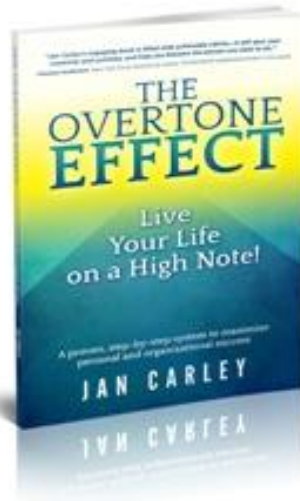
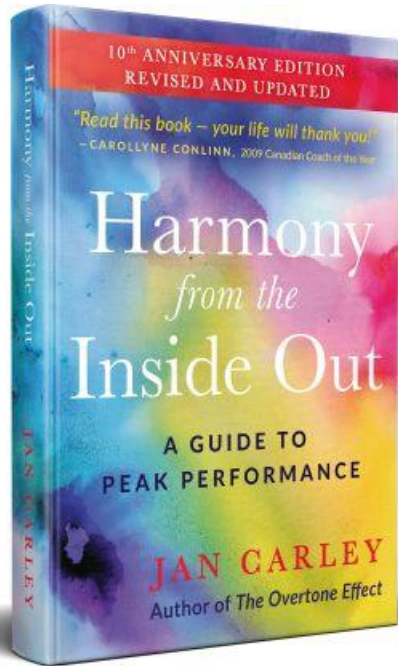


REGION15 VOCALFEST

RESET

&

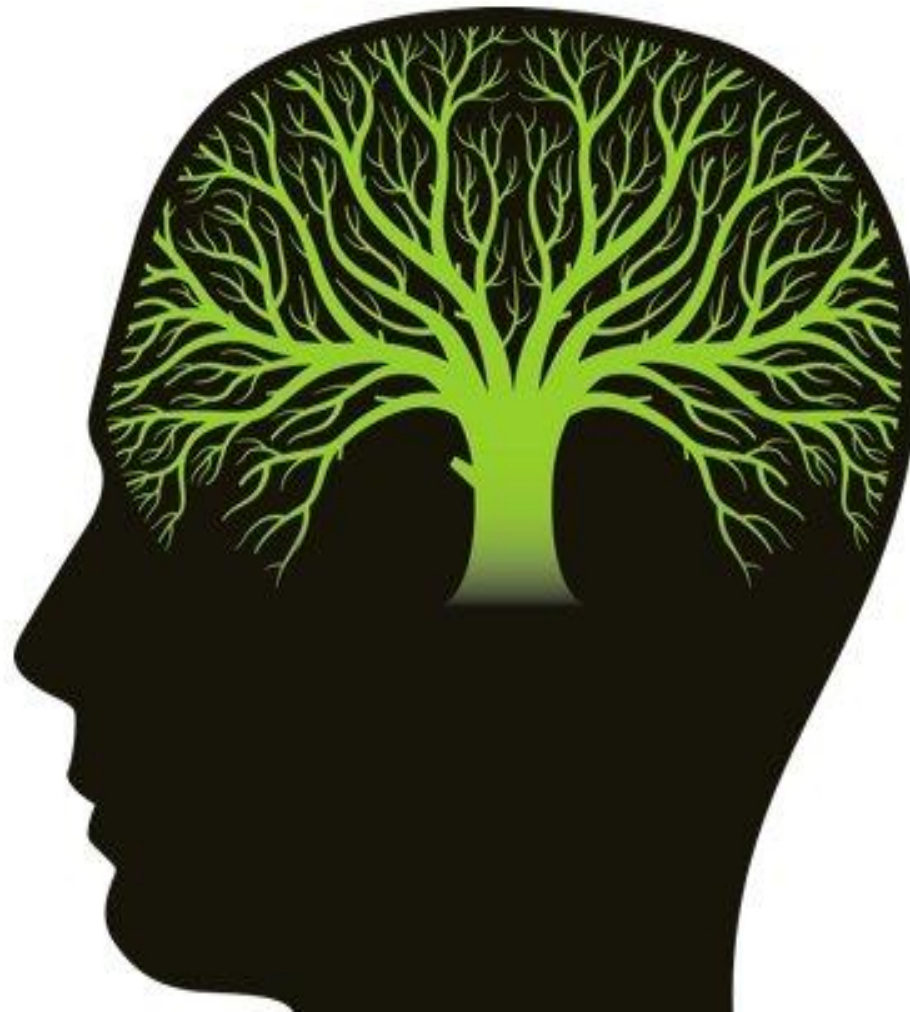
RECHARGE



**Presented by:**  
**Jan Carley, PCC, CEC**  
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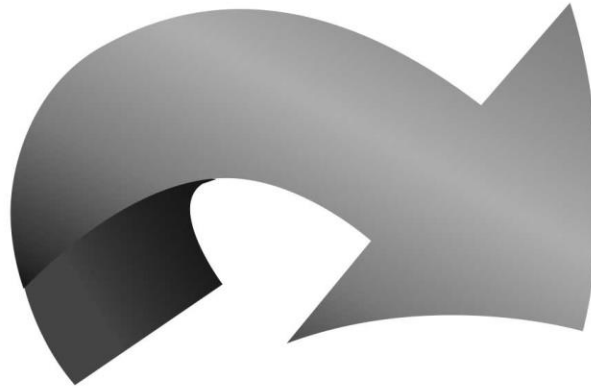
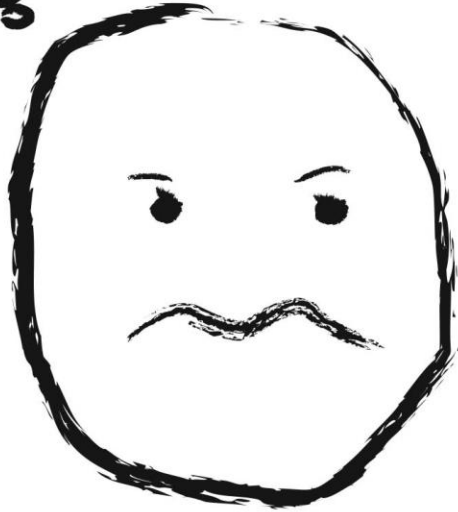


**YOU ARE THE ONLY THINKER  
IN YOUR OWN MIND**

DON'T HAVE  
DON'T WANT

**FLIP IT!**

DO HAVE  
DO WANT



**REFOCUS TO WHAT YOU WANT**  
and shift from **STUCK** to **POSSIBILITY**  
and from **REACTIVE** to **CREATIVE**

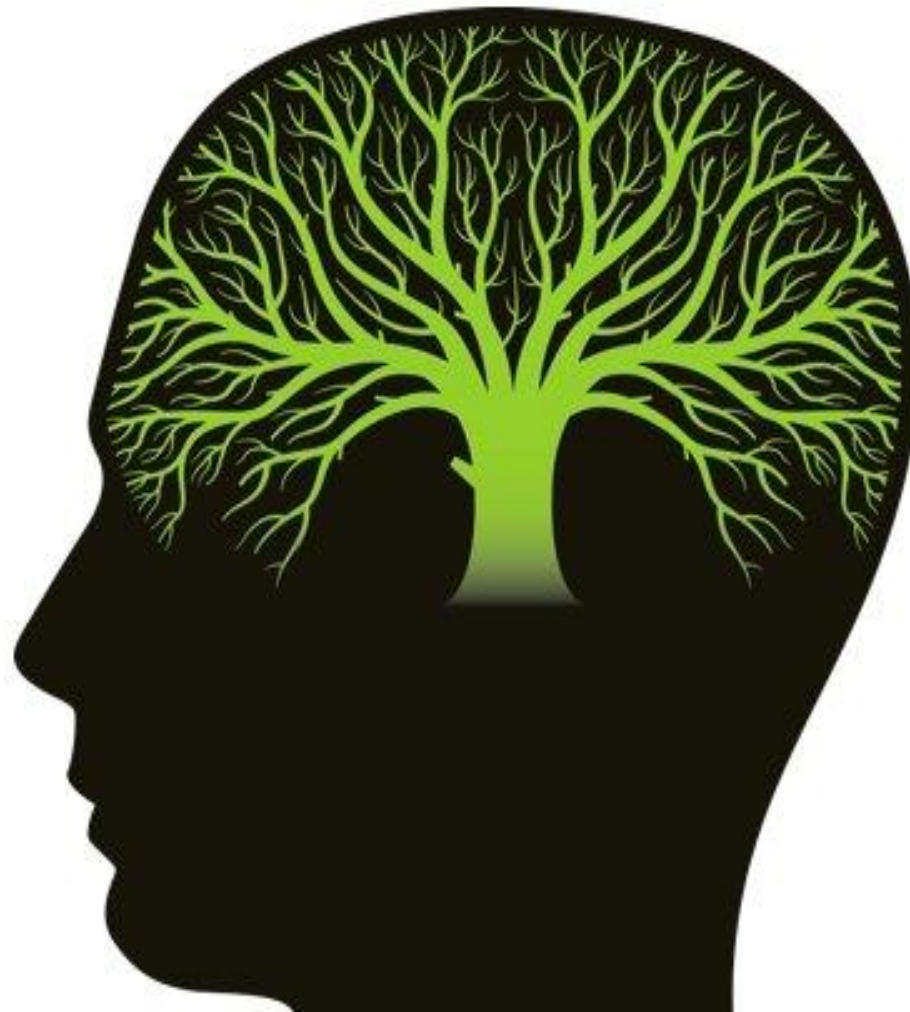


# REACTIVE TO CREATIVE

## RECAP

- \*ACKNOWLEDGE
- \*ALLOW
- \*ACCEPTANCE
- \*FLIP IT! (REFOCUS TO WHAT YOU WANT)





**WHERE THOUGHT GOES,  
ENERGY FLOWS**



**YOUR RESILIENCE  
BANK ACCOUNT (RBA)**

# FILLING YOUR RBA

## Put Your Own Oxygen Mask On First

**Self-value strategies:** nutrition, physical activity, sleep, fresh air

**Foundations:** Who you ARE – strengths, values, vision, purpose

**Supports:** accepting help when it is offered, asking for help when you need it

**Mental Resilience: Start with Tip #4**



## MENTAL RESILIENCE TIP #4

### PRACTICE SELF-COMPASSION

Make self-compassion an integral and non-negotiable part of your life.

**What might happen if you talked to, and supported yourself with the same kindness, compassion and grace you give to others?**





**OWN YOUR BRILLIANCE**  
"Success is the art of being  
who you already are"

# STAND IN YOUR POWER REFLECTION

## **EXERCISE:** **MY "I AM" LIST** **5 in 1**

**Write down 5 qualities and strengths of yourself that you love/appreciate in 1 min.**

Your playing small doesn't serve the world.  
There is nothing enlightened about shrinking so  
that other people won't feel insecure around  
you...

...as we let our own light shine, we unconsciously  
give other people permission to do the same.

As we are liberated from our own fear,  
our presence automatically liberates others.

- Marianne Williamson *A Return to Love*

# Please Keep in Touch!

Sign up for Jan's monthly e-newsletter at [www.creativecoachinggroup.com](http://www.creativecoachinggroup.com) and receive the transcript of her hit teleseminar "DEFRAG YOUR LIFE IN 60 MINUTES"

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