



## Salimah K Hankins, Esq. CPC (she/they)

Salimah is a singer/songwriter, musician, certified coach, lawyer, and intuitive healer who harnesses the power of creativity and the arts to connect BIPOC and queer folx with their life's purpose.

For more info visit:  
[salimahhankins.com](http://salimahhankins.com).

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Living in so called San Francisco  
which is Ramaytush & Ohlone land.



# GOALS.

1. Learn how to use creativity, joy, and imagination to find your way.
2. Gain concrete tools for making important decisions.
3. Understand your needs and values.
4. Learn tools and practices to help you find your path to purpose.

Together, we will uncover the gifts of intuition and creativity to access your biggest, boldest, highest self.

# GOALS.

Grab a notebook and pen!

You'll be gathering useful information about yourself





# Meditation





What  
Brought  
You  
Here?



Type in the  
chat what brought  
you here.

# What Brought You Here?

When people come to this point, it's usually about how to make a decision or figuring out their next steps.

- Should I take a job or leave a job?
- Should I stay in a romantic relationship or leave a friendship?
- What's wrong with me, I should be happy? I got what I asked for.
- I don't know what I want, but I know what I don't want.
- There is something missing? But, I don't know what.
- What's next for me? I'm not sure of what I want?
- Should I move to a new city? Start a family? Etcetera.

This is what we will begin to address in our, roughly two hours



# How To Make A Decision

1. Center Your Needs and Values.
2. Focus less on the thing and more on yourself inside of the thing.
3. Sit in stillness imagining the thing and notice how your body reacts (remember the compass). Is there excitement. Sadness, sighs, uncomfortability?

What is the feeling?

4. If you had all of the money, time, and options in the worlds, would you do this thing?
5. Is there excitement or lightness around it?  
Is there joy?
6. This is where self coaching comes in.





## UNIVERSAL NEEDS AND VALUES

Expression	celebration, vitality, humor, passion, creativity, imagine, dream, romance, inspiration
Harmony	peace, security, safety, order, consistency, calm, stability, relaxation, comfort, ease, reassurance, beauty
Autonomy	independence, dreams, freedom, choice, individuality, space, spontaneity
Integrity	authenticity, meaning, purpose, justice, fairness, honesty, presence, openness, trust, respect, equality
Community	interdependence, trust, bonding, inclusion, belonging, cooperation, unity, synergy, integration, loyalty, participation, partnership, acceptance
Contribution	mastery, growth, service, gifts, enrichment, empowerment, support, acknowledgment, help, nourishment
Connection	understanding, closeness, appreciation, empathy, support, consideration, love, affection, companionship, mutuality, nurturing, intimacy
Play	adventure, challenge, daring, risk-taking, thrill, fun, humor, amusement, laughter, pleasure, sensuality
Meaning	awareness, celebration, clarity, competence, consciousness, creativity, understanding, hope, learning, purpose, effectiveness, growth, discovery
Well-being	health, sustenance, safety, shelter, rest, sex, food, clothing



# THIS IS MY STORY

*I was  
where  
you might  
be. A little  
bit about  
me.*





[balthazar.beckett@outlook.com](mailto:balthazar.beckett@outlook.com)



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# Who Are You Jealous Of?

WHO	WHY	ACTION / ANTIDOTE



# Who Are You Jealous Of?

WHO	WHY	ACTION / ANTIDOTE
Friend, Sheila	She plays the guitar and writes her own songs	Purchase a guitar Download Youcision Start following guitarists that I admire. Write it down somewhere



# Notice How You Feel

What emotions are coming up for you?

Are you excited?

Is your heart racing?

Are you happy?

Sad?

What visuals are popping into your mind?

What push back are you getting from your inner voices?

This is all valuable information for you about your desires and what you want.





# HOW IT ALL WORKS

## THE "REAL" YOU

Higher Self - Connected to Source/God/Universe  
Knows what your life's purpose is and is guiding you.

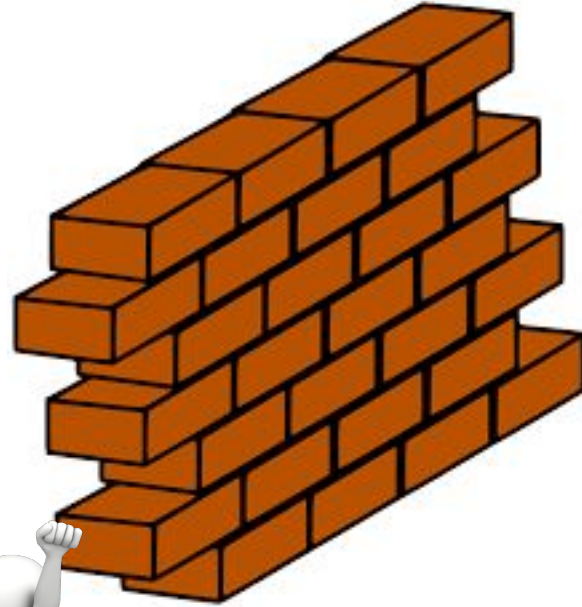
Layer Obstructing Access to Self  
Fear, Societal Expectations, Skepticism, etc.





# Cast of Players

YOU



PROTECTORS

# Cast of Players

Works for folks who are monotheistic, practice a variety of religions, are spiritual, agnostic, or atheist.

## Trusted Sources

- (1) Source/God/Universe or the unconscious part of you in psychology.
- (2) Your Highest Self, connection to Source, or an aspect of your psyche that you can tap into.
- (3) Guides (angels, ancestors, deeper intuition or wisdom)



# Cast of Players

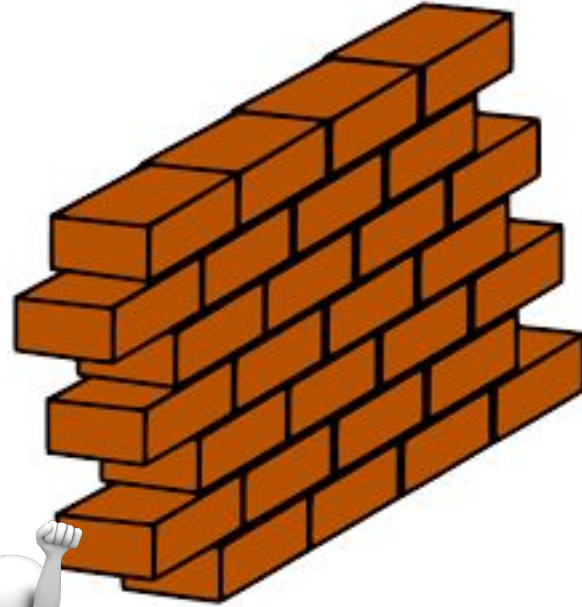
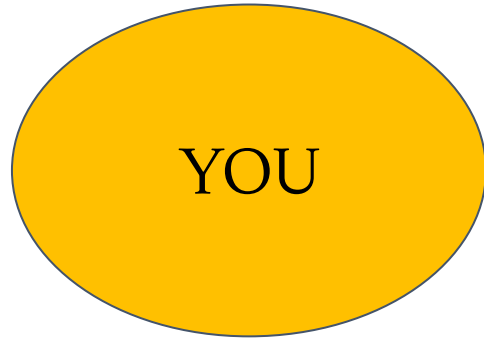
Works for folks who are monotheistic, practice a variety of religions, are spiritual, agnostic, or atheist.

## Other Players

(4) Protectors (aspect of your self that keeps you safe, psychology, this is a part of internal family systems)

(5) Wounded Inner Child (who the protectors are protecting, that part of you that was hurt in the past)

# Cast of Players





# PROTECTORS

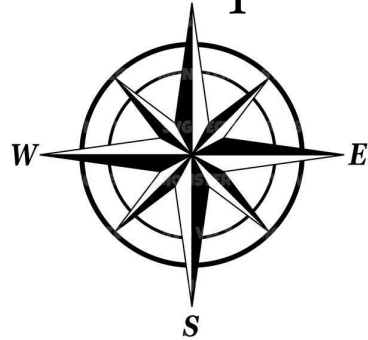
Goal is to Protect You From Harm.

- ✓ Critics
- ✓ Judge
- ✓ Skeptic
- ✓ Anger
- ✓ Etc.
- They want R.E.S.P.E.C.T.
- They are Usually Protecting a Wounded Child
- You Need Permission from Them to Move Forward.
- What do protectors sound like?

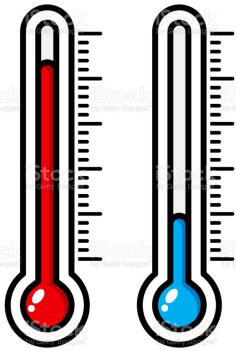


# TOOLS FOR DECISION-MAKING

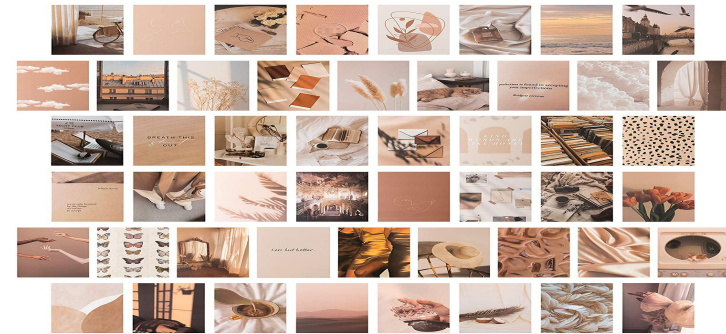
- **Emotions / Intuition** = compass



- **Thought** = thermometer



- **Creativity/Joy/Play/Prayer/Meditation** = Machete (feels like being in flow, the wind at your back).



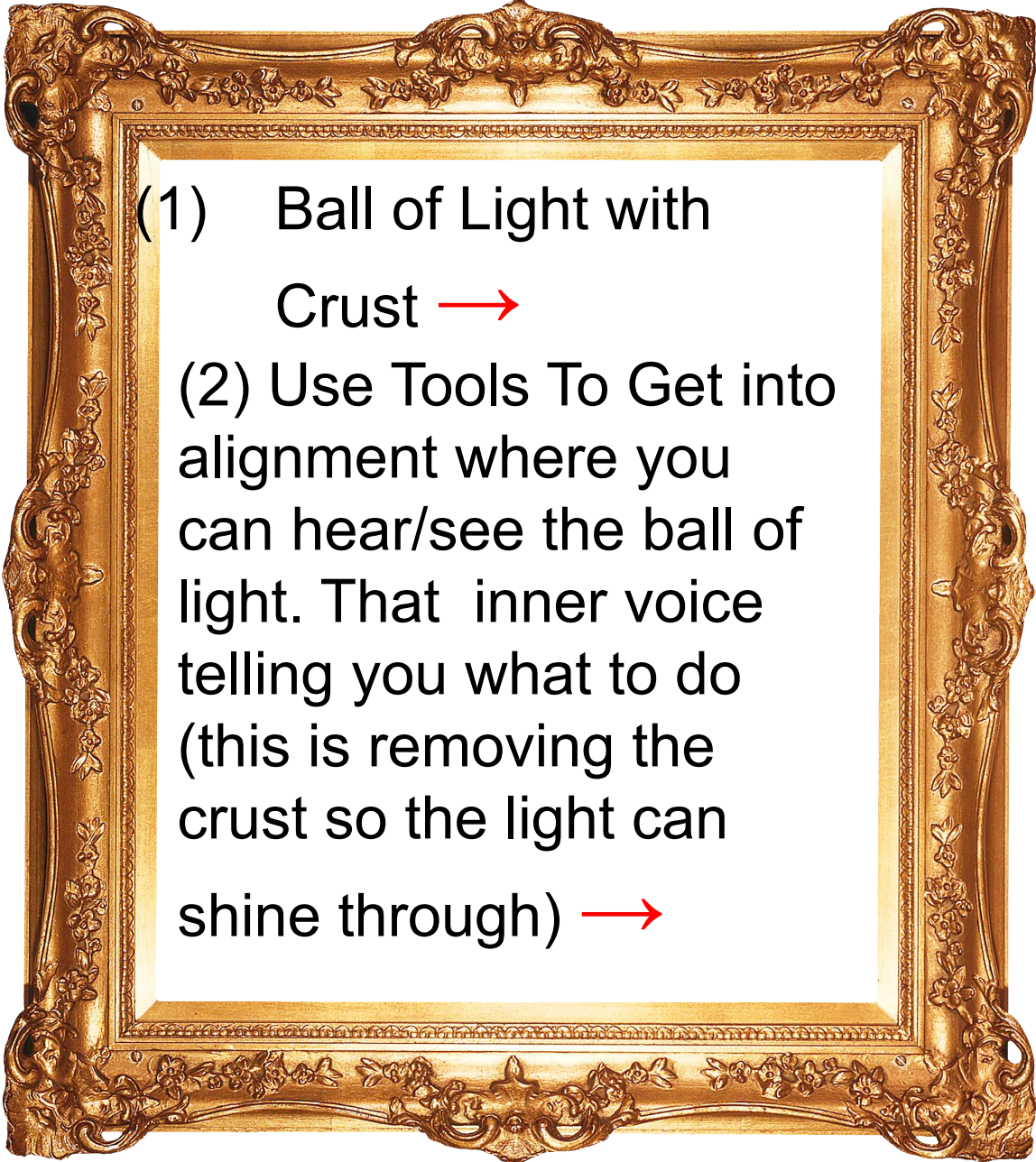
- **Images and Memories** = markers along the journey pointing you in a direction or telling a story.



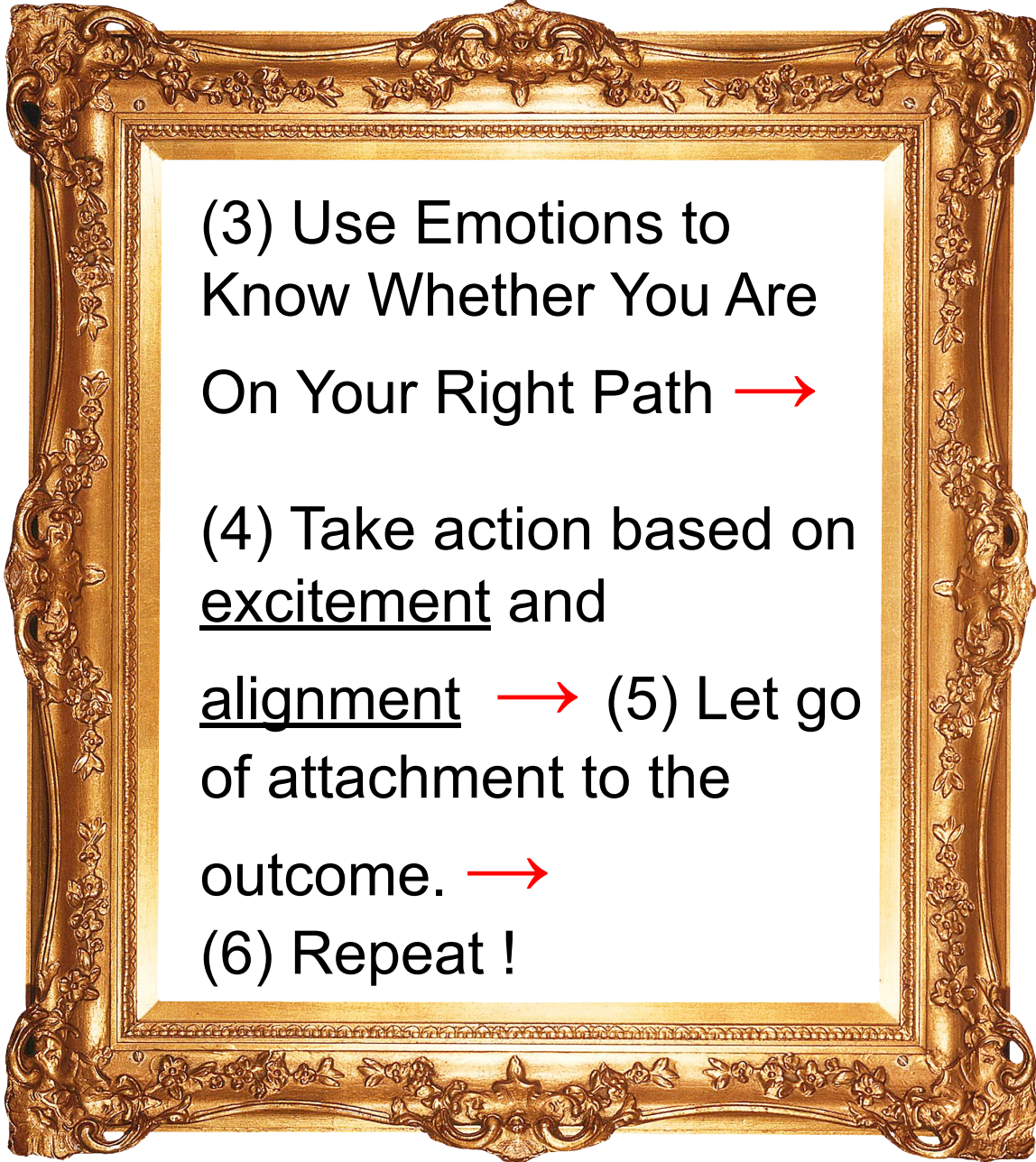
# FRAMEWORK

When making a decision, work on using the tools to get into alignment.

1. Feel yourself within the decision.  
What does it feel like in your body?
2. What images are you seeing?
3. What wisdom are you sensing for hearing?
4. Is there excitement?
5. Notice what protectors are coming up for you. Be respectful, listen to their concerns, see if there is a path forward.
6. Make the decision.

An ornate, rectangular gold frame with intricate carvings of leaves and flowers around the edges.

(1) Ball of Light with  
Crust →  
(2) Use Tools To Get into  
alignment where you  
can hear/see the ball of  
light. That inner voice  
telling you what to do  
(this is removing the  
crust so the light can  
shine through) →

An ornate, rectangular gold frame with intricate carvings of leaves and flowers around the edges.

(3) Use Emotions to  
Know Whether You Are  
On Your Right Path →  
(4) Take action based on  
excitement and  
alignment → (5) Let go  
of attachment to the  
outcome. →  
(6) Repeat !



# Meditation



# Let's Take It Back!

- What did you like to do at age 7 or 8?
- Think back to the games that you used to play as a kid.
- What does that tell you about yourself or your desires?





# Notice How You Feel

What emotions are coming up for you?

Are you excited?

Is your heart racing?

Are you happy?

Sad?

What visuals are popping into your mind?

This is all valuable information for you about your desires and what you want.

# PRACTICE NOW: How To Make A Decision

## DECISION-MAKING

1. Center Your Needs and Values.
2. Focus less on the thing and more on yourself inside of the thing.
3. Sit in stillness imagining the thing and notice how your body reacts (remember the compass). Is there excitement. Sadness, sighs, uncomfortability?

What is the feeling?

4. If you had all of the money, time, and options in the worlds, would you do this thing?
5. Is there excitement or lightness around it?  
Is there joy?
6. Do you feel aligned?
7. Make the decision



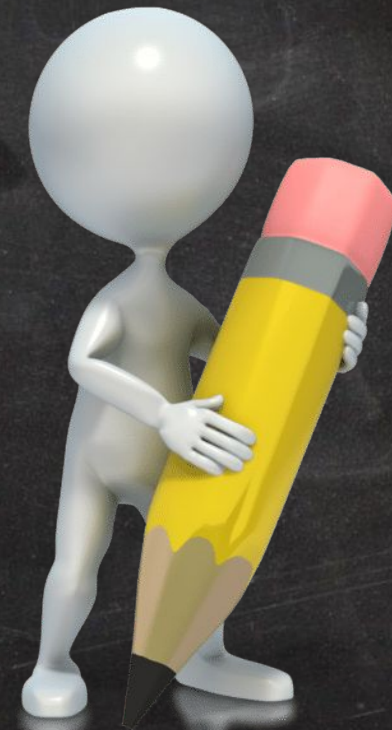


# Concrete Practices

1. Remember Your Values
2. Focus on the Feeling
3. Remember Your Protectors
4. Prayer/Mediation/Joy/Play
5. Daydream / wander
6. Continue to gather information about yourself. Notice when you are happy or excited
7. Think deeply about who you're jealous of and take some small step toward it.
8. PRACTICE ---> ALIGNMENT ---> ACT

## LAGNIAPPE

9. Morning pages
10. Vision boards





*"As you start to walk on the way, the way appears." --Rumi*

Change is incremental.

You don't have to always know what is down the road. You just need to know what it FEELS like to be on the road.

You just need to know what the best, next step is.

Over time, as you follow this path, more and more will be unveiled to you, a vision will emerge, and then you'll be excited and terrified. This is the point when you start doing more vision boards and visioning, daydreaming, mediation, etc.





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salimahhankins.com and  
follow me on instagram  
@salmahhankins**

**\* Get Coaching  
\*Attend More Programs  
like this one.**

# Next Steps

CLOSING

*Fin*



QUESTIONS?

