

INSPIRE passion TRUTH happiness CHOICE prosperity
INTEGRITY congruence OUTSTANDING growth
CONTRIBUTE joy LOVE compassion EMOTIONS
meaning FOCUS physiology LANGUAGE communicate
IDENTITY success ABUNDANCE clarity ACTION
perception STRATEGY momentum COMMIT decide
RESOLVE relationships MISSION spirit
ENLIGHTENMENT create BELIEFS achievement
COURAGE grow STRENGTH



Let us help you create an extraordinary quality of life!

What does everybody want? An extraordinary quality of life. Generally people don't want to settle on mediocre, and they definitely don't want to settle on just OK.

More than anything else, what determines this? Do you think it is your relationships? Family? Higher education? A great job? Money? It turns out that the quality of your life is proportional to the quality of the emotions you experience every day! You might want to write that down.

The quality of your life is proportional to the quality of the emotions you experience every day.

It is the meaning we attach to things in life that triggers emotions to be positive OR negative.

Life around us seems to come in seasons. Are you in winter – enduring the cold and wet weather? Or are you in summer, where things are warm and comfortable for you? If you still are in winter, ask yourself: Why? Is it because of the story that you have consistently told yourself and others? If your life story does not empower you, then you will never see the end of winter.

What is “the story” that’s has prevented you from getting to the next level?

Is your story perhaps about a relationship that did not work out? So are you concerned that you may never find your life partner? Or is your story about a health struggle? Do you feel low self-esteem? Do you have some inner conflicts you just cannot seem to resolve? Or do you feel you never have the time to do the things you love?

At Creator of Change, we are here to show you how you can start to **see the problem as it truly is, and not make it worse than it is** as if the problem could never be changed. Our motto is, *Change happens in a heartbeat!* Why? Because we are here to help you **make it the way you see it** in a short period of time.

The very second your future becomes compelling; you then have a reason to pursue it like a swimmer rising to the surface for air after diving in the deep. It becomes a survival instinct.

So...

What does an extraordinary quality of life mean for *you*? That is, how would you be living your life on *your* terms:

- 1) _____
- 2) _____
- 3) _____

Emotions are the fuel of your life!

In a given week, what emotions do you experience? Please list as many as possible, both positive and negative:

Empowering Emotions	Disempowering Emotions

Love, excitement, anxiety, joy, helpless, depressed, elated, unstoppable, peaceful, confident, proud, passion etc...

Is it not very obvious to you that you want to experience more of the good emotions and to do so consistently, not just once or twice a week?

The next is an absolute gem of information. There are three factors to accomplishing this. You can experience *more* of the good emotions at *your command*. These are the three factors:

- 1) The way you spend your time day by day
- 2) Discovering your driving force - and it is different for everybody
- 3) Understanding how you respond to external events, and then controlling your emotional state.

We can coach you on the first 2 points, but for now let's quickly discuss point number 3. **Everybody has a TRIAD** – that is *Physiology, Focus, and Meaning/Language*. Once you understand your TRIAD, you can **train yourself** to feel good.



If you **change one of these you will feel up to 33% better right now!** If you change all three, you will completely shift the way you feel right now. Yes! This very moment!

Physiology	Focus	Meaning/Language
<p>This aspect relates to the way you carry your body. Your breathing, is it weak or strong? Are your shoulders forward or pinned back? Are you moving slowly or with determination?</p> <ul style="list-style-type: none"> • If you were an athlete, how would you walk and breathe? Try it! • Take on that “winner” posture that is YOU! • Now KEEP it on! Stand or sit up straight, look to the horizon with confidence. • Speak with confidence. • Smile and choose to make your heart smile. Go on! And do it with passion. • If you feeling sad, put on some music and just dance. Enjoy it! <p>Your body will adopt the physiology you give it. So if you think of yourself as an athlete, you will move like one and train like one!</p> 	<p>In your mind, what are you focusing on? Because where energy flows, energy goes. E.g. Do you consistently focus on a negative event in the past? Or are you focusing on empowering joyful moments in your present and future? Choose a powerful positive thought about:</p> <ul style="list-style-type: none"> • Your identity; who you are. • Your past: Something wonderful, joyful or heroic you did • Your present: something amazing you are doing for others right now in your life • Your future: something totally awesome that you are achieving in the near future • Ask yourself: <i>What can I be excited about? Who loves me?</i> <p>After this, people will start asking you why you’re so happy! You don’t need a reason to be happy.</p>	<p>This is that inner voice that is talking to you and creates meaning. What is it saying? Does it say to you “I’m never good enough?” or does it ask a question like “how can I make this situation better?” Does it in turn create empowering emotions?</p> <ul style="list-style-type: none"> • Whatever has happened, ask yourself: <i>What’s great about this right now? Come up with 5 good reasons.</i> • What do I have to do to make the situation better than what it is? (not perfect; just better) • What will be fabulous about this <i>in the future?</i> • How will I grow emotionally because of this experience and how will I use this experience specifically to help others? <p>Control the “meaning” you give to things in your life. Your mind will naturally go the negative, so become like Google in searching for only empowering meanings in your life!</p> 

Please cut out the above table and carry it with you.

Research shows that if you practice anything new every day for 30 days minimum, you will develop a new habit. Let this triad become an ingrained habit and you will see amazing results. Guaranteed! For motivation, we recommend using your calendar for the next 30 days to cross off the day when you complete. Please spend at least 15 minutes a day working on your TRIAD. For best results, go for a walk in the morning and go through the table provided. After these 30 days, you won't need the table, it will become natural to you.



We wanted to give you this free tool to help you get on the road to a better and more satisfying life. Please be sure to visit the coaching plans to discover a plan suited to your needs. However, if you just need to chat with us, we are happy to give you a **FREE 30 minute strategy session with no obligation.** Remember, we are here to help take you to the next level!

See: <http://www.creatorofchange.com/Coaching-Plans.aspx>

or email us on: inspireme@creatorofchange.com

We look forward to connecting with you soon!

And remember, “*Change happens in a heartbeat!*”

The Creator Of Change team.