



HEAD COACH

small steps, big changes

The power
OF YOU!

THINK. FEEL. ACTION

Prue Sulicich
Life Coach

Welcome

Thanks for joining me on this exploration of YOU!

I appreciate it is not always a topic everyone knows how to talk about, however, if you become aware of your own values, how you think and feel, you can step into being the person you want to be.

Contents:

- The power of you- what it means to be me
- Finding your values
- Ruled by emotion
- The importance of understanding emotions.
- Your life's results are from your thoughts
- How to step into being you

Added bonus:

Because I absolutely love you have taken the plunge to better your life, I am giving you a great freebie to make it even easier to dive into the work on YOU.

- FREE 30 minute private coaching session on any topic

Please don't miss this opportunity to be coached.

Head to the below link to book your free consult;

<https://app.delenta.com/ta/@pruesulicich>

The power of you

Can you accurately describe who you are?

For most people, it is an awkward silence. We either don't know or we are simply intimidated, scared, or lack the confidence to express it to anyone.

This short course is designed to take you from "I don't know" to "hell yeah I do"!

Who's with me?

Being you is your only option!

If there is one thing I have learned through my own self-discovery journey, it's that if you are trying to be someone else to please others, or to fit in, you will always be suffering.

You simply need to be yourself.

Easier said than done when you don't even know what that means right!

Today, I will take you one step closer to figuring that out.

It means being open to the possibility of change, of the discomfort it may bring, and just stepping into awareness and understanding how you control your own results in life.

My philosophy is simple;

**Your thoughts always create
your results.**

So, with that in mind, let's start using it to our advantage.

I am

Let's spend some time here and write down how you would currently describe you who are.

Complete this sentence;

I am....

Let's daydream

I am going to tell you the best news EVER!

What you want to believe is totally up to you.

Our thoughts are ours to choose, they do not need to be for the masses, just for us.

You get to choose what to believe...whether it be about yourself, others, circumstances, or anything else in between.

You can thank me later.

We get to think/believe anything we want.

Yes, there are rules within society, but we are not talking about rules.

We are talking about our own thoughts.

And contrary to what you have always believed...there is no right or wrong thought!

Here are some examples of what we get to think;

I am beautiful

I am capable of achieving anything

I am successful

I am lovable

It is not a problem when people disagree with me

When I am failing, it means I am growing

I am enough

Being a woman is my superpower

Let's daydream

Use the space below to write down all the things you value in life.

It may be words, actions, or behaviors.

It may be someone you admire. Tell me why. What is it about that person that makes you look up to them?

This is the beginning of choosing you! First, we need to know what you value!

Don't judge or hesitate. Write quickly and don't overthink it. GO!

FINDING MY CORE VALUES

Knowing what you stand for and your values is super important. We all have triggers, things that cause us huge emotional drama and this usually happens because it is pushing against our values. To know them, helps us understand why we react or behave.

ASK YOURSELF THESE QUESTIONS;

1. DOES THIS DEFINE ME?
2. IS THIS WHO I AM AT MY BEST?
3. IS THIS THE FILTER I USE TO MAKE HARD DECISIONS?

List your top ten values

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Observations:

FINDING MY CORE VALUES

ASK YOURSELF THESE QUESTIONS;

1. DOES THIS DEFINE ME?
2. IS THIS WHO I AM AT MY BEST?
3. IS THIS THE FILTER I USE TO MAKE HARD DECISIONS?

Narrow them down to
your top two

1

2

List of values

Accountability	Fairness	Legacy	Stewardship
Achievement	Faith	Leisure	Success
Adaptability	Family	Love	Teamwork
Adventure	Financial stability	Loyalty	Thrift
Altruism	Forgiveness	Making a difference	Time
Ambition	Freedom	Nature	Tradition
Authenticity	Friendship	Openness	Travel
Balance	Fun	Optimism	Trust
Beauty	Future generations	Order	Truth
Being the best	Generosity	Parenting	Understanding
Belonging	Giving back	Patience	Uniqueness
Career	Grace	Patriotism	Usefulness
Caring	Gratitude	Peace	Vision
Collaboration	Growth	Perserverance	Vulnerability
Commitment	Harmony	Personal fulfillment	Wealth
Community	Health	Power	Well-being
Compassion	Home	Pride	Wholeheartedness
Competence	Honesty	Recognition	Wisdom
Confidence	Hope	Reliability	
Connection	Humility	Resourcefulness	OR LIST YOUR OWN
Contentment	Humor	Respect	_____
Contribution	Inclusion	Responsibility	_____
Cooperation	Independence	Risk-taking	_____
Courage	Initiative	Safety	_____
Creativity	Integrity	Security	_____
Curiosity	Intuition	Self-discipline	_____
Dignity	Job security	Self-expression	_____
Diversity	Joy	Self-respect	
Environment	Justice	Serenity	
Efficiency	Kindness	Service	
Equality	Knowledge	Simplicity	
Ethics	Leadership	Spirituality	
Excellence	Learning	Sportsmanship	

Living in to your values

Writing down two values is easier said than done.

It may take some time to figure out the right ones for you.

We do this by exploring what living into these values actually looks like.

In the space below, write down how having these two values will show up in your life.

Think about your actions, inactions, behaviour, reactions, language and so on.

What is your superpower?

I believe we are all born with a superpower.
Finding what it is, is a bit like uncovering our own strength.

It becomes evident when times get tough and things have hit the fan for you or others. Something usually kicks in to get you through?

Maybe it was that you were able to see the big picture or could see what logical steps needed to be done to get a result.

Maybe, you simply have the ability to hold space for someone and step into compassion and understanding with a listening ear.

Whatever it is, this is your superpower and it needs to be celebrated and acknowledged.

So what do you think yours is?
Write it below.

What are emotions?

Emotions are simply:

A VIBRATION IN YOUR BODY

We are designed to feel all the feelings. No emotion will ever kill you. Our body was made to feel them all so it could keep us safe. This is what our brain does.

**FEELINGS
=
EMOTIONS**

Since our brain was designed all those years ago, it still has the same old programming it had when we needed to stay safe and not get eaten by bears and all those other predators.

But, our world has changed and we still physically react to attacks, whether it be a physical or emotional one. Let's be honest; most of our feelings these days comes from emotional triggers, like what someone said or how they said it.

Understanding and feeling ALL your emotions will give you greater success. You will start to win in every part of life; work, family, relationships, and especially self. It is an absolute game changer!

“

Being uncomfortable is the currency of success, so if you want to succeed in life, the work starts here.

-Brooke casillo

”

The life cycle of an emotion

CIRCUMSTANCE



THOUGHT



FEELING

Feelings are always from a thought.
The circumstance is neutral;
you have a thought;
you get a feeling.

How do emotions feel in the body

An emotion as we have learned is a vibration in your body. Let me give you some examples of how this might show up;

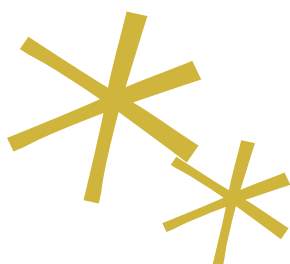
- Sweaty palms or another body part
- Racing heart
- Urge to run
- Blushed neck or face
- Butterflies in your stomach
- Heavy chest
- Electricity in your body
- Nauseousness
- Dry mouth
- Shaking voice or hands

This is a small list! There are endless examples of the physical aspects of emotions.

What I do want to remind you are;

We are designed to feel all emotions. They do not have the power to kill you or even stop you from doing the thing!

Now you might be thinking that during a panic attack, this statement does not feel true. You really do feel you may die...when experiencing this, ground yourself by saying over and over, "this is just a feeling, I can handle them all."



It is important to feel all these emotions, they are designed to keep us safe.

Thank your brain for doing its job and keep pushing on!

Exercise

Firstly we want to discover what feelings you have often. Write them all down. Don't judge them as good or bad, just write all that comes to mind.

Secondly, what do you think gives you those feelings? What seems to be a trigger?

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Now I want you to do a thought download.

This is where you dig up the thoughts that are running through your brain.

Remember, you have a lot of thoughts every day, but for this exercise, find the ones that keep you suffering. Find the ones that do not serve a useful purpose.

What is your mind stuck on?

It might be what someone said or did, how you behaved or something you saw on the news.

Again, don't be judging them, just write them down!

[illegible]

This is the fun part.

Write down how you **want** to feel.

What feeling will drive you forward in life to allow you to show up in the world as the best version of you?

Don't hold back.

[illegible]

The importance of understanding emotions

Life is a choice, my friends.

Contrary to popular belief, we choose how to live our lives; whether it be subconsciously or consciously. Emotions play a major role in this process. If life is not going how you want it to or you are finding a lot of negative results in life, time to look at how your emotions are playing a part. Do you fly off the handle easily? Rely on others to control how you feel or simply judge yourself for having any feeling?

To understand your emotions, and I mean all of them, the "good", "bad" or "ugly" is to take back the power!

No-one can make you feel anything! You have complete control, it is only how you think about a circumstance that gives you the feeling!

To know how you feel, to put a name to it, and understand where it shows up physically, will allow you to start processing emotion.

Imagine how it could change your life if you could describe how you actually feel to your loved ones, work colleagues, or just yourself. My guess is, is you would have deeper, stronger connections that are honest and aligned with your values.

Plus, by understanding your emotions, you can stop judging them and understand it is all part of the human experience.

The sooner you stop resisting, the sooner you can process the emotion and have it leave your body.

How to process an emotion?

This is where it gets interesting.

Processing an emotion will take some time to understand, however like most things, practice makes it easier.

So do it often, and start with less heavy emotions first.

Remember the bee sting analogy if you get stuck!

Step 1.

Find a safe, quiet space you can practice this process without interruption.

Step 2

Turn off or put away all distractions; phone, T.V, food, drink.

Step 3

Find an emotion you would like to process. Remember, start with less heavy ones and work your way up.

Put a name to it; embarrassed, disillusioned, mad, lonely, let down.

Step 4.

Sit with the emotion. How does it feel in your body?

Take mental notes.

Ask yourself, what thought is behind the emotion?

Step 5.

Allow it. This is when it might feel uncomfortable and you might want to distract yourself to feel better. DON'T! Sit there, feel it.

Allow it to be processed by allowing it to come in through the top of your head and leave through the tip of your toes.

Step 6.

Evaluate what you just did.

High five yourself and pat yourself on the back.

Tips to help

Firstly, I want to make sure you are doing the last step? We all too often, brush past our achievements. This is a big deal! If you do this and make it a habit to process all your emotions, you will be in the 10% of the population that can!! That is awesome. Most people have no control and let their emotions rule their lives; not you my friend! You are going to be a functional feeler, that can feel and allow all the feels, while still living the life of your dreams.

Go you!

Here are some tips to keep you going;

- Remember emotion is physically felt in your body for only 90 seconds. It comes, peaks, and dissipates in a minute and a half!! Anyone can do that!
- Allow the emotion instead of compounding them; they will be easier to process.
- We were designed to feel ALL EMOTIONS. They cannot kill or harm us!
- Emotions are aroused from a thought. Not a circumstance. All circumstances are neutral.
- Thoughts can be changed and chosen!
- Processing an emotion may feel uncomfortable; it is meant to. It's our brain's way of trying to keep us safe.
- There is no good or bad emotion. Just an emotion!
- Judging or shaming emotions is just resisting them.
- You've got this! We are human and it is part of the human experience!

Bonus exercise

This is a review of your life as a whole. I believe there are 11 areas in life which can be evaluated.

This is what I would like you to do. We want to find where you are suffering the most. This will highlight what to work on, which emotions and thoughts to be curious with.

Evaluate each category by circling the number that best describes how you feel about each part of your life and explain why. 1 = Terrible, 10 = Awesome

FAMILY

1 2 3 4 5 6 7 8 9 10

WHY:

FRIENDS

1 2 3 4 5 6 7 8 9 10

WHY:

SPIRITUALITY

1 2 3 4 5 6 7 8 9 10

WHY:

COMMUNITY

1 2 3 4 5 6 7 8 9 10

WHY:

SELF

12345678910

WHY:

BODY

12345678910

WHY:

LOVE & RELATIONSHIPS

12345678910

WHY:

CAREER/WORK

12345678910

WHY:

MONEY

12345678910

WHY:

YOUR HOME

12345678910

WHY:

FUN & ADVENTURE

12345678910

WHY:

From here, you get to choose where you would like to start. What area needs to be worked on to improve your life and stop unnecessary suffering? ONLY ONE AT A TIME! Go all in!

Emotions and Action

I want to talk a little about how every action you take, or don't take comes from an emotion.

I want to show you a model I use from Brooke Casillo, an amazing Life Coach from The Life Coach School. It looks like this;

C- Circumstance

can trigger

T- Thoughts

which creates

F- Feelings

which drives

A- Action

which creates

R- Results

Our circumstances (facts of our lives) trigger us to have thoughts (sentences in our minds), which cause our feelings (vibrations in our body), and our feelings drive our actions (or inaction) or behaviour and our actions create our results.

If the result is a negative, you need to change your thinking.

This is remarkably important to learn. The circumstance did not make you do or not do something. You chose to do it because of a feeling you had! Which is great news, as this means, if the action resulted in a negative result, you can choose not to do it. Or do something else which will result positively!

All action comes from a feeling

This is another tool you can use; interrupting the action before it even happens.

It will happen in stages, and again, the more you open your mind to the possibility and get really curious, the greater results.

Here are the steps of evaluating and interrupting:

1. Firstly, you will be unaware and only see the action after the fact. You will have a negative result. Evaluate from there.
2. Secondly, you will see it while it is in progress. You won't be able to stop it but your brain is aware.
3. Thirdly, you will see it happening and you will choose not to take the action the feeling is driving you to do.
4. Lastly, you will be able to examine the thought behind the feeling and choose not to take any action; or better still, choose an action which will end in a positive result.

This is where I am urging you to take me up on my free coaching session. We can go deeper into this and I can help you understand the model.

The Model practice

Actual Model:

C- Mum said "you don't look good in that dress."

T- Mum thinks I am ugly

F- Hurt

A- Cry, say something mean back to her. Retreat to your room, Don't go out as planned. Eat junk food. Ruminant.

R- I think I am ugly and not good enough

Intentional Model:

C- Mum said "you don't look good in that dress."

T- I like it and I am happy with this decision. It's ok for us not to agree on everything.

F- Satisfied

A- Go out with friends. Enjoy your night.

R- I like me as I am.

The Model practice

Actual Model:

C- Extra Fat on body

T- How did I let myself get here? This is not Ok.

F- Disappointment

A- Cry, overthink. Blame others or circumstances for my result. Binge eat. Watch Netflix. Winge about your weight. Make rude remarks about your weight.

R- Add extra weight to your body and beat yourself up.

Intentional Model:

C- Extra Fat on body

T- Yes I have extra fat on my body now, but I am working on getting it off.

F- Optimistic

A- Plan food. Eat whats on my plan. Say away from foods that add extra fat on body. Manage all my emotions.

R- Weight loss

The Model practice

Actual Model:

C

T

F

A

R

Intentional Model:

C

T

F

A

R

Emotional vocabulary

To expand your emotional vocabulary is to take back the power and really step into who you want to be.

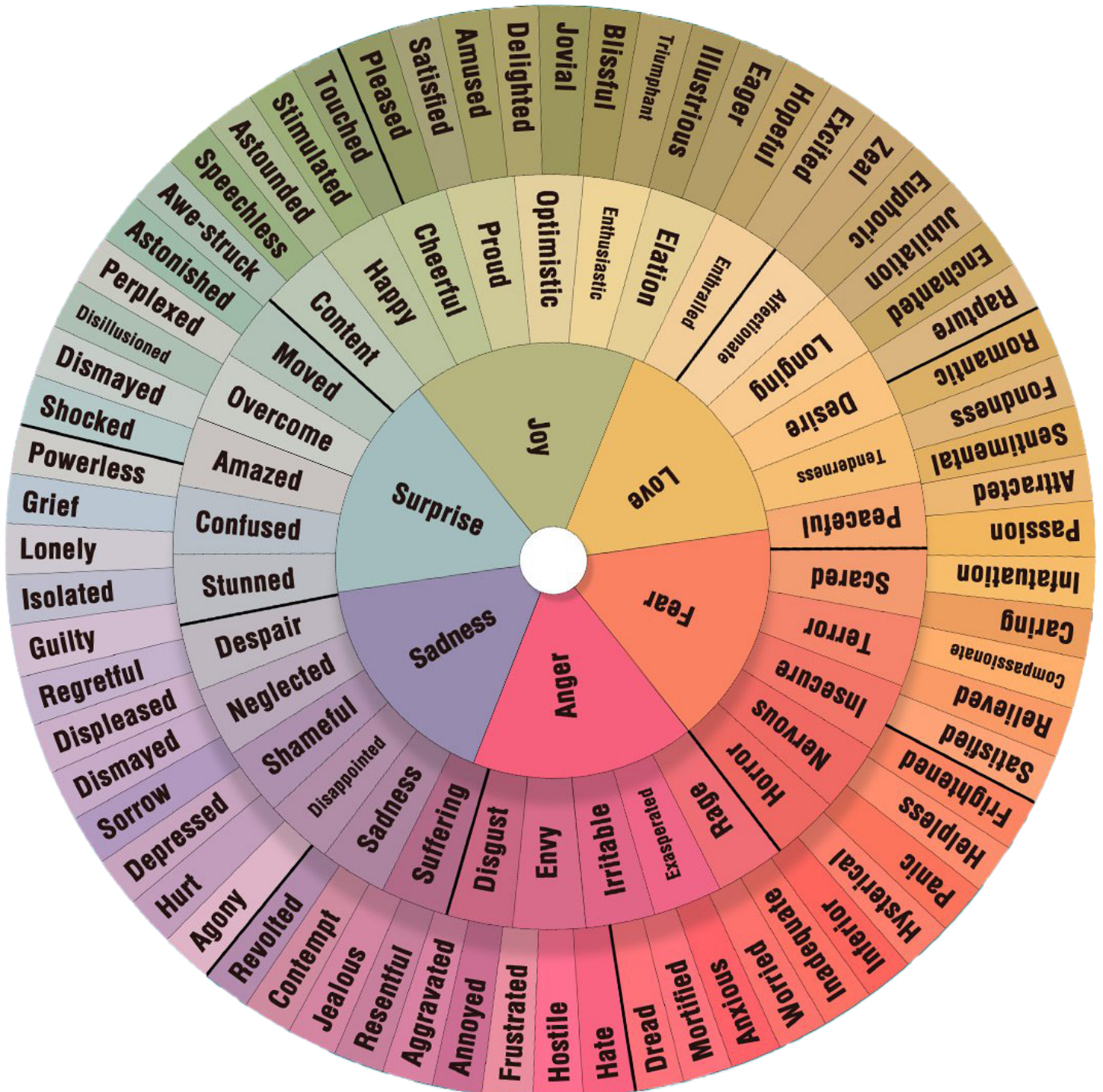
Connection
Understanding
Choice

To understand and articulate emotions is the first step to being an emotional adult. Again, if you follow through on this and do the work, you will be in only 10% of the population. Then it will be your mission to teach it to others!

Putting a name to a feeling is the first step to understanding how you really feel.

On the following pages, you will find the fantastic tool, the Emotions Wheel. Also, you will find a detailed list of other emotions, some not on the wheel to continue to expand and understand the world of emotions.

The emotions wheel



Thanks to Mel Robbins for this great resource.

Putting it all together

Over this course, I have opened your brain to the possibility that all you need is ***the power of you*** to succeed in any situation and in your life.

But how do we put it all together?

WE TAKE MASSIVE ACTION

Massive action is defined as'

Showing up and taking action to achieve a goal until it is done.

This requires a commitment to yourself.

If you want to achieve any goal, even an internal, self-discovery goal, you need to commit to the process and be willing to fail but continue to show up until it's done.

**Are you willing to feel all the feelings and still be
the best version of you?**

I am going to answer for you!

HELL

yeah

The end game

We are doing this work to be the best version of ourselves..
Here is the process laid out for you to see.

- 1 Be honest with yourself and reveal all your struggles.
- 2 Categorise the problems and work on one at a time.
- 3 Be willing and learn how to feel all your emotions. Understand them without resisting or avoiding.
- 4 Learn to manage your thinking.
- 5 Be responsible for your own life. Own up to your own actions, and behaviours
- 6 Let go of controlling others and things out of your control.
- 7 Honor yourself by deciding ahead of time.
- 8 Understand your beliefs and choose to keep, exchange or tweak them.
- 9 Learn to set boundaries, drop manuals and show up with integrity.
- 10 Set goals and take massive action to achieve them.

Now go out and use your power!

Thank you for coming along and being open to new ideas and ways to be the best version of yourself.

I can't do the work for you...this is all on you.

But I know, if you want to change your life, to feel

EMPOWERED

EAGER

OPTIMISTIC

SATISFIED

HAPPY

you are in the right place to start.

Take me up on my bonus offer!

- **FREE 30 minute coaching session on any topic**

<https://app.delenta.com/ta/@pruesulicich>

or

www.head-coach.com.au

• absorbed	• cruel	• impulsive	• preoccupied	• untrusting
• abusive	• curious	• indifferent	• procrastinating	• vain
• accepting	• defeated	• individualistic	• proud	• vengeance
• accommodating	• deluded	• inert	• punished	• vicious
• accomplished	• demanding	• insecure	• punishing	• victimized
• adaptable	• dependent	• insensitive	• purposeful	• violent
• adversarial	• depressed	• inspired	• rage	• visionary
• aggressive	• desperate	• in service	• reactionary	• well-meaning
• agreeable	• destitute	• interested	• reclusive	• wise
• alert	• destructive	• intolerant	• rejected	• withdrawn
• altruistic	• detached	• introspective	• rejoicing	• worthy
• analytical	• dignified	• invulnerable	• repressed	
• angry	• disconnected	• irresponsible	• resentful	
• annoyed	• discouraged	• irritated	• resigned	
• antagonistic	• disgusted	• isolated	• resistant	
• anxious	• dominated	• jealous	• responsible	
• approved of	• dominating	• joyful	• ridiculous	
• arrogant	• eccentric	• judged	• righteous	
• ashamed	• ecstatic	• judgmental	• ruthless	
• authentic	• egocentric	• lazy	• sad	
• balanced	• egotistical	• likable	• sadistic	
• beautiful	• empathic	• lively	• secretive	
• belligerent	• empowered	• lonely	• selfish	
• bereft	• envious	• lost	• self-accepting	
• bitter	• erratic	• loved	• self-condemning	
• bored	• excited	• loving	• self-defeating	
• brave	• expressive	• mad	• self-destructive	
• broken down	• extroverted	• manipulated	• self-hatred	
• bullied	• fair	• manipulative	• self-obsessed	
• calm	• faithful	• mediating	• self-pity	
• chaotic	• fearful	• miserable	• self-sabotaging	
• cheerful	• frightened	• mistrusting	• sensitive	
• cold	• frustrated	• moody	• serene	
• commanding	• glad	• moral	• shamed	
• compassionate	• good	• negative	• shut-down	
• competitive	• grateful	• noble	• shy	
• complaining	• greedy	• obsessed	• sorry	
• conceited	• grieving	• open	• stable	
• condemned	• guilty	• panicked	• stimulated	
• confident	• happy	• paranoid	• stricken	
• conflicted	• harmonizing	• passionate	• strung-out	
• confused	• hatred	• passive	• stubborn	
• conservative	• helpful	• peaceful	• superior	
• content	• helpless	• perfectionist	• tantrums	
• controlled	• hesitant	• pitiful	• timid	
• controlling	• hopeless	• pleased	• tolerant	
• cooperative	• idealistic	• poor	• unconcerned	
• courageous	• ignorant	• possessive	• understanding	
• cowardly	• impatient	• powerful	• unforgiving	
• creative	• important	• practical	• unhappy	
• critical	• impoverished	• preoccupied	• unresponsive	

T H A N K Y O U

I am here for you anytime.

Please free to contact me if you would like extra assistance
to build on the tools I have provided today.

prue@head-coach.com.au

0421 791 772

