

The background features a network diagram with faint icons of individuals and groups connected by thin lines. The icons are in shades of purple and blue, matching the background gradient.

SHAWN MAHSHIE'S

WIN - WIN SOLUTION MATRIX

SIMPLE STEPS TO CLARITY
AND SUPPORT OF
SELF AND OTHERS



A LETTER TO CONFLICTED YOU

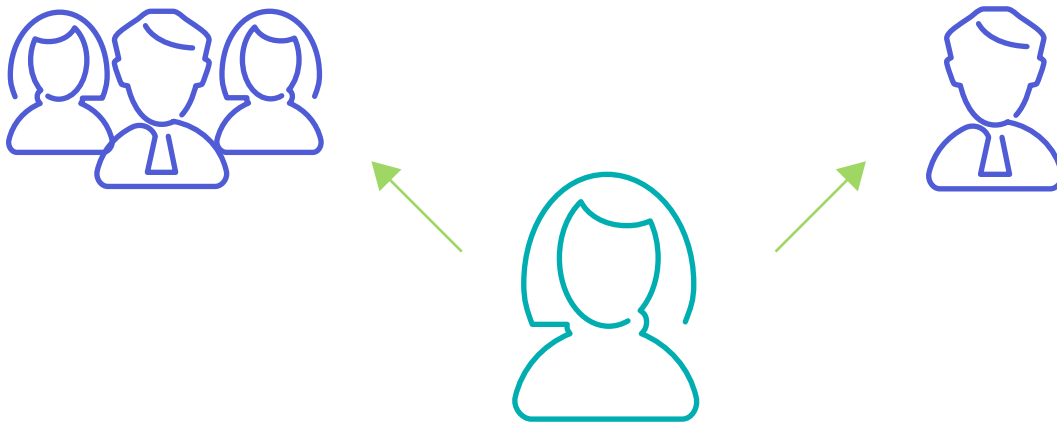
Where are you not able to get clarity and courage around a situation? Where do you often put your needs last, or not even get in touch with them because you are so busy meeting others' needs, and then feel resentful. After talking with my 21 year-old daughter about a hard decision she was facing, I sent her this note, and shared with her a HAPPINESS HACK I had just used in a session with a client that got remarkable results. Here's what I wrote and what I want to say to the littlest, most confused part of you. When you find the answers that are yours alone, you support all of us in a way that no one else can...

Hi Sweetie. Even tho it may have sounded like I was expressing opinions, I completely trust you and "The Great What's Happening." This is your journey and yet much of it is out of your hands--bigger than you. That's where trusting what's unfolding--having questioned the thought that your monkey mind can predict a good or a bad outcome--allows you to just show up and do the next "right" thing.

But how do you know what that is? When we let the answer we get for this moment be enough (remember--stay out of the future and the "yes, but's" of implementation) and we keep our projection of others competing needs out of the way for a moment, a very clear answer usually emerges. Then we can enter into problem-solving about the real road blocks the emerge from life or others' needs. I have a little meditation I do with my clients that seems to work really well.

Take what you like and leave the rest. Love, Mommy

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STEP 1

Close your eyes and--just for now--clear the playing field of EVERYONE else and their needs and wishes.

Get "them" and me and daddy and your peers and even your "Yes, but's" and future predictions and past regrets out of there!



STEP 2

Get very still and ask yourself what YOU want. That doesn't include anyone else changing unless they want to -- if you could have it and it would automatically be good for all concerned. You already know...if you just let your answer in the moment be enough.

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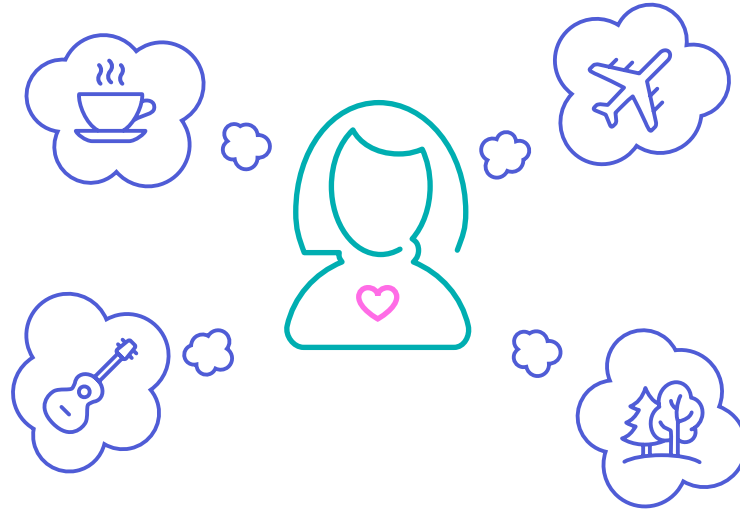


STEP 3

If the littlest parts of yourself could just dream and trust that this bright future or something even better will come true, then what does she want you to do? Trust her.

Get really clear and solid with YOU and develop your happy hopeful vision of how you want your life to go. Then turn it all over to All-that-is and trust that you will be supported in ways you can't possibly imagine. The HOW is not up to us.

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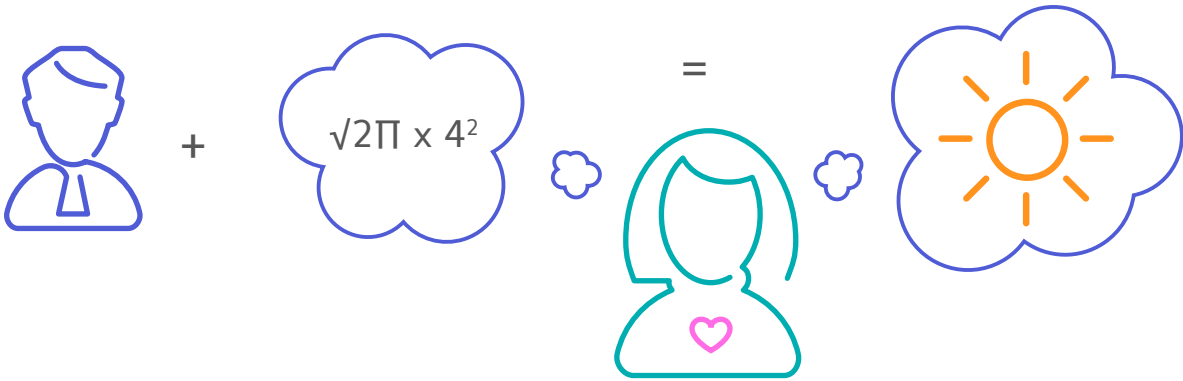


STEP 4

As you hold and grow that vision, you will also begin to see a logical “next right thing”—i.e. what your part is that supports this vision that feels really good to you.

Even though our minds can’t know what will happen, they like to have a vision to hold so it might as well be a happy one that aligns with your clearest self.

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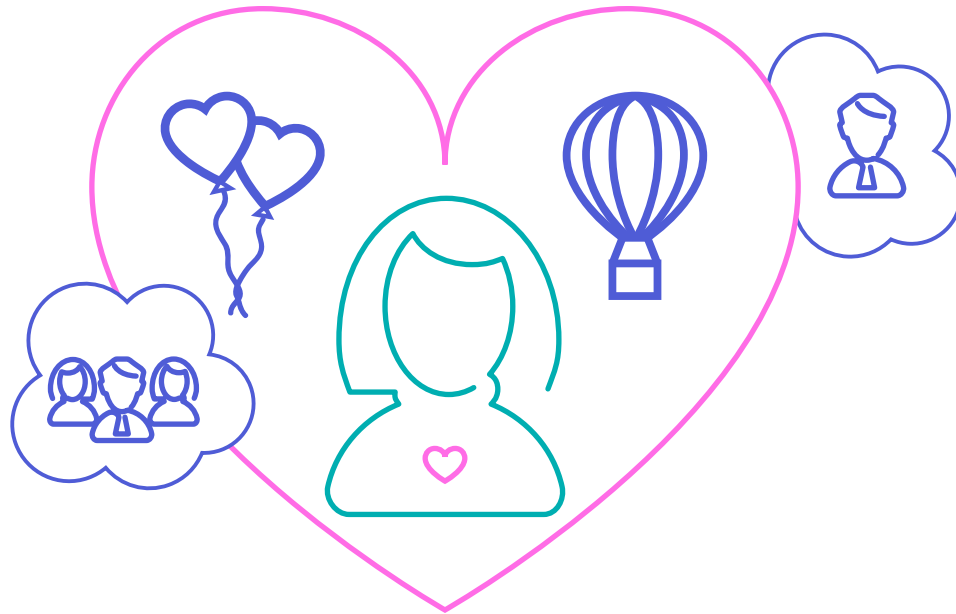
STEP 5

Then when you feel really good, you can bring other “stake holders” and their wishes and concerns back into your thought process.

With your vision in mind, you can start to do real problem-solving, first in your head and then with them if applicable.

One at a time, start to dialogue with others and inform them with an open heart and mind of where you are in your decision making process. Stay in problem-solving mode, and notice if you start to shift into “me vs. them” mode.”

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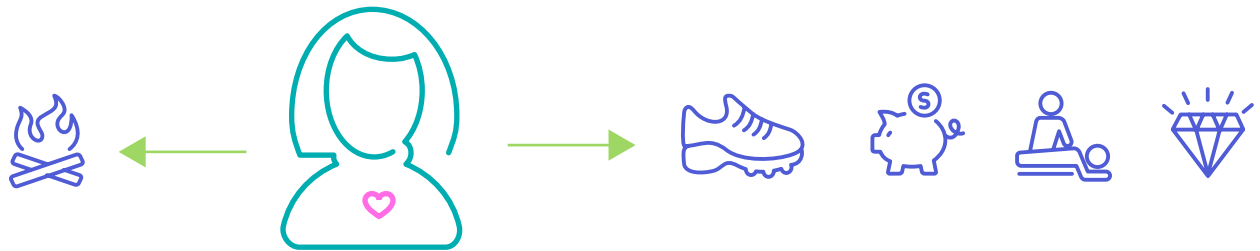
STEP 6

If you get confused and start to lose sense of what you want, clear the field again and check in with you. Ask yourself what thinking is making you feel little, scared, confused or angry.

If needed, work the Wheel of Self-Love or drop into deep inquiry in The Work to use your upset and confusion to wake yourself up to the thinking that believes there isn't enough or sees the other as the enemy.

Trust that when you are true to what you want, it will be the best thing for others too. Trust that there is a higher solution than either of you could see before. It really, really works that way.

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STEP 7

When the time comes that you have determined to act, just notice and be curious about how you actually show up, which is also out of your hands.

If something shows up as a mistake, don't beat up the littlest parts of you with "shoulds." Just clear the field again and come back to check in about what she needs and wants in THAT moment.

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STEP 8

When you show up tuned in to what's true for you, you can lovingly hear and advocate for others too, creating a "win-win" outcome.

As you build this "win-win" muscle, your only job is to keep your own counsel and tweak it as new data shows up so that the vision still feels good...and ask for what you want.

Then, start to watch the ripple effects of your decision, as your loving cooperative spirit increases your network of support and influence.

ABOUT SHAWN MAHSHIE

Shawn Mahshie's focus, "Self-Solidarity" offers reliable, cutting edge—but simple—steps that capitalize (literally) on the intensely private and often harsh self-doubt, fear, regret, defensiveness, and even depression that can come up in all relationships. Your relationship with money, time, your business, and especially with yourself.

Find out for yourself—in those moments when you feel clueless—why Mahshie's clients are bowled over by the tangible and lasting shifts they quickly come to rely on. Opening yourself to USING—with absolute reliability—the very things that upset you will set you free, revealing a dependable kind of peace and delicious connection with self, others, and life.

Shift Quickly into Radical Self-Love, Confidence, and Power by Purchasing Shawn's new eBook. [Click here to get yours!](#)



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