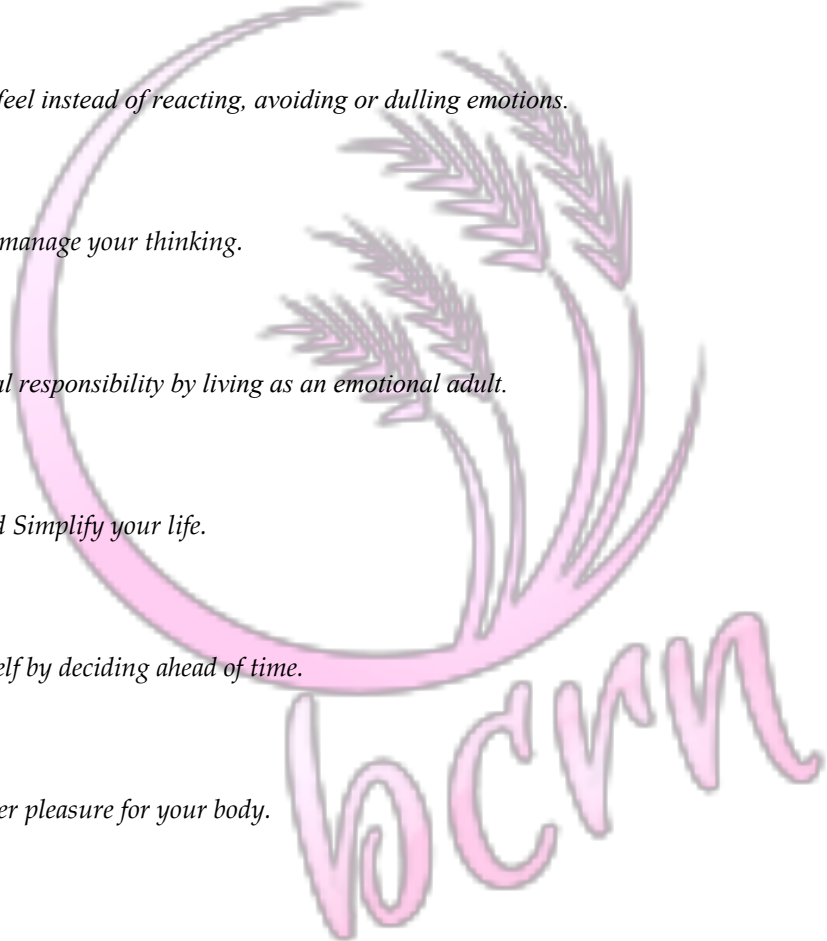


Coach Barbara's 10 Steps to Feeling Better

- 1. *Reveal your problems and struggles in an honest and complete way.*
- 2. *Categorize and identify the true source of all problems.*
- 3. *Learn how to feel instead of reacting, avoiding or dulling emotions.*
- 4. *Learn how to manage your thinking.*
- 5. *Take emotional responsibility by living as an emotional adult.*
- 6. *Constrain and Simplify your life.*
- 7. *Honor yourself by deciding ahead of time.*
- 8. *Choose joy over pleasure for your body.*
- 9. *Set proper boundaries, drop the manuals you've written for other's lives, and love unconditionally.*
- 10. *Achieve your desired results with massive action.*



Answer these questions:

What am I currently feeling?

What is the thought I am having causing this feeling?

What do I need to feel to create and accomplish what I most want?

What is the thought I need to think and believe?

How can I believe this?



Join my next workshop on how our Circumstances are always neutral. Our Thoughts about those circumstances are what drives our Feelings or emotions which then drives our actions that we take. Those actions give us our results. Are you happy with your results you are getting about your circumstance? Or do you need to change your thoughts....

