



*How To Handle
A Setback...*

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'



Again: Pain Is Pain!

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What I Did (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'.

Distinction Time: *Victim* vs. *Victor*

(Powerless Self vs. Powerful Self)

- ★ **VICTIM**: "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.
- ★ **VICTOR**: 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 Dose: (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.



And then...

There Is A Tool For That! 😊

(Start Over/Reset Section of Member Dashboard)

Get Yourself *Grounded*

Follow the Steps Below To Recalibrate or Get Yourself Grounded
(Or If You Ever Feel Lost, Confused, Overwhelmed Or Have A Minor Freak Out!)



STEP 1:

Go back to the very beginning -- before you even enrolled in this journey and this process. Go back to the 5 shifts that got you here in the first place and remind yourself why you are here and what this journey IS (and what it is NOT).

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

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*Who Do You Want To Be?
How Do You Want to Feel?*

You ALWAYS Have A Choice!