

# SETTING YOU UP FOR BIG CHANGE

Session 1

WHAT IS THE RISK OF STAYING EXACTLY WHERE YOU ARE, RIGHT NOW?

- 1.
- 2.
- 3.



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WHAT DO YOU FEAR ABOUT MAKING THESE CHANGES?

Time:

Relationships:

Finances:

Lifestyle:

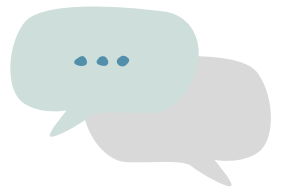
Other:



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EVERYONE HAS CRITICS IN THEIR LIVES. WHAT ARE SOME CRITIQUES YOU MIGHT HEAR (OR HAVE!) ABOUT MAKING THIS CHANGE?

- 1.
- 2.
- 3.



"WHEN YOUR FEAR OF STAYING THE SAME IS GREATER THAN YOUR FEAR OF CHANGE,  
THAT'S WHEN YOU'LL FINALLY TAKE THE LEAP"

## GETTING YOU CLOSER TO PLAN B

Think about what will create more stability and momentum immediately. List some large and small commitments that could make an impact on your growth. (Training course/ schooling, coaching, books to read, money to be saved, partnerships to be created, etc)

1.

2.

3.

4.

5.



WHAT IS ONE COMMITMENT YOU WILL MAKE IN MOVING YOUR NEEDLE IN THE NEXT 7 DAYS? (HINT: LOOK ABOVE-- WHAT IS A LOW HANGING FRUIT THAT WILL HELP YOU MOVE IN A POSITIVE DIRECTION?)

WHAT WILL IT MEAN TO YOU, YOUR FAMILY, FRIENDS, AND COMMUNITY IF YOU ARE ABLE TO BE WHO YOU ARE DESTINED TO BE?

WHAT KIND OF HELP (COURSES, BOOKS, COACHES, ETC) MIGHT GET YOU CLOSER TO ACHIEVING THIS?



"WHEN YOUR FEAR OF STAYING THE SAME IS GREATER THAN YOUR FEAR OF CHANGE, THAT'S WHEN YOU'LL FINALLY TAKE THE LEAP"

# MENTALLY SHIFT TO FIND THE GOOD AROUND YOU

Session 2

IN WHAT AREAS OF YOUR LIFE DO YOU HAVE LOVE, JOY, AND GRATITUDE FOR YOURSELF?

I love this about myself:

I am joyful when I:

I am grateful for my:



WHERE DO YOU FIND LOVE, JOY, AND GRATITUDE FOR OTHERS?

I love:

I am joyful when:

I am grateful for:

IN WHAT WAYS CAN YOU IDENTIFY THAT YOU HAVE LOVE, JOY, AND GRATITUDE FOR YOUR WORK?

1.

2.

3.



GRATITUDE IS A POWERFUL CATALYST FOR HAPPINESS. IT'S THE SPARK THAT LIGHTS A FIRE OF JOY IN YOUR SOUL. - AMY COLLETTE

## NOW LET'S IDENTIFY THE GAP.

WHAT DID YOU USED TO LOVE ABOUT YOUR WORK, BUT ARE STRUGGLING WITH NOW?

I used to love...

I struggle with...

I resent...

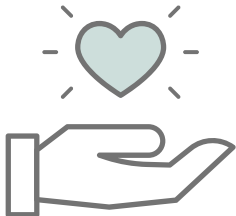
My mood is stolen by...

My energy is drained by...



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HOW CAN YOU FIND LOVE, JOY, AND GRATITUDE FOR SOMEONE OR SOMETHING THAT YOU ARE STRUGGLING WITH?



I can find love in...

I can create joy by...

I can acknowledge gratitude for...

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WHAT IS ONE STRONG ACTION (THERAPY, SCHOOLING, COACHING, COURSES, BOOKS, ETC) THAT YOU CAN TAKE RIGHT NOW TO MAKE THINGS BETTER IF THINGS STAY EXACTLY AS THEY ARE, RIGHT THIS MINUTE?



GRATITUDE IS A POWERFUL CATALYST FOR HAPPINESS. IT'S THE SPARK THAT LIGHTS A FIRE OF JOY IN YOUR SOUL. -AMY COLLETTE.

# TAPPING INTO YOUR DEEP BRAVERY

## Session 3

WHAT ARE THE ROADBLOCKS OR FEARS THAT YOU HAVE AROUND YOUR GOAL? WHAT'S HOLDING YOU BACK?

I'm afraid of...

I'm worried that...

I still haven't handled...

I may lose...



Are the outcomes of these fears POSSIBLE or PROBABLE?

WHAT ARE YOUR 3 BIGGEST FEARS IN LIFE?

- 1.
- 2.
- 3.

WHAT ARE YOUR NEGATIVE EMOTIONAL TRIGGERS?

I get nervous when...

I get defensive when...

I shut down when...

I can be irrational when...



BE BRAVE. EVEN IF YOU'RE NOT, PRETEND TO BE. THE UNIVERSE RESPONDS TO BRAVERY.

## NOW LET'S IDENTIFY SOMETHING YOU CAN CONFRONT.

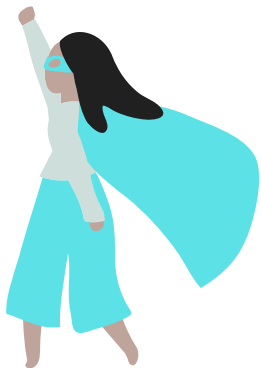


What is a small fear/trigger you can confront without much disruption?

What's the worst case scenario that could happen if you don't confront this fear/trigger?

Is the worst case scenario life threatening? Uncomfortable? Mildly annoying? Can you live with being afraid of this forever?

What steps will you have to put in place to plan this right? Do you need someone to hold you accountable? Do you need to learn more before you act? Do you need a plan?



### WHAT ARE THE BENEFITS TO YOU CONFRONTING THIS SITUATION AND MOVING THROUGH IT?

The best case scenario is:

I will gain:

I will live a better life if I overcome this fear because:

### OKAY WARRIOR, WHAT DATE WILL YOU COMMIT TO IN ORDER TO HANDLE THIS SITUATION AND MOVE BRAVELY FORWARD?



BE BRAVE. EVEN IF YOU'RE NOT, PRETEND TO BE. THE UNIVERSE RESPONDS TO BRAVERY.

# COMMUNICATE WITH GRACE, CLARITY, AND STRENGTH

Session 4

PERSPECTIVE DRIVES ATTITUDE  
ATTITUDE INFLUENCES BEHAVIOR  
AND BEHAVIOR CREATES RESULTS

## LET'S GET REAL.

WHEN YOU'RE ACCUSED OF NOT COMMUNICATING WELL OR CROSSING THE LINE, WHAT ARE THE CONSISTENT CRITIQUES YOU HEAR?

Think of one person you consistently struggle to communicate with:

What always goes wrong with them?

What do they accuse you of?

Is this something consistent that you've heard over time?

Could this be an aptitude/training/coaching issue?



DO YOU HAVE NEGATIVE INFLUENCES (THOUGHTS/ ATTITUDE/ BEHAVIOR/ HISTORY/ MEMORIES) THAT MAY IMPACT YOUR PERSPECTIVE WHEN COMMUNICATING WITH THEM?  
(THINK: TRIGGERS FROM LAST SESSION)

- 1.
- 2.
- 3.

IF YOU DON'T HEAL WHAT HURT YOU  
YOU WILL BLEED ALL OVER PEOPLE WHO DIDN'T CUT YOU.

## WHAT PHRASES DO YOU NEED TO SAY TO YOURSELF TO GAIN CONTROL OF YOUR ATTITUDE?

I am...

I can...

I have...

I will...

I've earned...



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## WHAT SMALL CHANGES CAN YOU MAKE TO YOUR STYLE OR APPROACH IN ORDER TO HAVE POSITIVELY PERCEIVED BEHAVIOR?

WORDS:

TONE:

PACE:

EXPRESSIONS:

GESTURES:

TIMING/PLANNING:

HOW CAN YOU MIRROR THEIR STYLE/PERSONALITY/ENERGY TO HELP BRING DOWN THEIR WALLS, SO THAT THEY "HEAR" YOU?



IF YOU DON'T HEAL WHAT HURT YOU  
YOU WILL BLEED ALL OVER PEOPLE WHO DIDN'T CUT YOU.



# PEACE OUT, NEGATIVITY!

Session 5

**"I'M ALERT, I'M ALIVE, AND I FEEL GREAT"**

What is your daily mantra for getting yourself in the right frame of mind?

WHAT IS ONE IDEA/ PERSON/ SITUATION/ THING THAT CONSISTENTLY DRAINS YOU OF YOUR DAILY ENERGY? PIN-POINTING IT IS HALF THE BATTLE IN GAINING CONTROL.



TRUTH TIME... COULD YOU CUT THE CORD, IF YOU REALLY NEEDED TO?

LET'S ATTEMPT TO LOOK AT THIS LOGICALLY. WHAT DO YOU NEED TO QUANTIFY IN ORDER TO GET AHOLD OF THIS NEGATIVITY?



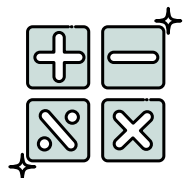
What am I gaining from holding on? (Benefit)

What will I gain if I walk away? (Benefit)

What will I lose if I stay/continue to endure the negativity? (Deficit)

What will I lose if I walk away/cut the cord? (Deficit)

Is what you are gaining/losing worth it?



**IF YOU COULD ELIMINATE THIS NEGATIVITY, WHAT COULD YOU BE, DO, OR HAVE RIGHT NOW? WHAT WOULD THAT LOOK LIKE?**

I would be...

I could have...

I could do...

My life would be...

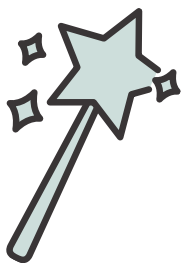


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### **SO, HERE'S THE HARD PART:**

**IF YOU COULD WAVE A MAGIC WAND, WHAT OR WHO WOULD YOU ELIMINATE FROM YOUR LIFE IMMEDIATELY TO CREATE MORE PEACE?**

**WHAT IS THE LOWEST HANGING FRUIT FOR YOU TO TAKE ACTION ON, IN ORDER TO CREATE EMOTIONAL BUBBLE WRAP AROUND YOURSELF?**



**CAN YOU LIMIT YOUR EXPOSURE?**

**ARE YOU CAPABLE OF DOING THIS? DO YOU HAVE THE SKILLS TO CREATE THIS BOUNDARY? IF NO, WHAT DO YOU NEED?**

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### **GIVE ME A DATE, WARRIOR!**

**Commit to a date that you will start the process of limiting the amount of negativity and toxicity you will allow in your life. You are the only person who can create the boundary.**

**You've got this.**



**TAKE BACK YOUR TIME, ATTENTION, ENERGY, AND EMOTIONS FROM ANYONE WHO TREATS YOU CARELESSLY. YOUR VALUE IS TOO GREAT TO BE SQUANDERED.**

# REFLECTIVE LEADERSHIP

## Session 6

REFLECTIVE LEADERS UNDERSTAND THAT THEIR GREATEST INFLUENCE IS IN LIVING THEIR VALUES AND EMBODYING THEIR COMMITMENTS, DAILY. IT'S WALKING THE TALK. THEY KNOW THEY'VE BEEN SUCCESSFUL WHEN THEIR TEAM IS A POSITIVE REFLECTION OF THEM.

WHAT DO THOSE AROUND YOU SEEM TO NEED MORE OF FROM YOU?  
WHAT CAN YOU GIVE THEM MORE OF? WHAT CAN YOU SHARE?

Time:

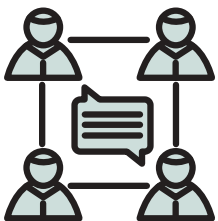
Attention:

Authenticity:

Recognition:



THINK OF 3 PEOPLE YOU WORK WITH. WHAT DO THEY VALUE?



1.

2.

3.

LEADERS BECOME GREAT NOT BECAUSE OF THEIR POWER  
BUT BECAUSE OF THEIR ABILITY TO BRING OUT GREATNESS IN OTHERS.

LET'S GET SPECIFIC. WHAT DO YOU HAVE TO CHANGE ABOUT THE WAY YOU INTERACT WITH OTHERS IN ORDER TO SHOW THEM A BETTER EXAMPLE?



I hold back...

I'm worried that...

I'm sometimes closed off...

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KNOWING YOURSELF AND LIVING YOUR VALUES IS HOW WE STEP INTO OUR GREATEST SELF AS A LEADER.

What do you believe in?



What do you value?

What are you here for?

What matters to you?

IF YOU DON'T KNOW THIS, HOW WILL YOU GAIN CLARITY AROUND THIS?

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THINK OF ONE PERSON. WHAT DO THEY NEED? HOW CAN YOU HELP THEM REALIZE THEIR POTENTIAL?

Interests:

Values:

Skills:

Abilities:



# BE THE GOOD

## Session 7

BEING THE GOOD IS ABOUT FINDING HAPPINESS, WONDER, AND GRATITUDE IN THE LITTLE THINGS AND SHARING THAT WITH THE WORLD AND THOSE YOU LEAD.

What are you grateful for right now?

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WHAT STOPS YOU FROM FEELING VALUABLE?



WHAT PLAYS IN YOUR HEAD AND IMPACTS YOUR CONFIDENCE OR SELF-ESTEEM?

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WHAT CAN YOU GRANT YOURSELF GRACE FOR, OR TAKE ACCOUNTABILITY FOR, RATHER THAN STAYING IN A POSITION OF ANGER, GUILT, AND RESENTMENT? (THIS IS ABOUT FORGIVING YOURSELF)



1.

2.

3.

**TAP INTO YOUR EMPATHY TO FORGIVE SOMETHING OR SOMEONE AND UNTETHER FROM THE EMOTION AROUND IT. (THIS IS ABOUT FORGIVING SOMEONE OR SOMETHING ELSE)**



I am not to blame for their...

I can forgive...

I will not carry...

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**SETBACKS ARE A PART OF LIFE. THE KEY IS TO MAKE YOUR COMEBACK EVEN STRONGER AND LEARN FROM IT.**

What recurring disappointments keep popping up for you?



What lesson is it trying to teach you?

What is one positive within the disappointment?

How will you set up guardrails to ensure that you are aware and prepared in the future? (books, trainings, coaching, mentors, etc)

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**IF YOU ALLOWED YOURSELF TO DREAM BIG AND KNEW THAT ALL OBSTACLES WOULD BE ELIMINATED, WHAT MARK WOULD YOU LIKE TO LEAVE ON THIS WORLD?**

**How can I help you get there?  
Because the world needs what you have.**

THE ONES WHO ARE CRAZY ENOUGH TO THINK THEY CAN CHANGE THE WORLD  
ARE USUALLY THE ONES WHO DO. BE ONE OF THOSE.