

THE SELF-COACHING MODEL



CIRCUMSTANCE - The fact that you have no control over

THOUGHT - The one sentence in your mind about the circumstance

FEELING - The one word descriptive emotion about your thought

ACTION - What you do because of the way you're feeling

RESULT(S) - What you create (or didn't create) because of what actions you took

NEED HELP? VISIT:

[LINDSAYEPRESTON.COM/COMMUNITY](https://www.lindsayepreston.com/community)

THE SELF-COACHING MODEL

EXAMPLE



CIRCUMSTANCE - The fact that you have no control over

The Coronavirus is spreading rapidly around the world

THOUGHT - The one sentence in your mind about the circumstance

This is scary

FEELING - The one word descriptive emotion about your thought

Fear

ACTION - What you do because of the way you're feeling

I stay at home with anxiety consuming the news all day

RESULT(S) - What you create (or didn't create) because of what actions you took

I have weeks of high anxiety that lowers my immune system, gives me little productivity and no enjoyment

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FLIPPED EXAMPLE



CIRCUMSTANCE - The fact that you have no control over

The Coronavirus is spreading rapidly around the world

THOUGHT - The one sentence in your mind about the circumstance

This is scary but I'm okay right now

FEELING - The one word descriptive emotion about your thought

Neutral

ACTION - What you do because of the way you're feeling

I stay at home, going out only as needed and consume some news as needed but stay focused on my goals and healthy habits

RESULT(S) - What you create (or didn't create) because of what actions you took

Weeks full of manageable anxiety with moderate productivity and some enjoyment

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FLIPPED EXAMPLE



CIRCUMSTANCE - The fact that you have no control over

The Coronavirus is spreading rapidly around the world

THOUGHT - The one sentence in your mind about the circumstance

This is an opportunity for me to grow and I trust in something bigger to keep me safe.

FEELING - The one word descriptive emotion about your thought

Peaceful

ACTION - What you do because of the way you're feeling

I stay at home, going out only as needed & consume some news as needed but stay focused on my goals & healthy habits (inc spiritual growth)

RESULT(S) - What you create (or didn't create) because of what actions you took

Weeks full of calm with high, intentional productivity and enjoyment

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TIPS TO KEEP IN MIND

As you start to implement the "Self-Coaching Model" in your life (shared with me by Brooke Castillo from, "The Life Coach School"), I want you to know a few things...

When you're trying to change your thoughts, your brain may **FIERCEFULLY** try to tell you not to change that thought to something else.

If that's happening to you, that means there are events from your past that have emotionally wired these beliefs in your brain to help keep you safe.

These beliefs can still be changed (and they should be changed otherwise you'll stay stuck), you just need healing work done in order to easily let go of these old beliefs. I can help you do that in my "Become An Unstoppable Woman" course.

If you'd like to know more and want to see if working with me is a good fit for you, go to LindsayEPreston.com/Assessment to answer a few questions for free.

If we're deemed a good fit to work together from your answers, you'll gain access to my calendar to book a free discovery call to talk more about us working together.

If it's easy for you to change a thought, GREAT! Just know that it takes at **LEAST 21** continuous days of you repeating that thought to yourself before you build a brain wire and start to actually believe the thought.

Reach out to me via my free community below if you need my help implementing new thoughts, want help creating self-coaching models on yourself or anything else. I'm here to help you grow!



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