

Reminder: Pain Is Pain!

- ★ Tragedy
 ★ Physical Pain/Illness
 ★ Breakups/Divorce
 ★ Death/Loss/Grief
 ★ Losing a child/Losing a pet (can feel like losing a child!)
 ★ Job loss/change
 ★ Unexplainable sadness/anxiety
- ★ Pain is pain! And no pain is 'better' or 'worse'....'harder' or 'easier'



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What I Nid (And Who I Showed Up As) (A Peek Behind The Curtain)

- ★ Let myself cry, freak out, feel all the feels
- ★ I then shifted myself into gratitude for my LIFE and for those around me
- ★ Soaked up all the love, care, and connection that was being shown....AND I reached out to 'my people' for support.
- ★ Kicked into self-care mode I would be NO GOOD to anyone if I didn't. (That meant breathing, fueling my body, making sure my clients were served, etc.)
- ★ Re-committed to my own mental/emotion/physical/social/spiritual health. I need it NOW more than ever. It's a different mindset, I get it! But it's invaluable when you take on new BELIEFS! This is straight-up a belief 'thing'.

Nistinction June: Victim vs. Victor (Powerless Self vs. Powerful Self)

- ★ <u>VICTIM</u>: "Why is this happening?" "Why do I do this?" "Why am I like this?" "What's wrong with me?" "Everything is falling apart!" "Nothing is working" "I'm a lost cause, unfixable, broken". Shame, blame, learned/practiced helplessness, looking for someone to 'save' you. Focusing on what's NOT working, what you CAN'T control, what you DON'T have or DON'T want. Self-pity. Self-condemnation. Totally turning your back on your dream. Holding on to the belief that you have NO power right now.
- ★ <u>VICTOR</u>: No matter what happens, I get to choose how I show up, and who I get to be right now. Even when everything feels OUT of control, the one thing I can influence is my state and who I choose to be. This does NOT define me. 'Where' I am right now is NOT 'who' I am. I am NOT my circumstances, and thankfully I have the tools to 'ground' myself. I am NOT a victim! Where's the good? Where's the gold? What can I be grateful for right now? How damn blessed am I?

Reminder:

(And Lovingly Challenging You!)

★ Decisive and Committed
★ Coachable
★ Resourceful

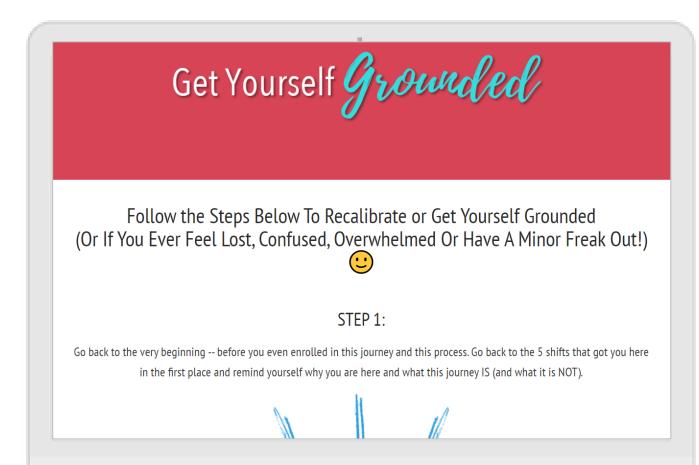
Minimal Effective Pose: (Metaphorical Brushing Of Your Teeth)

- ★ ACCEPTANCE: What's the REALITY of what I'm experiencing? What's the DATA? Let yourself feel the suck....but don't SIT in it too long.
- ★ BELIEF: When stress goes UP, self-care must go UP
- ★ MINIMUM: Data vs Drama (Beliefs Overhaul Part 1)
- ★ MINIMUM: Gratitude/Celebration (Beliefs Overhaul Part 1)
- ★ **MINIMUM**: Freedom/Food Goggles (Plus Food Awareness Experiment)
- ★ MINIMUM: Love Goggles (Reverse Engineer Your Inner Compass DAILY)
- ★ ONGOING BELIEFS: Keep hitting those bullshit beliefs with the weed-whacker using Beliefs Overhaul Part 2 in the mindset/beliefs section.



There Is a Jool For That! 3

(Start Over/Reset Section of Member Dashboard)



You Get To Choose: Victim vs. Victor (Powerless Self vs. Powerful Self)

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