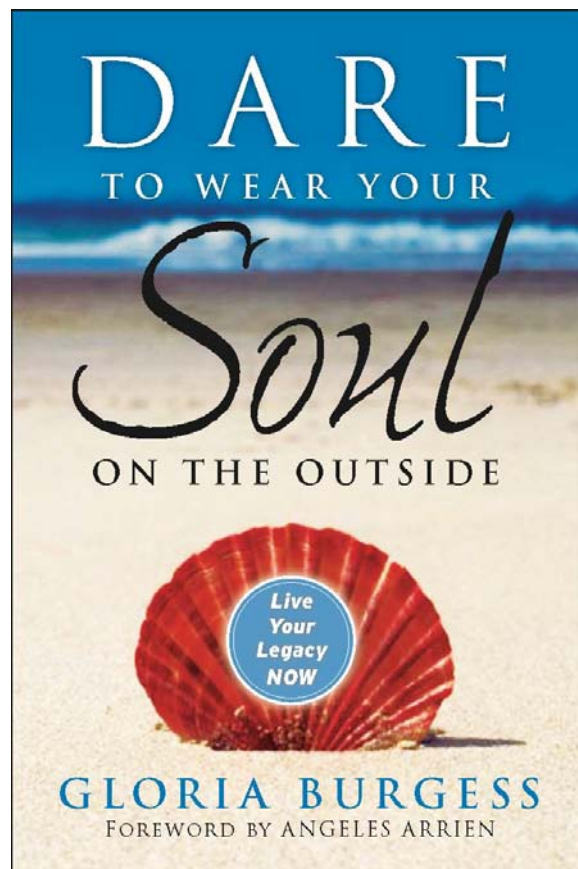


# RESOURCE GUIDE

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for



GLORIA BURGESS

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*Dare to Wear Your Soul on the Outside: Live Your Legacy Now* is available through bookstores and at [www.gloriaburgess.com](http://www.gloriaburgess.com).

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To my readers, listeners, and fellow seekers—  
you who care enough about yourself and others  
to nourish your soul and thereby transform the  
soul of our world—I humbly offer this  
***Resource Guide*** to you.



The ***Dare to Wear Your Soul on the Outside Resource Guide*** is intended as a companion to my book—***Dare to Wear Your Soul on the Outside: Live Your Legacy Now***. The purpose of the ***Resource Guide*** is to familiarize you with the core concepts of the Seven Sacred Promises—***gratitude, faith, love, vision, integrity, creative action, and legacy***. You can use the **Resource Guide** on your own or in a circle of friends, with someone acting in the role of facilitator.



## Introduction

Our culture would have us believe that success is defined by wealth, power, fame, influence, prestige, and position. However, the true measure of success is defined by only one thing: your capacity to be your authentic self, which means bringing your whole self to your relationships and to what you do—no matter who you are with or where you are.

Each of us is called to become a person unique in all time. You are called to become and contribute what only you can, to bring forth your unique skills, talents, and gifts—your signature presence. When you bring forth your signature presence with the specific intention of being of service to others, you leave the world a little bit better off. This is what it means to dare to wear your soul on the outside, and it is the very heart of legacy living. No one else can fulfill the legacy designed just for you.

Following is a quick summary of key concepts that are fully explicated in *Dare to Wear Your Soul on the Outside*:

- **Legacy living** is your conscious decision to create something of enduring value that will benefit both present and future generations.
- **Passionate intention** means being deliberate about who you are, how you show up, what you do, and in choosing your words and actions. These decisions shape every other choice you make, propelling you forward with purpose, drive, and an unstoppable momentum into a field of infinite possibility and allure.
- **Dare to wear your soul on the outside** means choosing sovereignty over your life by saying *yes* to your own hopes and dreams and *no* to someone else's agenda for your life. It also means being of service to others.
- **Signature presence** is your unique personal attributes and the special gifts and talents that only you can offer, that can only come through you.
- **The Seven Sacred Promises** are tools to help you wear your soul on the outside and experience the path I call legacy living. The tools are *gratitude*, *faith*, *love*, *vision*, *integrity*, *creative action*, and *legacy*.



## What Are the Sacred Promises?

The Seven Sacred Promises are tools to help you as you discover, claim, honor, and express your unique talents and gifts. The Sacred Promises are **gratitude**, **faith**, **love**, **vision**, **integrity**, **creative action**, and **legacy**. They will help you as you learn to say *yes* to a life of power and fulfillment.

**Gratitude** is the power of blessings received and passed along.

- Gratitude creates the foundation for a brighter today and tomorrow.
- Gratitude includes giving thanks for those who came before you, for your daily blessings, and for those who are yet to come.

**Faith** is the power of devotion and spiritual renewal.

- Faith leans into and relies on a power greater than your own.
- Faith is believing intently in the promise of the future. For some, it is acting “as if” until what is hoped for takes concrete form.

**Love** is the power of passion and heart-centered action.

- Love is devoting time and energy to whatever brings you joy and makes you feel completely alive.
- Love gives rise to actions that are heart-centered rather than self-centered.

**Vision** is the power of seeing the bigger picture.

- Vision is seeing what you want to be or achieve—even when others cannot.
- Vision sees outwardly and inwardly with the eyes of your heart.

**Integrity** is the power of honoring your values and wholeness.

- Integrity is knowing who you are, being true to yourself, and honoring and valuing others.
- Integrity allows you to recognize the interrelationship of all beings and all things.

**Creative action** is the power of manifestation and fulfillment.

- Creative action is integral to each of the Promises, yet it also stands on its own.
- Creative action means taking the essential actions—baby and giant steps—to move you in the direction of your dreams.

*(continued)*

*Legacy* is the power of service and stewardship.

- Legacy is being conscious and intentional about your actions and choices so that you leave a positive, life-affirming footprint.
- Legacy means passing on your blessings and being of service to someone or something beyond yourself.

To fully grasp their power, each Promise requires your attention and commitment; however, their beauty and power are fully revealed when they are understood and embraced as a whole. The Promises will bless and improve your life, and they will support you as you shift your focus to a vista beyond yourself—being of service to others. Once you set your sights on something other than your own agenda, it will shape every other choice you make and propel you forward with purpose and momentum.

We are all summoned to claim our calling for our own spiritual, emotional, intellectual, and physical integrity, *and* to make a difference. The Sacred Promises allow you to step into this realm of integrity with an attitude of service that benefits the common good.



## *Gratitude—Blessings Received and Passed Along*

The Sacred Promise of gratitude is an invitation to express appreciation and thanks. Gratitude includes the inward and outward acknowledgement and proclamation of our blessings, and it is one of the most powerful ways to express our caring and compassion for one another. When we express gratitude, we are receptive to and acknowledge others, see the inherent good in others, renew our kinship with the natural world, and embrace thankfulness as a way of being. When we express gratitude, we also pass along the opportunity for others to feel and express gratitude.

All experiences offer lessons that bear valuable fruit. When you acknowledge and bless both positive and negative experiences, you have the opportunity to embrace all aspects of your life. Cultivating gratitude dissolves negative feelings, and makes space for forgiveness and love.

Slowing down to create a space for yourself to reflect, recognize, and honor what is important and significant in your life is an enormous act of graciousness, courtesy, and intention. When you create space in your life to honor and give thanks for the blessings all around you, you integrate their richness and fullness into your daily life, and provide nourishment and restoration to your soul.

Prayer, ritual, and ceremony are time-honored ways of expressing gratitude. All of these practices invite the sacred into your life and open the door to blessings. Prayer affirms your providential blessings. Ritual renews and restores you, strengthening your natural resilience. Ceremony elevates you from the commonplace into the extraordinary.

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### **QUESTIONS FOR REFLECTION & LEARNING**

What does gratitude mean to you?

What is the language, or presence, of gratitude?

How does gratitude relate to daring to wear your soul on the outside?



## *Faith—Devotion and Spiritual Renewal*

The Sacred Promise of faith allows you to confidently reach out to fulfill your soul's desire. You were created to act on faith. Faith is being sure of what you hope for and certain of what you do not see. Faith allows you to say to yourself and others, "I trust myself. I can do it." The four aspects of faith are: *faith in yourself*, *faith in your calling*, *faith beyond your calling*, and *faith beyond yourself*.

- ***Faith in yourself*** is the sound of your own voice saying, "I believe in you." Faith in yourself means belief in your values, your creativity, and your ability to find your purpose and construct your future. It empowers you to bring forth your signature presence.
- ***Faith in your calling*** is your unswerving fidelity to your own uniqueness and the awesome beauty of your own true voice. Only you can respond to the calling designed just for you. Faith is the bridge that leads you to respond to your calling, your life's purpose.
- ***Faith beyond your calling*** beckons you to develop your signature presence with the goal of being of service to others. In this way, faith is linked to the Sacred Promise of legacy, the gift of service and stewardship.
- ***Faith beyond yourself*** connects you to a source of power that is higher and greater than you are. Faith beyond yourself connects you to the benevolence and infinitude of that powerful source.

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### QUESTIONS FOR REFLECTION & LEARNING

What does faith mean to you?

What is the language, or presence, of faith?

How does faith relate to daring to wear your soul on the outside?



## Love—Passion and Heart-Centered Action

The Sacred Promise of love calls you to say *yes* to your heart and wearing your soul on the outside. Love invites you to create your greatest masterpiece—you. This Promise is about falling in love with yourself and embracing your possibility so you can devote your energy to being of service to yourself and others. The three aspects of love are: *self-love*, *love for others*, and *Divine love*.

- ***Self-love*** means holding yourself in high regard and loving yourself with the same intensity you typically reserve for others. Unconditional self-love is the basis for loving and serving others; the truth is you cannot honor, love, and respect others unless you can honor, love, and respect yourself.
- ***Love for others*** extends your love toward someone or something other than yourself: people, animals, places, and even ideas. Love for others means consciously serving as a steward for others, expressing your commitment to make a difference and to demonstrate that you care.
- ***Divine love*** extends beyond the cognitive, emotional, and physical realms into wonder, awe, and mystery. Your personal creativity that appears as visible, tangible works of your heart, hands, and spirit are expressions of Divine love.

When you use your creativity to express your love, you honor the highest and deepest aspects of your own divinity and show reverence for the source of your creativity. When you honor your true nature and say *yes* to what has heart and meaning to you, you become the passionate expression of what you truly love. When you do this, your love serves you and others—now and in the future.

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### QUESTIONS FOR REFLECTION & LEARNING

What does love mean to you?

What is the language, or presence, of love?

How does relate to daring to wear your soul on the outside?



## *Vision—Seeing the Bigger Picture*

The Sacred Promise of vision offers you a way to see your current circumstances with clarity and decide what creative action you will take to transform your life. When connected with your calling, deepest passion, and core values, vision is the magnet that draws you toward your desired future.

Vision is vibrant and alive, constantly growing and evolving. It is about ensuring that you reach your full potential, integrating all the aspects of who you are to live a balanced life. Vision is the bridge that is anchored in the present and connects you to the future; it allows you to hold the images of your passion in your mind's eye, heart, and soul. The act of envisioning is one of many steps in the process of transformation, of realizing and manifesting your new reality.

*Who am I now? Who am I becoming? Where am I going?* These questions hold the key to the themes that comprise the story of your life. Listen to the questions and respond with your heart, for when you do your soul will speak to you. Your answers will provide insights as to what is most significant for you or point to areas that need healing. By examining the questions and your responses, you assume authority and sovereignty over your life.

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### **QUESTIONS FOR REFLECTION & LEARNING**

What does vision mean to you?

What is the language, or presence, of vision?

How does vision relate to daring to wear your soul on the outside?



## Integrity—Honoring Your Values and Wholeness

The Sacred Promise of integrity has three dimensions: *honesty*, *wholeness*, and *congruence*. The essential task of this Promise is reintegrating those aspects of yourself that have eroded or become hidden to you on your journey through life.

In its most common usage, integrity means to be *honest* with yourself and others. Integrity prompts you to speak what is true for you and to *be* what is true for you.

Your ultimate destination is *wholeness*, not perfection. In this sense, integrity means acknowledging, embracing, and honoring all of your facets—your beauty and brilliance—as well as those facets you would rather keep hidden from view. Integrity is also about forgiveness—for yourself and others—so that you can be free from any wearisome baggage of the past to focus on your present and future. Wholeness also relates to the perspective of our world community. This view says “I care about the interdependence and the interconnectedness of everything.... I truly appreciate diversity, for it is the essence of all things.”

To live a *congruent* life is to live aligned with your values, so that what you say and what you do are in harmony with what you believe and value. Values are the bedrock of your life: they shape your character, attitudes, beliefs, and choices. Your values say, “This is what and who matters to me” and “this is how I want to be known.” Unexamined, our values obscure us from ourselves. When revealed, your values act as a compass, providing direction to keep you focused on where you’re headed in your work and life.

As a work in progress, integrity calls you to lifelong intellectual and spiritual learning.

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### QUESTIONS FOR REFLECTION & LEARNING

What does integrity mean to you?

What is the language, or presence, of integrity?

How does integrity relate to daring to wear your soul on the outside?



## Creative Action—Manifestation and Fulfillment

The Sacred Promise of creative action means moving with specific intention to make something happen that otherwise would not come into being. Creative action is unique among the Sacred Promises: it fuels your passionate intention, signature presence, and all the other Promises. To manifest what you want to create requires initiation and follow-through. The experience and satisfaction that comes from manifestation, or completion, provides fulfillment. To manifest your dreams requires *clarity, courage, conviction, and commitment*.

- **Clarity** means asking for what you *truly* want with a clear, specific intention.
- **Courage** requires you to listen with your heart, communicate from your heart, and act on your intention. When you act from your heart while intending to be of service, courage can become as natural as breathing.
- **Conviction** means caring so deeply about your vision that you act on it. Without conviction, your vision will wither and not bear fruit.
- **Commitment** is the decision to act, to *do* something about your vision. It is about taking the necessary steps to turn your hopes and ideas into reality.

Creative action and creativity are about being and doing. Creativity calls you to *be* a creator—rather than assume that creativity is “out there.” Your creativity is your birthright and an expression of your divinity. The courage to create may be the most important courage of all.

Blocks to creative action and creativity are variations on fear: fear of being judged, fear of not being enough, and even fear of your own brilliance. Each of these blocks offers you the opportunity to learn and grow. The moment you say *no* to self-imposed limits and say *yes* to yourself, you cross a threshold where your potential and your legacy are inextricably linked.

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### QUESTIONS FOR REFLECTION & LEARNING

What does creative action and being a creator mean to you?

What is the language, or presence, of creative action and creativity?

How does creative action and being a creator relate to daring to wear your soul on the outside?



## *Legacy—Service and Stewardship*

The Sacred Promise of legacy is about service, about leaving the world a little bit better off than you found it. Most people believe that your legacy is something that occurs only after you die. Nothing could be further from the truth. While you will leave a legacy upon your death, your legacy can be better appreciated and understood as a process that unfolds every moment of your life. Your legacy is living, organic, and always evolving.

Your life is a special kind of relay race. The baton you pass on is your legacy, your spiritual inheritance that is destined to have a lasting impact on the lives of your children, their children, and beyond. It is your responsibility, indeed your obligation, to keep your eyes on this, your most valued prize.

Legacy is the sum total of who you are now and who you are becoming: your values and beliefs, your principles and practices, your decisions and choices. With your unique legacy, you are given the gift of sovereignty as the sole decision maker for your life's path, as well as the expectancy that you assume responsibility for all your choices and actions. The Sacred Promise of legacy invites you into this realm of sovereignty and responsibility with an attitude of service. Legacy says, "I will live my life as if someone else's future is more important than my own."

Some of the most important questions that will you grapple with are questions about your legacy. *What do I want to create? For whom? What matters to me? What do I stand for?* In time, these questions will take up residence in your heart and become your teacher and guide.

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### **QUESTIONS FOR REFLECTION & LEARNING**

What does legacy mean to you?

What is the language, or presence, of legacy?

How does legacy relate to daring to wear your soul on the outside?



## The Sacred Promises and Right Relationships

Right relationships are those that are healthy, fulfilling, and sustainable. Right relationships require only one thing: love. The kind of love necessary for relationships of any kind begins with the most essential relationship of all—your relationship with yourself. This means that you must love and value yourself.

When you value yourself, you hold yourself and everyone and everything else in your life with respect and high regard. When you speak and act from your life-affirming values, you are in right relationship with yourself.

Other essential aspects of right relationship are *self-esteem* and *humility*.

- The essence of *self-esteem* is having a balanced and realistic view of yourself. An overvalued or undervalued sense of your self worth affects you and also spills over into how you relate to others.
- *Humility* is about kindness and caring, not about winning or prevailing over someone. Humility is that aspect of love that says, “Don’t try to change others. Stay focused on yourself and your own growth.”

Manifesting the future you desire requires a sacred commitment, a right relationship with yourself. To claim the life you imagine in your right relationship with yourself, begin to apply what you know about the Sacred Promises. Applying what you know helps you integrate your learning, internalize the power of the Promises, and fully comprehend how they can transform your life.

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### QUESTIONS FOR REFLECTION & LEARNING

What does right relationship mean to you?

What is the language, or presence, of right relationship?

How does right relationship relate to daring to wear your soul on the outside?



## The Sacred Promises at Work

In our contemporary culture, many of us have become over-identified with our work. Consequently, we equate our significance to our job or career. Your significance is determined by who you are and how you choose to live your life, not by your work. The goals of life and work are the same: to fall in love with who you are and ensure that your work serves your life, whether or not you earn a wage.

As you become clear about your values, they act as a compass for you, providing direction for both your work and life. When you speak and act from your values, others will see you as authentic, reliable, and trustworthy. They will know they can count on you to step up and be courageous when faced with the inevitable challenges of daily work life.

When you are aware of and honor your values, you will find yourself questioning whether you are in right relationship with your work. Perhaps you will ask questions such as these: *Am I a good fit for this job? Does it align with my values? Does it feed my soul's hunger?* If your answer is *yes*, you can be your true self at work. If your answer is *no* and you are still on the path to finding work that serves your life, remember that you are in charge of you—your physical, intellectual, emotional, and spiritual self. Your work does not define who you are—you do.

By beginning to apply at work what you know about the Sacred Promises, you shift your focus and direction and encourage others along the way. By using the Promises in your work life, you take another step toward wholeness and bringing forth your signature presence, toward being the same person at work as elsewhere.

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### QUESTIONS FOR REFLECTION & LEARNING

What do the Sacred Promises at work mean to you?

What is the language, or presence, of the Sacred Promises at work?

How do the Sacred Promises and work relate to daring to wear your soul on the outside?



## *The Sacred Promises and World Work*

World work is about service as an act of love, and it begins by being in right relationship with yourself. World work is about reaching out to others. It is about a legacy of service to a person or cause beyond yourself—with no strings attached. World work is as close as your neighborhood, and the inspiration for it is as close as your daily routine. It culminates in work that benefits the common good. When you live with passionate intention and are conscious about your legacy, your world work is already in motion. The goal and challenge of world work is to be of service to others in a way that simultaneously honors and blurs the differences that separate us from one another. Witness the story of Sahra Farah, a Somalian immigrant.

Pursuing a degree in business, Sahra was on her way to final exams when she noticed an elderly woman nearby. As Sahra left the building after the exams, to her surprise the woman was still there. The woman had recognized Sahra as someone who shared her culture and had waited, hoping she would help her. As Sahra approached, the woman began to cry. The elder woman said she was lost and unable to find her way home. Sahra helped her find her way home, and while they were together, the elder shared her confusion, loneliness, and isolation. She also shared her feelings of fear and despair at being in a country and a culture she did not understand. Sahra's life was changed forever by her encounter with this woman who shared her roots and was struggling to survive in a strange land. Although Sahra was in the final stage of preparing for a career in business, she said, "Something happened to me that day. I realized the best thing for me to do was to help my people. I chose to work with the Somalian community. This lady changed my mind."

Everything you do affects the world in some way. As we collectively re-imagine the world, we increase our awareness of just how deeply our lives are intertwined. World work is not about distance or numbers. What matters is that you offer your skills, talents, and gifts to be of use to someone or something beyond yourself.

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### **QUESTIONS FOR REFLECTION & LEARNING**

What does world work mean to you?

What is the language, or presence, of world work?

How does world work relate to daring to wear your soul on the outside?



# The Sacred Promises as a Sacred Life Path

The Sacred Promises of *gratitude, faith, love, vision, integrity, creative action*, and *legacy* are tools to take with you and use as you walk your sacred life path. When you claim these tools, you claim your soul, assert your power and authority, and affirm that you have the resources you need to stay on your path.

Your sacred life path calls you to cross the bridge from the everyday busyness of doing to the solitude and stillness of caring for yourself. Staying on the path calls you home to yourself, inviting you to an oasis of self-care and self-love, the wellspring of Divine love, where you can realign yourself with who you truly are and fully step into your signature presence.

The Sacred Promises will support you on your journey, providing you with the spiritual gifts of *intention, commitment, compassion, humility, joy*, and *sanctuary*. The blessings of these gifts, combined with the Promises, will nourish your soul and transform your life.

- **Intention** offers the gift of focus and clarity and is connected to your heart.
- **Commitment** is the abiding grace that says, “Put your feet where your heart is.”
- **Compassion** is the bounty of your open heart, directed feet, and work of your hands. Compassion offers the gifts of insight and empathy.
- **Humility** invites you to surrender your intentional heart, committed feet, and compassionate hands as a simple act of devotion. Simply and plainly, humility asks you to bow your head and surrender your pride and ego.
- **Joy** offers you the gift of life-giving waters. This joy is not ordinary. This joy is the profound contentment and peace that transcends all understanding.
- **Sanctuary** invites you to pause for reflection and restoration. Without it, life becomes a continuous stream of “white noise.”

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## QUESTIONS FOR REFLECTION & LEARNING

What does sacred life path mean to you?

What is the language, or presence, of sacredness in your life?

How does the sacred life path relate to daring to wear your soul on the outside?



## *I Dared—I'm Doing It!*

You are a magnificent story, a unique presence in all time. Saying *yes* to your life and your purpose are gifts you give to yourself and to the world, both now and in the future. The moment that you say *no* to self-imposed limits and say *yes* to yourself, you cross an invisible yet very real threshold where your potential and your legacy are inextricably joined together.

If you are unsure of your calling, honor your uncertainty. Be patient with yourself. Recognizing your calling and learning to respond may not happen overnight. It could take months or years, so be patient and persistent. When you recognize, accept, and respond to your life's calling, you can live with passionate intention and direction, and reach your highest potential.

When your passion and calling are aligned, you understand the gift of your spiritual inheritance, assume responsibility for right and just choices, and pour your signature presence into everything you are and do, including serving others. When you do this, you join countless others who dare to wear their soul on the outside. And who you are will be congruent with how you express yourself alone, in relationship with others, at work, and in your world work.

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### QUESTIONS FOR REFLECTION & LEARNING

What does “I dared—I’m doing it” mean to you?

What is the language, or presence, of “I dared—I’m doing it”?

How does “I dared—I’m doing it” show up in your life? Jot down specific examples.

How will you help someone else declare “I dared—I’m doing it”?



# *Journal Pages*



# *Journal Pages*



# *Journal Pages*



# *Journal Pages*