

Delete Bell

By Sheila Giardina

If there is one thing that you take away from our Power Circle, my prayer that it is the Delete Bell. This bell will delete and remove anything that you find yourself saying negatively. We rarely need them now! A bell ringing will nudge you into an opportunity for you to re-speak your words in a more positive forward motion.

Bells gave me, as the facilitator, an opportunity to experience growth with the group, as a group. I did not want to be the only one ringing the bell. When around the table, I placed in front of us a bell so that we each become facilitators.

Bells can become your partner, especially when alone. Bells are our commitment, to ring them when we hear a story going into the negative. We can still tell that story without going into the negative. It's possible, we know it, and we can do it. I introduced the bell to my office at UCCE and I was grateful to hear their bell stories when they came in. Like, "I now hear the bell in my head when I hear myself putting myself down, allow myself to readjust". If you have a bell, bring to our circle, thank you.

I heard...

What I understand about the bells are...

I have shared the strategy of these bells with...

Honoring my boundaries mean to me...

My day starts to look clearer when...

Power Statement: To create a Power Statement, write something using all three of the Power Words below. In any form of the word. In one sentence or more.

Boundaries

Experience

Opportunity