and achieve	Doing everything on your own. Self-sufficient but the cost of ease and meaningful connections.
<b>Urgent</b>	Pushing. Not trusting Universal timing and balance.	Deadline inspiring immediate and high impact actions.	Waiting for "someday". Goals remain in concept without steady actions toward completion.
<b>Victim</b>	Self-pity. Decision to stay in blame and helpless feelings of the past.	Self-love. Delineation of responsibility and response-ability with commitment for self-responsibility and implementation of healthy boundaries.	Self-blame. Refusal to stand up for self and implement boundaries in the face of bad behavior or boundary breaching.
<b>Wonder</b>	Focusing on "how to" and "when". Not listening to intuition, guidance and decisions that help forward desires.	Steering heavy feeling thoughts to possibilities. Keeping mind open to life's beauty and possibilities. Being present with what is.	Rigid, staying in facts. Making life about getting things done
<b>Worry</b>	Run too many thoughts in your head. Over planning, paralyzing.	Addressing unwanted outcomes, flipping focus to desire thus transforming emotion into fuel to implement steps towards best case, desired scenarios.	Refusal to look at challenges and set course towards clear desires