

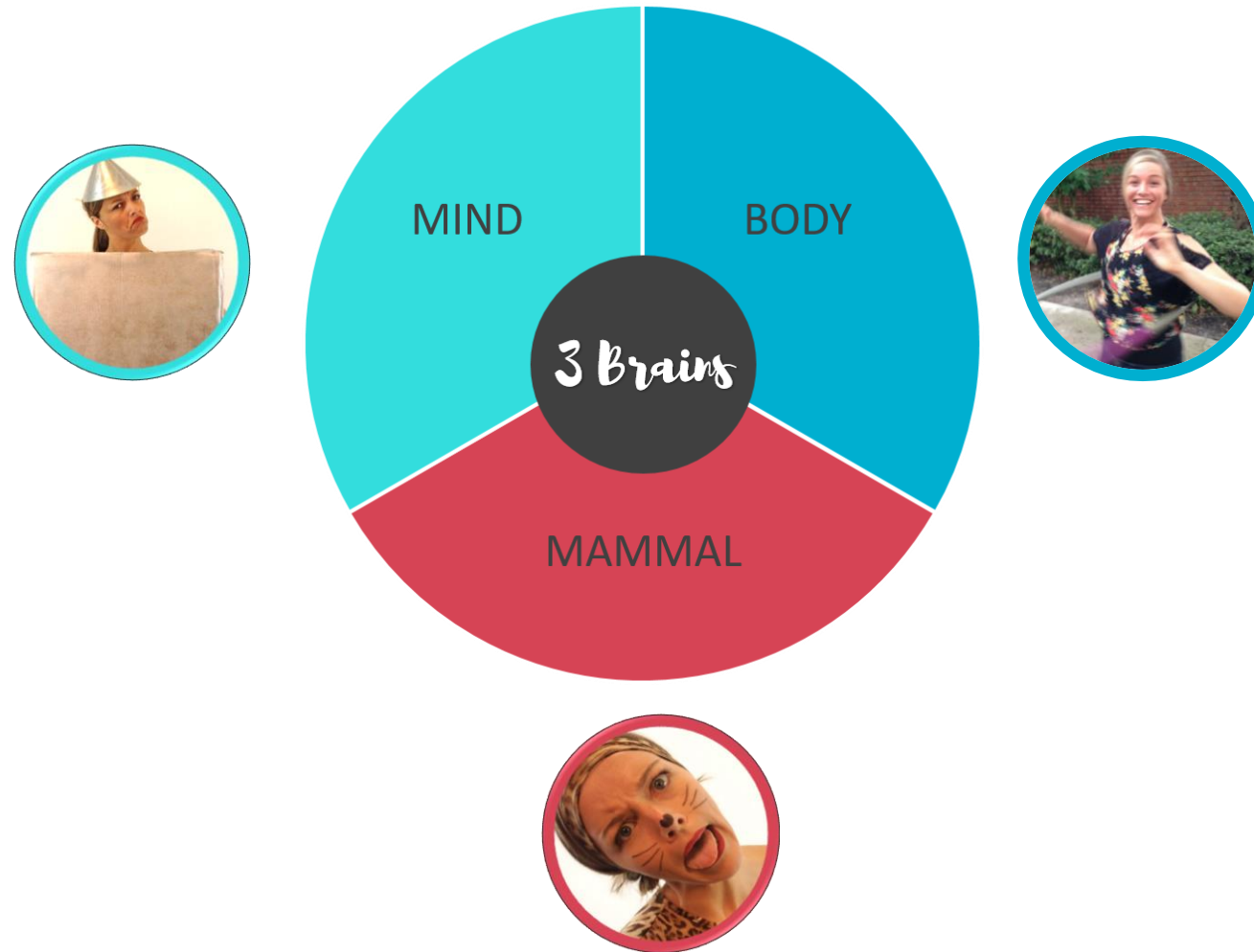
EAT. PLAY. LOVE.

YOUR BODY. YOUR LIFE. YOUR RULES

Live

[YOUR INNER COMPASS]

Inner-Compass of Peace



The Purpose of this Video...

- ★ Why creating your own inner-compass is the only way to keep you 'on track' when it comes to YOUR goals and desires.
- ★ Why it's crucial that you take into account the 3-dimensional elements of your life
- ★ Help you get the ball rolling creating your own internal compass of inner-peace.

The 3 Brains:



★ Brain 1: Mind

All your 'spinning plates', the things on your mind, all the components of your life taking up mental space. (Think: What does SHE need for Inner-Peace?)

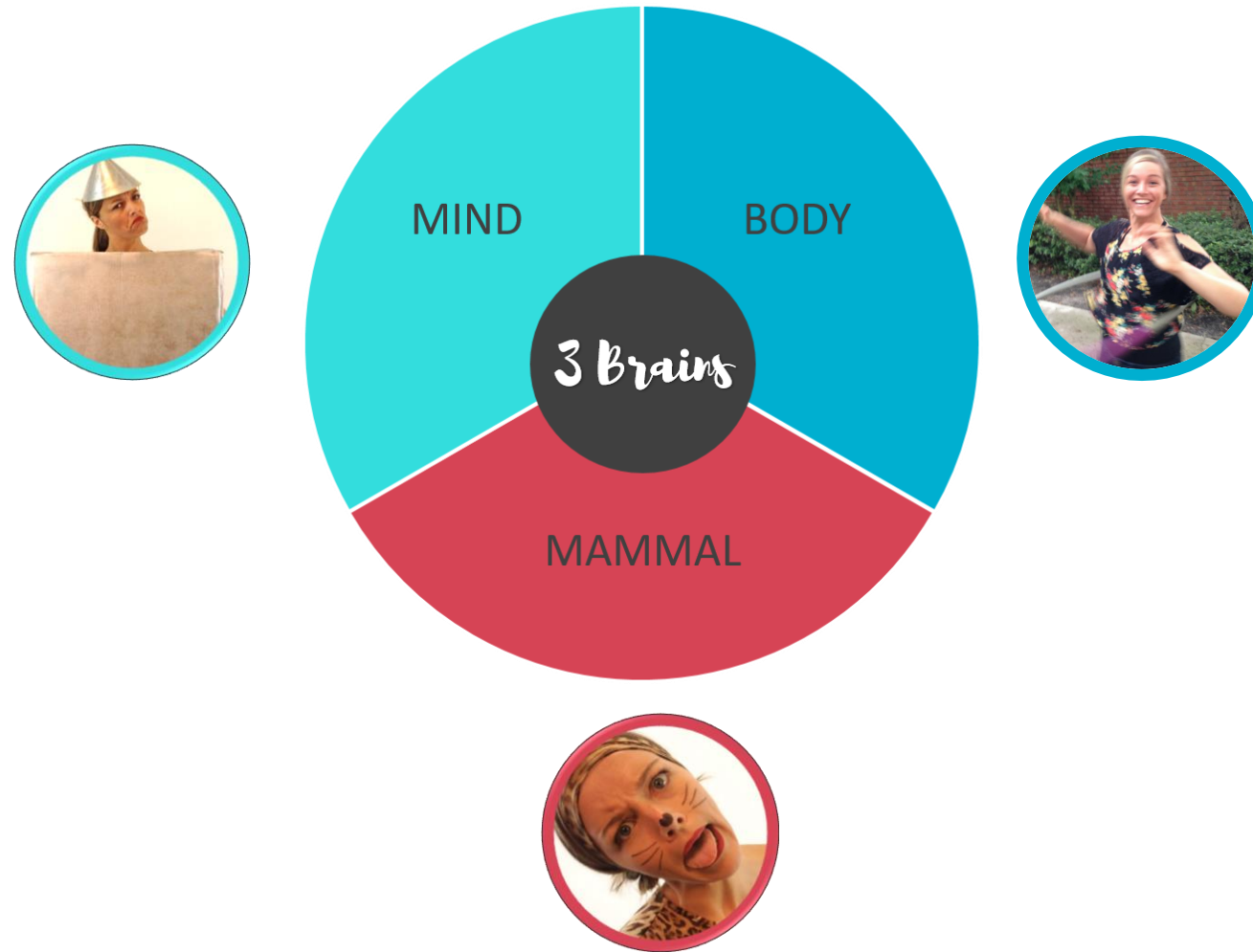
★ Brain 2: Body

Peace in your body. Peace with food. Peace in your heart. Peace in your joints, your muscles, your fat. (Think: What does SHE need for Inner-Peace?)

★ Brain 3: Mammal

The social & emotional part of you that NEEDS connection, belonging, inclusion, and to feel love, comfort, and safety (Oxytocin). She WILL get it. But it's a matter of what you 'feed' her. (Think: What does SHE need for Inner-Peace?)

REMEMBER: The Compass is 3-0



Your Inner-Compass of Peace



- ★ Brain 1: Mind (What does SHE need for Inner-Peace?)
- ★ Brain 2: Body (What does SHE need for Inner-Peace?)
- ★ Brain 3 Mammal (What does SHE need for Inner-Peace?)

I'll Show You Mine...

Brain 1: What My Mind Needs for Peace

- ★ **Breath & Calmness:** I am always monitoring my brain 'state'. Meditation is my 'medication' [Baby step #1 from Women's Guide to Overwhelm]
- ★ **Brain Rest:** I MUST rest & reset my brain, get my me-time and recharge myself. [Ambivert quote: *"I'm both: introvert & extrovert. I like people, but I need to be alone. I'll go out, vie and meet new people but it has an expiration, because I have to recharge. If I don't find the valuable alone time I need to recharge I cannot be my highest self."* -- Sylvester McNutt III]
- ★ **Brain-Management:** I need to constantly account for and influence all my 'spinning plates', the things on my mind, and all the components of my life taking up mental space [Baby step #2 from Women's Guide to Overwhelm]

But I didn't get there
by accident...

Anti-Peace

Brain 1: What Causes Resistance, Unsettling, and Grrr in My Mind

- ★ **Lack of Daily Grounding:** When I don't get myself grounded first thing in the morning. When I spend my day reacting instead of responding to my life.
- ★ **Tired Brain:** When I'm go, go, going without a focus or intention. When I'm fried, overwhelmed, and out of energy...and still try to do MORE, add MORE, or BE more. When I give too much of myself to others and don't keep enough for myself.
- ★ **A Frazzled Brain:** When I don't monitor and account for my own spinning plates and I'm just haphazardly going through life. When my life is running ME more than I'm running IT. When I don't have enough 'prediction and response' in my life to make my brain happy. [THREAT: Too fast, too slow, not enough info/prediction]

I'll Show You Mine...

Brain 2: What My Body Needs For Peace (minimums, not maximums)

- ★ **Pain-Free:** My body is at peace when I am pain-free. Until I am pain-free, my only goal and 'responsibility' is to get myself pain-free
- ★ **Movement:** I use movement as my 'medicine'. Walks, yoga, slow/gentle/relaxation-based movement. Always ask: what does my body NEED right now? How do I want to feel?
- ★ **Food Freedom:** I need (and believe we all need) to learn how to create the FREEDOM that we desire...but with the STRUCTURE that we require to influence ourselves in the direction we want to go.

There are specific bundles coming up that address all of the above in more depth, but for right now, a PERFECT place to start is within the Self-Image Makeover Bundle (Food Goggles, Body Goggles)*

But I didn't get there
by accident...

Anti-Peace

Brain 2: What Causes Resistance, Unsettling, and Grrr in my Body

- ★ **Pain:** Pain is my nemesis. So if I'm not mindful about Self-Care (not weight loss), my body is in pain.
- ★ **Movement as A Weapon:** Movement can be a tool or a weapon for me. If I'm not tuned into my body (and how I want to feel) and am just focusing on external 'goals', movement becomes a control or power-play and that takes me away from peace in my body.
- ★ **Food as a Weapon:** Food can also be a tool or a weapon for me. If I'm not tuned into my body (and how I want to feel) and am just focusing on external 'goals', food becomes a weapon of control or a drug of distraction and comfort. Mindfulness and deciding who and how I want to be around food is where my freedom lays.

I'll Show You Mine...

Brain 3: What My Mammal Needs For Peace

- ★ What is she 'feeding'? (Doing, watching, hearing?)
- ★ What is she reading? (books, facebook feeds, trashy celebrity gossip?)
- ★ What is she thinking or feeling about? (Problem thinking vs. Solution thinking? The GAP or the FED?)

Remember: The social & emotional part of all of us NEEDS connection, belonging, inclusion, and to feel love, comfort, and safety (Oxytocin). She WILL get it. But it's a matter of what we 'feed' her. Check out the Baby step # 3 in *Women's Guide to Overwhelm* if you struggle with mindless habits or reactive behavior)

But I didn't get there
by accident...

Anti-Peace

Brain 3: What Causes Resistance, Unsettling, and Grrr In My Mammal Brain

- ★ When I am feeding myself with things that don't serve me: Hanging with people that negatively influence my energy, watching things on TV that upset me or that are about things beyond my control. What I'm putting in my ears, seeing with my eyes, and feeding my heart, soul, and mammal brain.
- ★ What I am reading facebook feeds, trashy celebrity gossip, and click bait instead of things that inspire me or lift me up. When I'm using what I'm reading as 'Comparison-itus'.
- ★ When I am focusing on PROBLEMS, what I can't control, what I don't like, what I don't want more of, and what I don't value or appreciate...instead of going and doing what I CAN do and influencing what I CAN influence.

Now It's Your Turn!



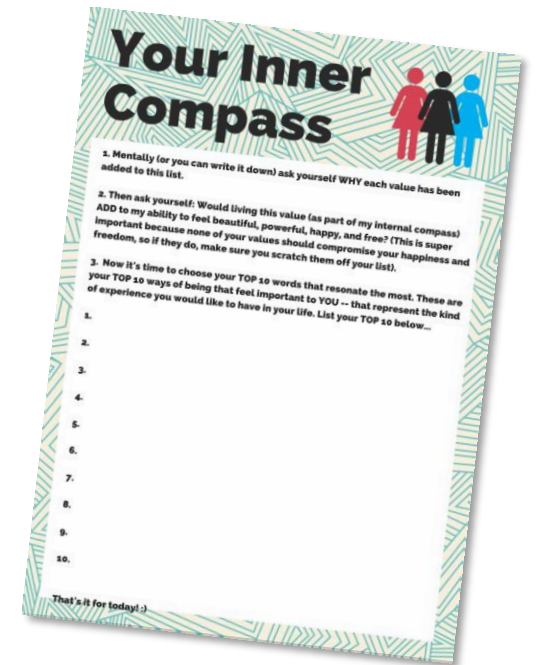
- ★ Brain 1: Your Mind (What does SHE need for Inner-Peace?)
- ★ Brain 2: Your Body (What does SHE need for Inner-Peace?)
- ★ Brain 3: Your Mammal (What does SHE need for Inner-Peace?)

Take A Few Moments & Let It Flow...

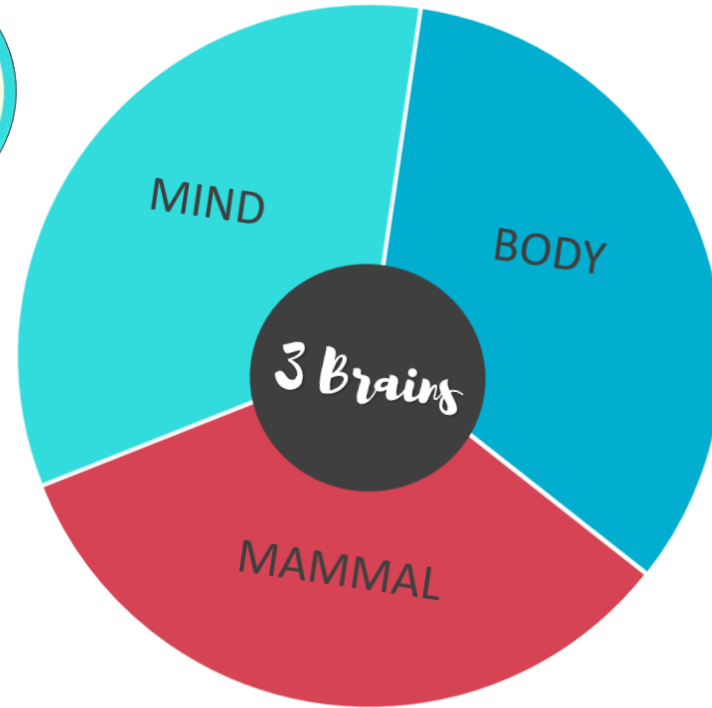
- ★ **Brain 1: Your Mind:** All your 'spinning plates', the things on your mind, all the components of your life taking up mental space. (Think: What does SHE need for Inner-Peace? And what's HER Anti-Peace?)
- ★ **Brain 2: Your Body:** Peace in your body. Peace with food. Peace in your heart. Peace in your joints, your muscles, your fat. (Think: What does SHE need for Inner-Peace? And what's HER Anti-Peace?)
- ★ **Brain 3: Your Mammal:** The social & emotional part of you that NEEDS connection, belonging, inclusion, and to feel love, comfort, and safety (Oxytocin). She WILL get it. But it's a matter of what you 'feed' her. (Think: What does SHE need for Inner-Peace? And what's HER Anti-Peace?)

Time to Explore! (Step 1)

- ★ Use the Action Sheet provided (or your own paper) and start simply brainstorming about components of inner peace in your own 3 brains...and what is present in your Anti-Peace formula.
- ★ Think about: What's the bare-bones minimum that I need for peace – not for goal-striving or thriving. PEACE! Equilibrium and peace from within when it comes to your mind, body, and mammal brains. And then what are all the things that are KEEPING me from creating peace?
- ★ There's no 'right' or 'wrong' ways to answer this question! And don't worry about perfection. Simply get the thought-process and conversation with yourself started.
- ★ The goal: Inner-Peace (3-Dimensional)



That's It!



There are so many ways to create
peace in your mind, brain, head, body,
& heart. This is just where we happen
to be starting 😊

Go get em' tiger!