



# *Creating The Decided Heart Effect*

*"Never underestimate the power of being seen." - Brene Brown*



## **About Us**

Together, Sonja Montiel and Hilary Bilbrey come with a combined 45+ years advocating for students and families. Their mission with The DH Effect – The Decided Heart Effect – is to help individuals, families, leadership teams and companies become the best version of themselves through self-discovery, learning high-trust behaviors and creating a sense of belonging. They do this through workshops and trainings, individual membership to their monthly masterclasses, cohorts, their podcast and consulting with companies to create powerful and positive cultures where everyone can succeed.

## **What is the Decided Heart Effect?**

It is the positive change we can create together when we decide to use our gifts and stories to form connections instead of divisions. It is the moment or moments in your life where something happens that presents you with an opportunity to decide to create more trust and belonging within your family, no matter how difficult the relationships may be. You were made to have a positive impact in your family using your unique gifts and experiences. It is our hope that our workshops, podcast, membership, and training programs will inspire you to embrace your own story and effect positive change.

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# Words that Create Trust & Belonging: Virtue Definitions

**Assertiveness.** Speaking your truth with peaceful confidence.

**Caring.** Treating people and things in a gentle, loving and respectful way.

**Cleanliness.** Keeping our world, your body, your mind and your things neat, clean and healthy.

**Commitment.** Being all in on a decision, personal relationship, goal or belief, without holding back.

**Compassion.** Caring and understanding for another's suffering or misfortune while wanting to help.

**Confidence.** Trusting your abilities and not letting fear stop your success. It is earned, not given.

**Consideration.** Being thoughtful and mindful of our own decisions, as well as the needs of others.

**Cooperation.** Working together for the good of all.

**Courage.** Not letting fear dictate your choices, even if it is hard.

**Courtesy.** Treating others with kindness and tact. Using simple manners and requests, not demands.

**Creativity.** Using imagination to do or see things in a new or beautiful way.

**Detachment.** Keeping your feelings under control and letting go of things you can't control.

**Determination.** Focusing on following through until we accomplish our purpose.

**Diligence.** Doing what needs to be done with care, concentration and single-pointed attention.

**Enthusiasm.** Having a positive attitude, being cheerful and excited about your activities and life.

**Excellence.** Doing, giving, and being your very best.

**Flexibility.** The ability to adapt and change amid the fluctuating circumstances of life.

**Forgiveness.** Giving someone another chance when they make a mistake, letting go of the past.

**Friendliness.** Welcoming new people, sharing yourself and your time.

**Generosity.** Giving something of value to us to others freely without expecting a reward.

**Gentleness.** Touching softly, holding carefully, speaking quietly, thinking kindly.

**Gratitude.** Having a constant attitude of thankfulness and appreciation for life as it unfolds.

**Helpfulness.** Giving service to others with a positive attitude.

**Honesty.** Being truthful, open, genuine and sincere with yourself and others.

**Honor.** Having a deep respect for what we know is right and true. Living up to our virtues.

**Humility.** Willing to learn new things, accept your mistakes, and be thankful instead of boastful.

**Idealism.** Having a vision for what is possible in the world and acting to make a difference.

**Integrity.** Matching our words and our actions with our conscience. Living by our deepest values.



## Virtue Definitions (continued)

**Joyfulness.** An inner sense of peace and wellness.

**Justice.** Standing for the rights of myself and others without prejudice. Being fair.

**Kindness.** Showing up warm, friendly and ready to help with tender words, actions and feelings.

**Love.** Cherishing others and treating them with tenderness.

**Loyalty.** Unwavering commitment to people and beliefs we care about.

**Moderation.** Creating a healthy balance in your life; using self-discipline to take charge of you.

**Orderliness.** Living in a way that creates harmony around us and within us.

**Patience.** Having trust that things will work out right without forcing or rushing things.

**Peacefulness.** Maintaining an inner calm and tranquility.

**Perseverance.** Continuing to the end; and not giving up.

**Purposefulness.** Being aware of the unique gifts we bring to the world and living with intention.

**Reliability.** Doing what you say you will and being dependable.

**Resilience:** Having the strength of spirit to recover from adversity.

**Respect.** Treating ourselves and others with dignity and courtesy, honoring the rules.

**Responsibility:** Having a willingness to be accountable for our actions.

**Self-discipline.** Having the self-control to be focused on the goal in front of you.

**Service.** Using our gifts to contribute to the betterment of others and the world.

**Tact.** Thinking before you speak and telling the truth kindly and gently.

**Tolerance.** Accepting differences without judgement.

**Trust.** Having faith, hope and a positive outlook, Believing in someone or something.

**Trustworthiness.** Being worthy of the trust others place in us.

**Understanding.** Having a clear insight into ideas and feelings from multiple perspectives.

**Unity.** Feeling connected and working together for the good of all. Inclusiveness.

Other virtues: Awe, Appreciation, Nobility, Mindfulness, Decisiveness, Accountability, Endurance, Acceptance, Thankfulness, Openness, Certitude, Zeal, Responsibility, Cheerfulness, Faith, Wisdom, Initiative, Truthfulness, Serenity, Sacrifice, Righteousness, Independence, Modesty, Devotion, Charity, Perceptiveness, Humanity, Sincerity, Reverence, Fortitude, Fidelity, Prayerfulness, Grace, Beauty, Faithfulness, Wonder, Mercy, Fairness, Steadfastness, Forbearance, Dignity, Empathy, Discernment, Contentment, Thoughtfulness, Hope



# *Mining Our Gem Stones*

Seeing You!

You have ALL the virtues already...

Circle 3 virtues on the first 2 pages that are easy for you to see (pocket virtues).

- 1.
- 2.
- 3.

Put a check mark next to 3 virtues that you “need a pickaxe” to fully uncover.

- 1.
- 2.
- 3.

Put an X next to the virtues that require a little TNT to access.

- 1.
- 2.
- 3.



# *Our Community Agreement*

We have the courage to sit in stillness with one another, trusting our journey of growth.

We commit to showing up for ourselves and others with compassion and curiosity.

We hold what is said here in sacred trust.

We abundantly share our learning with others.





# *The DH Effect in Action*

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*“For there is always light, if only we’re brave enough to see it, if only we are brave enough to be it.”  
Amanda Gorman, United States National Poet Laurette*

## **Subscribe to our monthly DH Beat Newsletter**

- Work and home tips that apply virtues and other strategies!
- <https://www.thedheffect.com/newsletter>

## **Check out our Calendar for Events!**

- Monday 30-minute Energy Infusers (members)
- 4/29 The Present Parent Cohort Series Begins
- 5/4 Wellness Retreat at Spa Relais, Westlake Village Inn
- 5/7 Wellness Retreat at Spa Relais, Westake Village Inn
- <https://www.thedheffect.com/calendar>

## **PEQ Performance Masterminding Cohorts beginning Summer 2023**

- Monthly Masterminding
- Positive Intelligence work
- 30-minute Weekly Energy Infusers



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