

SELF-LEADERSHIP

VIDA

HOW AWARE ARE YOU OF BEING ABOVE OR BELOW THE WATERLINE?

Identify which statements, behaviours and beliefs you most display when you are above the line and below the line.

STATEMENTS

What can I learn from this?
How is the opposite as true?
How is this familiar?
I appreciate you for....
I take responsibility for...
I agree to...
I choose to...
I created...
How is this for me?
What I hear you saying...
My body sensations are...
I feel...(sad, angry, scared, joyful,
sexual, creative)

BEHAVIOURS

Breathe
Significantly change my posture
Take responsibility
Question my beliefs
Feel emotions
Listen consciously
Speak unarguably
Make impeccable agreements
Appreciate
Create win for all solutions
Play

BELIEFS

I am the creator of my well-being
There are more than two possibilities
It is valuable to question my thoughts
and beliefs
My feelings are intelligent
Approval, control and security are
something I already have
All people and circumstances are my
allies
Revealing creates connection and
vitality
Play and rest are key to peak
performance

Responsible, Curious, Growing, Learning

Reactive, Defensive, Dramatic, Threatened

STATEMENTS

I/You/They should
I/You/ They can't
I'm right/They're wrong
It's hard
I'm trying
It's not my fault
I'm confused
The "truth" is
I have to
You made me
I'm sorry (with an excuse)
Always/Never
"Why" questions
You're not listening to me
It's no use/I give up
My way or the highway
They don't get it

BEHAVIOURS

Hold your breath
Fight/Flee/Freeze/Faint
See others as needing help
Find fault/Blame
Cling to an opinion/argue
Rationalize/Justify
Gossip
Get overwhelmed
Suppress emotions
Use distractions to relieve pain
(food, sex, drugs, media, work)
Enroll others to affirm my beliefs
Avoid all disconfirming data
Be sloppy with your agreements
Avoid conflict
Be judgmental (right/wrong,
good/bad)

BELIEFS

Being right is the most important
thing
There is a threat to me occurring
out there
There is not "enough"
I need another's approval
Safety and security come from
outside myself
I need to be in "control" (of things I
can't control)
There are only two options
To get to a solution, I have to be
serious
I am better than/less than
There is a right/wrong way
There is no choice
My story about the situation is true

RESCUER

The Rescuer seeks temporary relief. The Rescuer looks for suffering inside or outside of itself. But rather than feeling helpless, like the Victim, the Rescuer assumes that they are able to control or change the situation. Thus, the Rescuer reacts to pain by finding temporary ways to make it go away. Rescuers act with an expectation of reward; specifically that you or others will “feel better” because of their deeds. The Rescuer plays out their role by applying a “solution” to the “problem” in order to avoid feelings or discomfort.

CREATOR

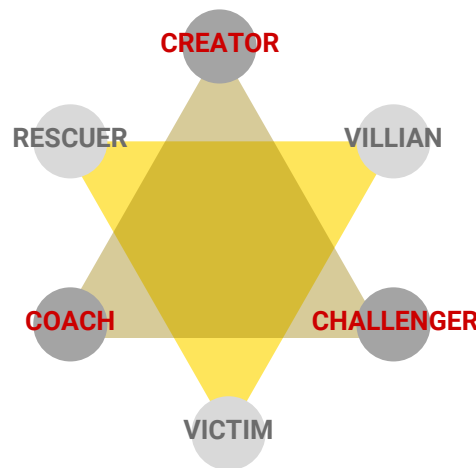
The Creator sees themselves as the source of their experiences and circumstances. They often experience themselves as empowered and capable of initiating change. Embracing creative responsibility, the Creator understands that they have the power to shape their reality through their choices and actions. You will know you are in the Creator position if you feel a sense of agency and the ability to effect change. The Creator plays out their role by a declaration of vision and possibility, focusing on what can be achieved. The Creator often seeks solutions and opportunities, proactively working towards their goals and desires. In this role, the Creator feels unique through their ability to manifest their intentions and take charge of their life, finding satisfaction in their capacity to overcome challenges and create positive outcomes.

VILLIAN

The Villain focuses on blame. They blame themselves or others or “them.” The Villain position attempts to diminish creative awareness by focusing on a single, convenient answer. You will know you are in the Villain position if you feel your opinion is absolutely correct, and only search for evidence that supports your claims. The Villain’s main goal is to find fault, who caused the problem. The Villain plays out its role by declaring that it “knows” and is “right” thus stifling open discussion and keeping attention on the problem.

COACH

The Coach seeks enduring growth. The Coach looks for potential inside or outside of themselves. Unlike the Hero, who seeks to control or change the situation for immediate relief, the Coach embraces the role of empowering others to find their own solutions. The Coach recognizes that true transformation comes from within and focuses on fostering resilience and autonomy in those they guide. Instead of acting with an expectation of reward, the Coach is driven by a commitment to facilitate learning and development, helping others navigate discomfort and challenges through a process of self-discovery and empowerment. The Coach applies their role by nurturing growth and encouraging long-term strategies to address underlying issues, fostering a sense of empowerment and self-efficacy in others.



VICTIM

Victims see themselves as “at the effect of” people, circumstances and conditions. They often experience themselves as disempowered. They avoid creative responsibility. You will know if you are in the victim position or if you feel powerless to effect change. The Victim plays out its role by a declaration of pain and suffering, as well as defeat. The Victim often complains and whines and/or argues for why it can’t have what it wants. Once in this role, the victim is able to feel unique as it waits for someone else to fix the problem.

CHALLENGER

The Challenger focuses on growth. They inspire themselves and others to confront and overcome obstacles. Unlike the Villain, who diminishes creative awareness by placing blame and insisting on a single perspective, the Challenger promotes a dynamic environment of inquiry and exploration. The Challenger’s goal is not to find fault but to stimulate progress by encouraging diverse viewpoints and constructive dialogue. They thrive on the belief that everyone has the potential for growth and that challenges are opportunities for learning and development. The Challenger plays out their role by fostering a culture of resilience and adaptability, urging others to face difficulties with curiosity and courage, and keeping the focus on possibilities and solutions rather than problems and blame.

ABOVE THE WATERLINE

REFLECTION FOR AWARENESS

V:DA

CREATOR
(VICTIM)

CHALLENGER
(VILLIAN)

COACH
(Rescuer)

How have you lived, and seen these **responsibility** archetypes (creator, coach, challenger) in the past year?

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How have you felt like each of the **blame** archetypes (victim, villian, rescuer) in the past year?

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What did you learn? Now, what will you do?

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