



YOUR TOOLBOX

- **Thought Download** – A TD helps when:
 - You are feeling overwhelmed with life
 - You are having trouble sleeping or falling asleep
 - A certain situation/event/or occurrence has you all stirred up emotionally
 - You need to elevate your pre-frontal cortex

- **Mindfulness Mapping** – A MM helps when:
 - You are stuck in a belief and can see no other perspective
 - Something has happened that has triggered you emotionally
 - Your primal/emotional brain is overriding your executive brain
 - You are not sure why you think/act/feel the way you do
 - The results you’re experiencing in your life are not what you want

- **Processing Emotions** – helps when:
 - You are in the middle of extreme, heightened emotion
 - You need to quickly move the “chemical” of the emotion out of your body

- **Box Breathing** – helps when:
 - You feel anxiety or panic arising
 - You are being driven by your emotional brain
 - You need to elevate your pre-frontal cortex

- **Intentional Mindfulness** – helps when:
 - You feel anxiety or panic arising
 - Your emotions are elevating in a situation

- **Pause** – helps when:
 - You are in the moment of a negative encounter with someone

- **Become the Watcher** - helps when:
 - You are in the moment of a negative encounter with someone
 - Need new perspective on a past situation/event
 - You need to elevate your pre-frontal cortex

- **Questions to Break the Brain** – helps when:
 - You are stuck in one narrative and need a new perspective
 - Confused
 - Overwhelmed
 - Need to get out of a spinning cycle

- **Inner Child Healing** – helps when:
 - You find yourself repeating the same patterns over and over throughout your life
 - You do not understand why you think/act/feel a certain way
 - You are aware of past instances that have shaped your thinking negatively

- **Feelings Wheel** – helps when:
 - You are finding yourself “numbing out” to the world
 - You can’t identify your feelings
 - You can’t express your feelings

- **Write The “Manifesto”** – helps when:
 - You are dealing with a difficult person in your life – past or present

- **Identifying Co-Dependency** – helps when:
 - You have a history of people-pleasing
 - You do not feel a sense of independence and agency
 - You are in a relationship with a strong or narcissistic personality

- **Setting Healthy Boundaries** – helps when:
 - You have trouble saying “no” to others
 - You’ve never set personal boundaries with people before
 - You are worried more about what someone will think about you than your own self-care
 - You’re not sure if you have boundaries or just manuals for others

- **Process The Urge and The Urge Jar** – helps when:
 - You feel controlled by cravings and urges (binge eating, smoking, drinking, etc)

- **Truth Agreements** – helps when:
 - You have a lot of negative “inner chatter”
 - You need to take thoughts captive

- **Life Wheel** – helps when:
 - You are looking to self-assess your wellbeing and balance in life
 - You want to compare your personal growth from year-to-year

- **Calendar Planning** – helps when:
 - You want to be more disciplined, structured, and strategic in your daily life to achieve your goals
 - You need to be more organized in order to follow through
 - You need to set your intentions and desired outcomes for your life
 - You want to be intentional each day on creating the right mindset to succeed

- **15 Powerful Questions for Decision Making** – helps when:
 - You need to make a big decision
 - You need a new perspective on the “pros” and “cons” of a decision