

WEEK 4



BE UNSTOPPABLE

COACHING

PERSONAL DEVELOPMENT PROGRAM

BE INSPIRED
BE CHALLENGED
BE WILLING

BE UNSTOPPABLE



BE UNSTOPPABLE
COACHING

Personal Development Program

"How does one become
a butterfly?"



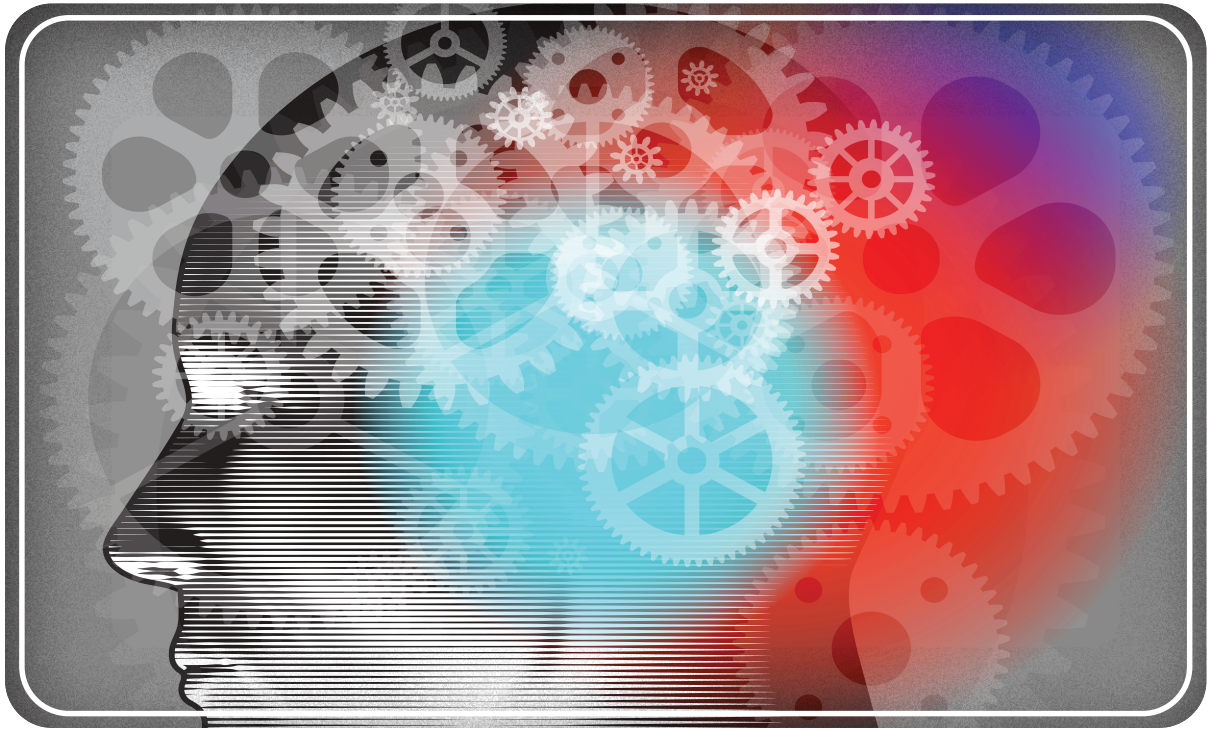
"You must want to
fly so much that you
are willing to give up
being a caterpillar."

Trina Paulus



 www.beunstoppablecoaching.com

 1300 33 COACH or 1300 33 26 22  coach@beunstoppablecoaching.com



Understanding Ourselves - The Forces

Taking Control of the Forces – Putting it Altogether



“The moment you accept responsibility for everything in your life, is the moment you gain the power to change anything in your life.”

Author Unknown

TAKING CONTROL OF THE FORCES

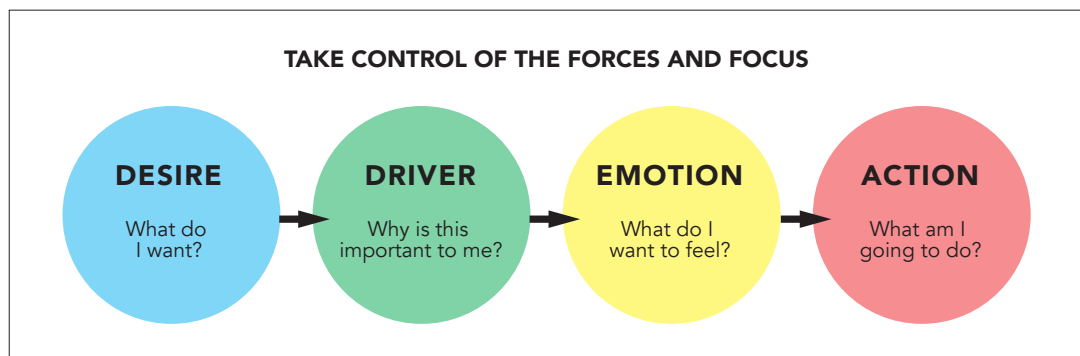
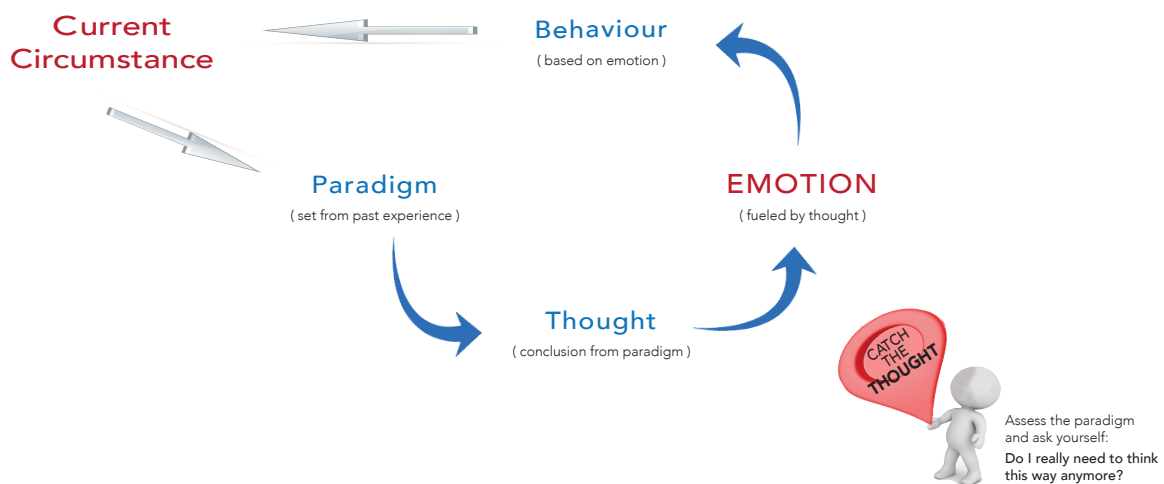
TAKING CONTROL OF THE FORCES ... putting it altogether!

As an adult, every event and circumstance that one experiences through life will trigger a 'pre-set' paradigm that has developed as a result of learning and life experiences. These paradigms create thoughts and subsequent emotions based on the conclusions and benchmarks created in our minds. The intensity of the paradigms and thoughts fuel the emotions, which lead to certain decisions and behaviour in the present moment.

In most situations, the current circumstance is not causing the emotion. The emotion being felt is a result of the initial event that happened in the past, which triggered the paradigm and thought, with the emotion resurfaced due to the current circumstance presenting as a similar case. Hence, learning to 'catch the thought' before the emotion fires up, is essential to taking control of the forces.

Every feeling has a thought behind it.

Taking control of the forces will empower an individual to mindfully and consciously think, affecting what is being felt, to assess if what one believes from past paradigms is still relevant. If not, a decision to 'no longer think that way', is within their control, which will change the perception of how things should be, what things mean, what is needed, what is expected and how one responds or reacts to circumstances in the present moment.



TAKING CONTROL OF THE FORCES

In order to successfully take control of the forces, an individual must FOCUS on what they want in the present moment and future, rather than be a victim to the automated, habitual and conditioned thinking and feeling they continuously experience when circumstances and life happens. It is important to understand and accept that the past cannot be changed. The outcome of the past has created fear, doubt and patterns of behaviour that is unconsciously and repeatedly influencing daily decisions in the present moment, sabotaging an individual's progress in all life areas... but it does not need to be that way. Taking control of the forces is choosing not to blame events or others any longer for current life results. Taking control of the forces is facing our fears and doubts head-on, taking responsibility for what learning one can gain from the past (the past is good education) and choosing to think, feel and act in a new way, breaking our old behaviour pattern.

Once a decision is made that the old paradigm and thought is no longer positively serving the present moment, a person is empowered to clarify their DESIRE – what they want, clarify the DRIVER – why is what they want so important, choose the EMOTION they want to feel and decide on the ACTION they want to take. This is the only thing an individual should focus on to ignite the chosen emotion that directs all decisions moving forward.

CHOOSING WHAT EMOTION TO FEEL AND DECISION TO MAKE IS WITHIN YOUR CONTROL

For example, a person has not been in an intimate relationship for a long time, as they have been previously hurt... they feel lonely. They have a 'pre-set' paradigm that relationships mean pain and disappointment, so they think that being alone is better, as it protects their emotions and stops the tears. In order to satisfy their needs for 'assurance and connection' they eat. Pizza or ice-cream are the usual choices, as this person is certain that these foods will be tasty, giving them assurance, and make them feel occupied for a while, eliminating the feeling of being lonely and not connecting to others. Every time they feel lonely, they eat. The emotion triggers the conditioned behaviour. The long-term effect of the forces in action here have caused poor health, weight gain, loss of confidence and lack of motivation to connect with others, which further fuels the feeling of loneliness in the present moment, and makes the negative spiral of this behaviour stronger.

Circumstance	Paradigm	Thought	Emotions	Behaviour
Feel alone and lonely.	Relationships mean pain.	Being alone is better than tears.	Hurt and disappointed.	Eat.

BREAKING THE PATTERN

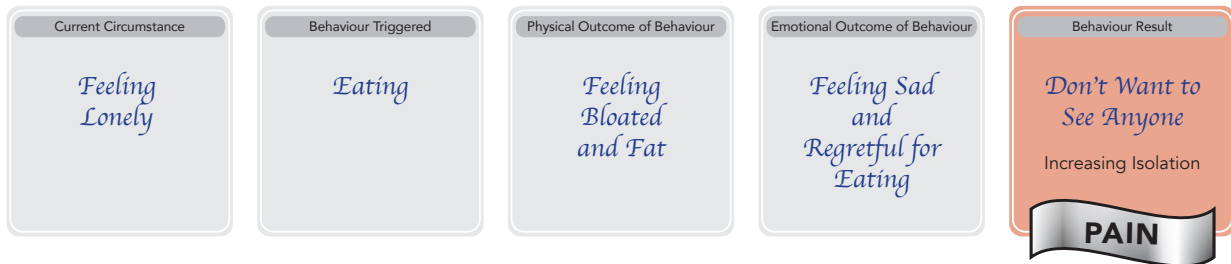
In order for this individual to break-free from this paradigm, thinking and emotion – the forces causing the consistent negative behaviour, is for them to take responsibility for what they can learn from the past (both the relationships and the emotional eating patterns) and decide what this means for them, looking at the effect these decisions are having in their current life. They need to decide what they really want (the best way to fill their need for connection, no longer feeling lonely), choosing how they can take control and be empowered to make better decisions moving forward to meet their needs.

TAKING CONTROL OF THE FORCES

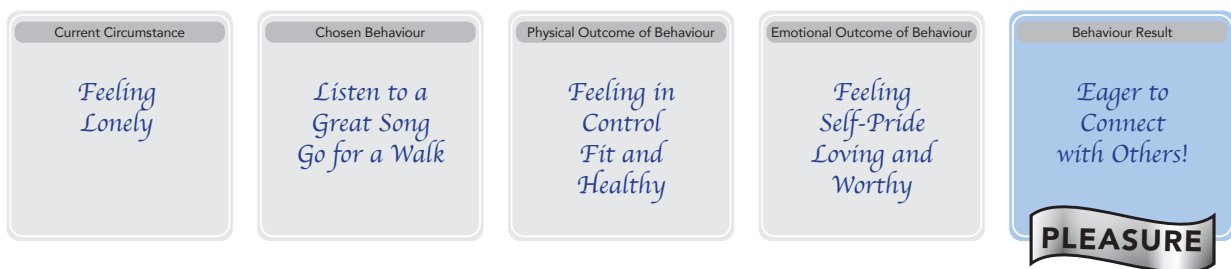
Breaking behaviour patterns requires mindful awareness of the outcome of the behaviour chosen in the present moment, and if negatively serving, assigning a painful meaning to it. This will help the individual to create a new paradigm and associate a 'chosen pleasurable meaning' to new behaviour moving forward, focusing on what they really want.

Based on the previous example used, the individual can assign a meaning as follows:

The Assignment of PAIN for Conditioned Behaviour



The Assignment of PLEASURE for Chosen Behaviour



TAKE CONTROL ...

Break The Pattern - FOCUS on what you want and give that a pleasurable meaning!



The above visual is contained within the worksheet called 'Breaking The Pattern – Pain + Pleasure Visual Reminder' that has also been included in your email as a separate file, provided in both Digital and Print PDF formats.

Print this visual reminder and fill it out. Display it somewhere where it will stay 'front-of-mind' as you work on controlling the forces and breaking bad habits, helping you FOCUS on what you want to achieve!.



TAKING CONTROL OF THE FORCES

Attempting to 'think positively' on its own is not powerful enough to break a behaviour pattern... one must decide on daily small actions to take, working on consistent progress and positive results (small baby steps are very effective), to shape their life, thinking, emotions and outcomes in a positively impactful way. Each time the old paradigm, thought and emotions start to surface, the individual must **consciously break the behaviour pattern** and activate the commitment they made to the action steps. Breaking the behaviour pattern can be achieved instantly by changing their physical state, as explained in taking control of emotions, forcing the mind 'off track' from their habitual and conditioned response to the current feeling, and mindfully choosing to do something different. Break away from the behaviour that causes pain – activate the behaviour that causes pleasure and focus on the desired outcome.

As small, consistent wins are achieved, momentum is developed, illustrating that the past does not equal the future. The future is what an individual chooses it to be, as a result of the actions they take. This creates new empowering paradigms, with associated thoughts and positive emotions, which has the power to ripple into all areas of life.



The following questions are contained within the worksheet called 'Taking Control of the Forces' that has also been included in your email as a separate file, provided in both Digital and Print PDF formats.

Complete this worksheet as shown below, before proceeding to the next stage of this program.



TAKING CONTROL OF THE FORCES

... Worksheet

Describe the current situation being experienced ... include physical symptoms.

TAKING CONTROL OF THE FORCES

Which paradigm is being triggered by the current circumstance?

What is the thought that comes up with the paradigm?

Which emotions are 'fired up' due to the paradigm and thought?

What behaviour is automatically activated in a situation like this due to the three forces?

Which of your human needs are not being met?

TAKING CONTROL OF THE FORCES

How does your current behaviour satisfy those needs?

What have I learnt about my behaviour or repeated behaviour that happens each time this circumstance presents itself? Is this good for me? Does this really make me happy? Am I self-sabotaging my goals and needs?

What have I learnt from the paradigm and past event/s that triggered it?

Assess the paradigm and ask yourself ... Do I really need to think this way anymore?



"In life you are either the passenger or the pilot.
It's your choice."

Author Unknown

TAKING CONTROL OF THE FORCES

PAIN... What meaning do I give the conditioned behaviour that is not serving me?

PLEASURE... What meaning can I give the chosen behaviour that benefits me?

Complete the 'BREAKING THE PATTERN – PAIN + PLEASURE visual reminder worksheet' and hang it up where you will see it frequently, further supporting your conscious decision to break the pattern, reminding you of the meaning you have given your behaviour and the choices you consciously make in the present moment.

The Assignment of Pain for Conditioned Behaviour

Current Circumstance	Behaviour Triggered	Physical Outcome of Behaviour	Emotional Outcome of Behaviour	Behaviour Result

PAIN

The Assignment of Pleasure for Chosen Behaviour

Current Circumstance	Chosen Behaviour	Physical Outcome of Behaviour	Emotional Outcome of Behaviour	Behaviour Result

PLEASURE

TAKE CONTROL ... Break The Pattern - FOCUS on what you want and give that a pleasurable meaning!



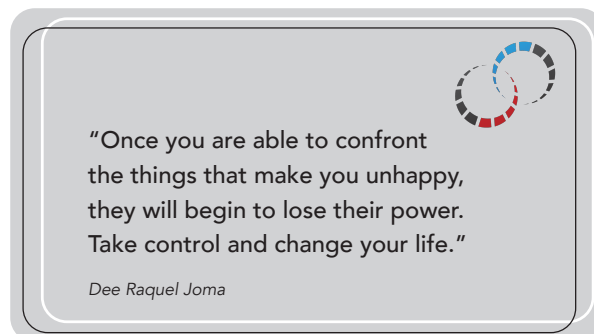
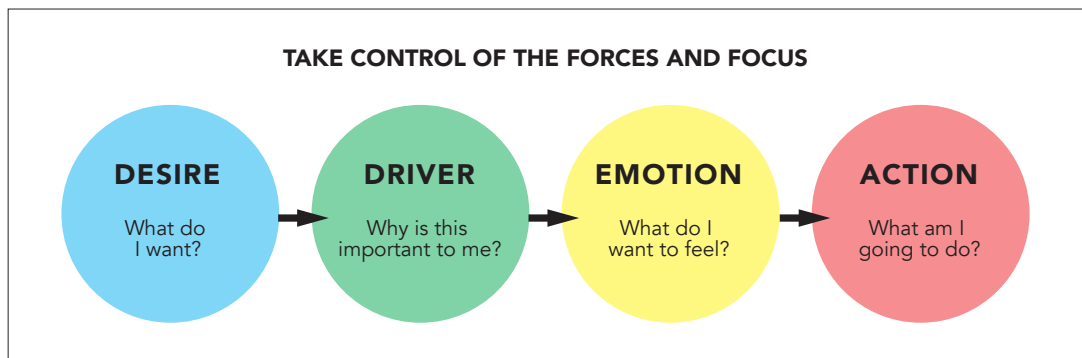
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TAKING CONTROL OF THE FORCES

In order to achieve consistent 'break-throughs' through your personal development journey, it is important to remember to activate all that you have learnt so far about your own psychology regarding your human needs and the forces.

Take the following steps regularly as a 'check in' to stay on track to break bad behaviour patterns and control how you think, feel and act, progressing you positively forward towards the 'stronger you' who can achieve goals.

1. Harness Positive Emotions and Practice Gratitude Daily
2. Take Responsibility - The forces conditioning the behaviour must change.
3. Identify the Meaning – the assignment of pain and pleasure to chosen behaviour.
4. Activate New Focus: Desire – Driver – Emotions – Actions
5. Break the Pattern – Change physical state immediately and begin step 1 again.





REFLECTION

What is the biggest insight you have gained from completing this section of the Personal Development Program?

What have you discovered about yourself as a result of learning about 'The Forces', and how to take control of them combined?

What level of awareness did you previously have about the impact the forces had on your actions and outcomes, causing self-sabotage or delaying progress towards your goals?

What are you going to focus on moving forward, being mindful of how the forces are affecting your decisions and outcomes?




PERSONAL DEVELOPMENT ACTION GOALS

Mindfulness ... Daily Reflection

AIM: To increase self-awareness and control of thinking, emotions and behaviour.

- Be aware of the forces: Paradigms – Thoughts – Emotions and how these forces are collectively influencing your response to current circumstances.
- Make note of what paradigm and thought triggered your emotions and what your subsequent response to the situations was.
- Document using bullet points each time you took control of the forces and focused on what you wanted, progressively moving you in a positive forward step.
- Use the tools provided to work on breaking bad behaviour patterns to assist in learning to control the forces, so you can take control of your automated behaviour and mindfully choose the decisions made for better outcomes in your life.
- Work on the 'Taking Control of the Forces' and 'Breaking The Pattern – Pain + Pleasure Visual Reminder' Tools and Worksheets daily.



"Don't let your past dictate who you are, but let it be part of who you become."

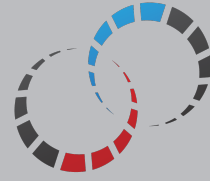
Louis Mandylor

NEXT WEEK

Next week's focus will be learning about the Psychology of Peak Performance. Topics covered will help you understand how to develop a strong state of mind to better manage stress and develop self-confidence.

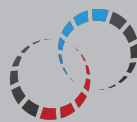
NOTES

A large, empty rectangular box with a thin black border, intended for taking notes.



OUR MISSION

TO BE A POSITIVE
CHANGE CATALYST
IN THE LIVES OF
MILLIONS OF PEOPLE
WORLD WIDE



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coach@beunstoppablecoaching.com



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