

Pause & Practice

All Lessons

Pause & Practice

Lesson 1 Focus: Where is my focus?



CHOICE → Focus: Where is my focus?



TOOL → Lane



MANTRA → When I stay in my lane, I grow my right brain.

Pause & Practice

1 Lesson

DIRECTIONS

- ☐ Write and/or draw everyone in your life that is not YOU.
- ☐ Draw you (stick figure is fantastic!) and label you--INSIDE your lane.

Pause & Practice

1

Lesson

DIRECTIONS

- ✓ Write and/or draw everyone in your life that is not YOU.
- ✓ Draw you (stick figure is fantastic!) and label you--INSIDE your lane.

Mom

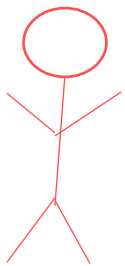
Dad

Robert

Emma

Shyloh

Benjamin



ME! Jamye

David

Sarah

Jennifer

Noah

WHAT'S NEXT?...

Lesson 2: Feelings: What am I actually feeling?

☐

Print the lesson workbook.

☐

Begin when you are ready!

Pause & Practice

Lesson 2 Feelings: What am I actually feeling?



CHOICE → Feelings : What am I actually feeling?



TOOL → The Emotional Mirror



MANTRA → When I feel in my lane, my control I'll sustain.

2

Lesson

DIRECTIONS: Answer the questions by using the *Emotional Mirror* Tool.



1) What are you feeling?

2) What is the root emotion? (Check the root emotion that is the majority of your emotions.)

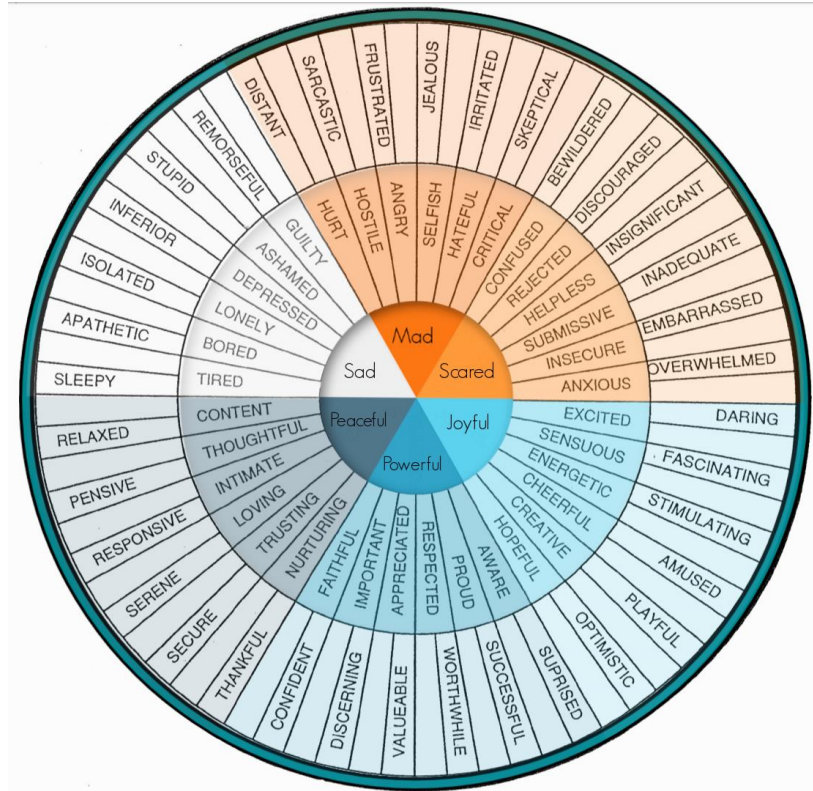


peaceful

Pause & Practice

Lesson 2

DIRECTIONS: Answer the questions by using the *Emotional Mirror Tool*.



1) What are you feeling?

Tired, bored, lonely, guilty, sleepy, overwhelmed, and anxious

2) What is the root emotion? (Check the root emotion that is the majority of your emotions.)



sad



mad



scared



joyful



powerful



peaceful

WHAT'S NEXT...

Lesson 3: Ownership: Who's responsible for this?

☐

Print the lesson workbook.

☐

Begin when you are ready!

Pause & Practice

Lesson 3

Ownership: Who's responsible for this?



CHOICE → Ownership : Who's responsible for this?



TOOL → $E + \Delta = O$

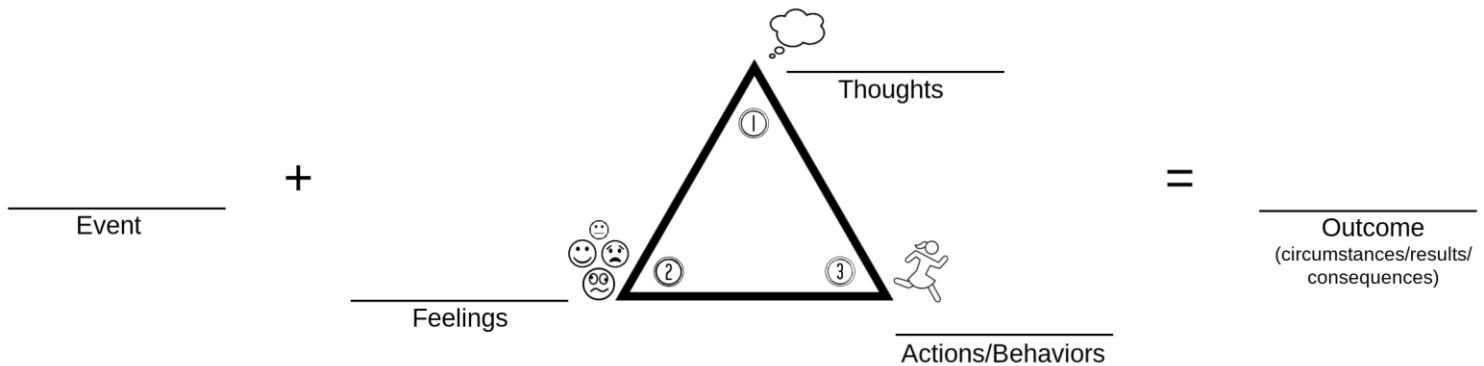


MANTRA → When I own my own lane, a beautiful life I'll attain.

Pause & Practice

Lesson 3

DIRECTIONS: Look and learn the “E + Δ = O” Tool with possible situations.



Possible events:

- 1) You get a text message from your mom.
- 2) The client cancelled on you.
- 3) You got the letter in the mail.

Please note: Watch the *Lesson 3 Pause & Practice* video for an explanation as to how different thoughts, feelings, and actions/behaviors might influence the outcome. Our goal is to simply learn the formula, and see how the changes in the “change” triangle change the outcome of any event.

WHAT'S NEXT?...

Lesson 4: Positivity: How good do I want to feel?

☐

Print the lesson workbook.

☐

Begin when you are ready!

Pause & Practice

Lesson 4

Positivity: How good do I want to feel?



CHOICE → Positivity: How good do I want to feel?



TOOL → $E + \Delta = O$

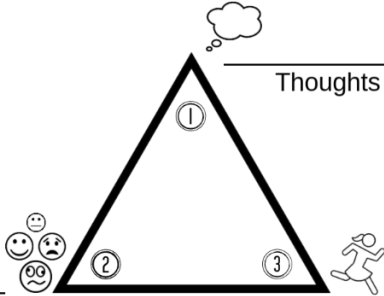


MANTRA → When I own my own lane, a beautiful life I'll attain.

Pause & Practice

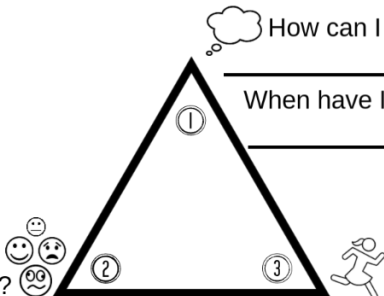
Lesson 4

DIRECTIONS: Follow along with the *Pause & Practice Video* to practice using this tool.

Event +  = Outcome
(circumstances/results/consequences)


Feelings
☐ sad ☐ mad ☐ scared
☐ joyful ☐ powerful ☐ peaceful

Actions/Behaviors

Event +  = Desired outcome
(circumstances/results/consequences)

How can I feel _____?

When have I felt _____ before?

What root emotion is opposite? 

What emotions do I want to feel?

What can I do to feel _____?

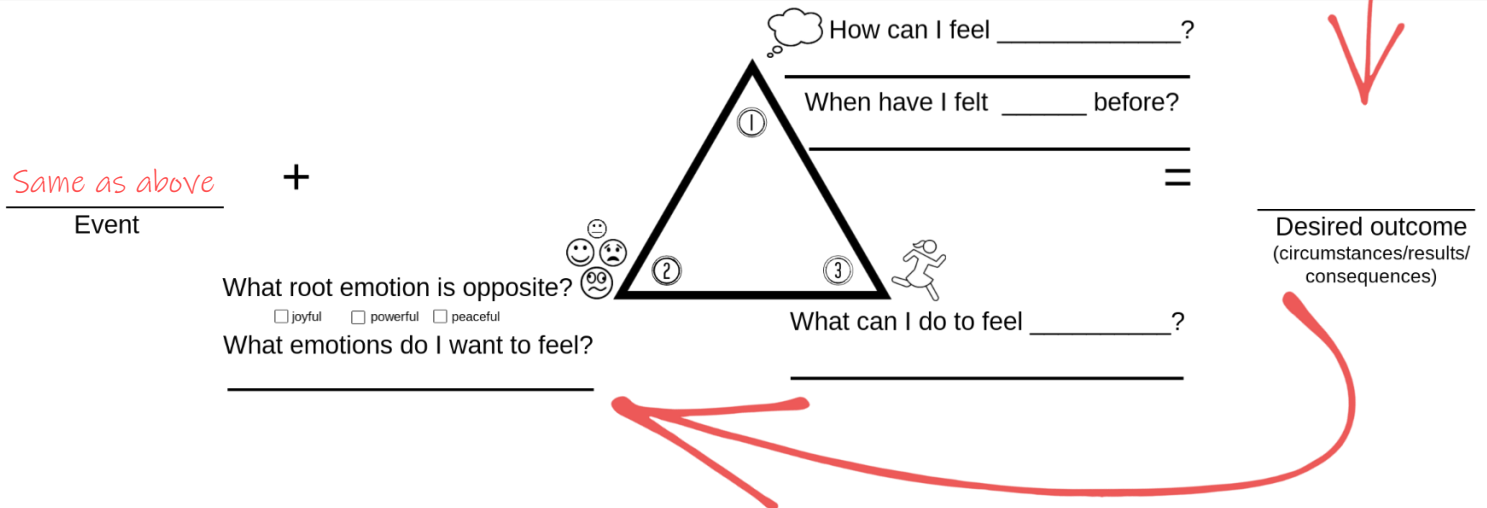
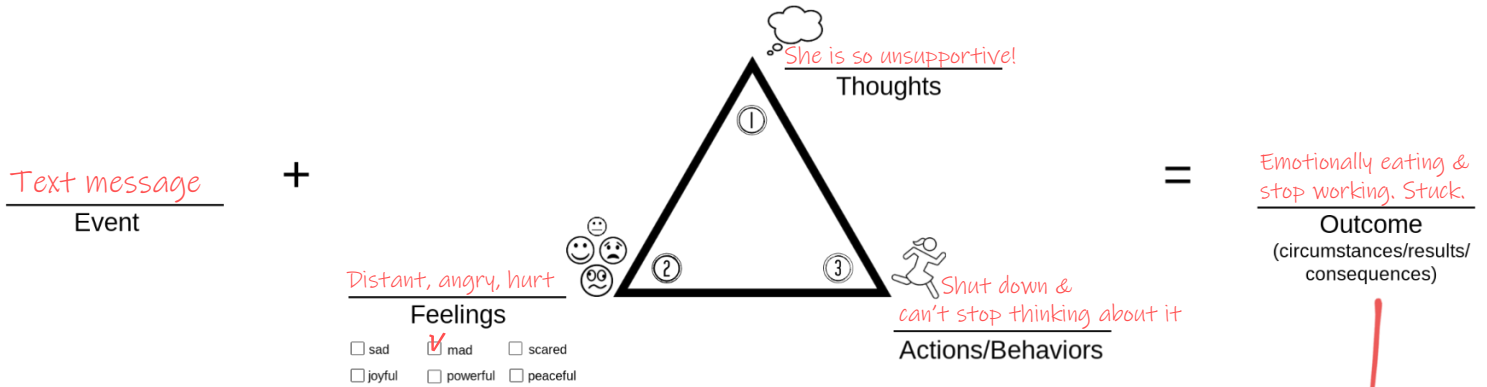
Red arrows indicate flow: one from the top Outcome to the bottom Desired outcome, and another from the bottom Desired outcome back to the bottom Feelings section.

NOTES:

Pause & Practice

Lesson 4

DIRECTIONS: Follow along with the *Pause & Practice Video* to practice using this tool.



NOTES:

WHAT'S NEXT?...

Lesson 5: Belief: How empowered can I start?

☐

Print the lesson workbook.

☐

Begin when you are ready!

Pause & Practice

Lesson 5 Belief: How empowered can I be?



CHOICE → Belief: How empowered can I be?



TOOL → Lines & Chair



MANTRA → When I empower my beliefs, a limitless life I achieve.

Pause & Practice

Lesson 5

DIRECTIONS: Follow the steps of the “4 C’s Empowering Beliefs” Chair tool.

Step 1: Catch your limiting beliefs.

Excuses

"I can't/shouldn't _____ because _____."

"I would/should _____ but _____."

Step 2: Challenge your limiting beliefs.

Belief	_____
Evidence #1	_____
Doubt #1	_____
Evidence #2	_____
Doubt #2	_____
Evidence #3	_____
Doubt #3	_____

Prompting questions to help create doubt:

Could this be untrue? Is there more to the story? What is an alternative explanation?
How can I do this differently? Are there others who see this differently? Why? How?

Step 3: Change your limiting beliefs.

Opposite belief _____

Step 4: Create your empowering beliefs.

Empowering Belief	_____
Evidence #1	_____
Evidence #2	_____
Evidence #3	_____

Pause & Practice

Lesson 5

DIRECTIONS: Follow the steps of the “4 C’s Empowering Beliefs” Chair tool.

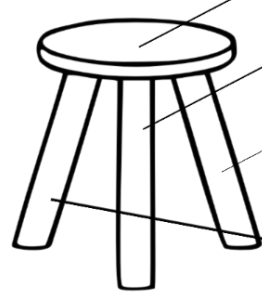
Step 1: Catch your limiting beliefs.

Excuses

"I ~~can't~~/shouldn't make money because I'm a stay at home mom & that's my job."

"I would/should _____ but _____."

Step 2: Challenge your limiting beliefs.



Belief	<u>Stay at home mom's value is in saving money & raising kids.</u>
Evidence #1	<u>Being a mom is a hard and valuable job.</u>
Doubt #1	<u>A working mom is can save \$ while making \$ & is valuable too!</u>
Evidence #2	<u>Childcare costs a lot of money and by me staying home, I save \$.</u>
Doubt #2	<u>Many moms work during nap time, early morning, or late nights</u>
Evidence #3	<u>My kids will suffer if I'm not there for them 100% of the time.</u>
Doubt #3	<u>Many successful adults were raised by working moms, single moms, and not stay at home moms. My kids will most likely suffer when I suffer.</u>

Prompting questions to help create doubt:

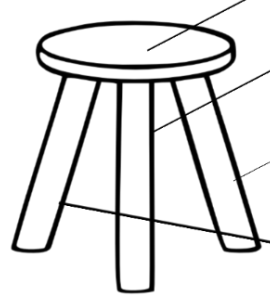
Could this be untrue? Is there more to the story? What is an alternative explanation?

How can I do this differently? Are there others who see this differently? Why? How?

Step 3: Change your limiting beliefs.

Opposite belief Stay at home mom's value can be in raising kids AND making money.

Step 4: Create your empowering beliefs.



Empowering Belief	<u>I can find value in raising my kids while making \$ doing what I love.</u>
Evidence #1	<u>Many women discover the art of doing what they love while making money and being home with her kids.</u>
Evidence #2	<u>When I do things that gives a contribution to others, I'm more fulfilled and able to be a happier and emotionally healthier mom.</u>
Evidence #3	<u>Finding ways to make additional money will bring more income to our family and give us more choices in life and ultimately freedom to live a life we love!</u>

Pause & Practice

Lesson 5

DIRECTIONS: Create a running record of your new empowering beliefs.

AREA	EMPOWERING BELIEF	3 EVIDENCES

5

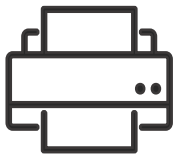
Lesson

DIRECTIONS: Create a running record of your new empowering beliefs.

[illegible]

WHAT'S NEXT?...

Lesson 6: Momentum: What direction do I go in?

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Print the lesson workbook.

☐

Begin when you are ready!

Pause & Practice

Lesson 6

Momentum: What direction do I go in?



CHOICE → Momentum : What direction do I go in?



TOOL → Two Lanes



MANTRA → When my lane divides, my life simplifies.

Pause & Practice

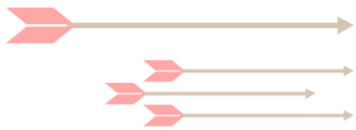
6 Lesson

DIRECTIONS: It's time to simplify life! Categorize your life into one of two lanes below!



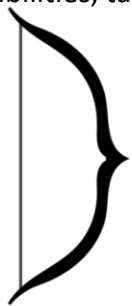
Changes

[Goals, dreams, etc.]



Stability

[Responsibilities, tasks, roles]



Pause & Practice

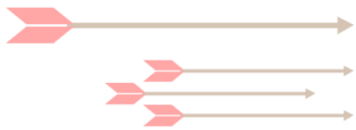
6 Lesson

DIRECTIONS: It's time to simplify life! Categorize your life into one of two lanes below!



Changes

[Goals, dreams, etc.]



Belly fat/rolls gone or less

Garage tidied and organized

Backyard lights for summer

New car

Business launched

Business local events/workshops

Mastermind

More daily intimacy in marriage

More 1-on-1 time with kids

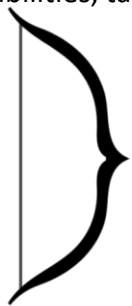
Skin cancer gone

2 or more family vacations

Weekly time with friends

Stability

[Responsibilities, tasks, roles]



Working out 5 days/wk; 1 hour

5 meals/day with 1 cheat/week

Laundry and dishes & cleaning

Balance budget & pay bills

Kids' school etc

Volunteer for kids' stuff

Dentist, doctors, appointments

School lunches & all snacks

Breakfast, lunch & dinner

Drop offs & pick ups

Morning routine

Floss teeth

WHAT'S NEXT?...

Congratulations!
You are now onto Module 2!
Click on Module 2 when ready!

☐

Print the lesson workbook.

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Begin when you are ready!