

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 166 – Pre-Frame Your Stories

The way you’re experiencing your life right now, whether your life and all the circumstances and people in it feels stable and calm *or* it feels more like a whirlwind of stress and chaos, has more to do with the stories that you are telling yourself than anything else.

Pre-framing can be used as a daily practice to set intentions for the day. *Pre* means “before” which means we’re going to frame our stories before they even happen. We’re going to intentionally decide how we want to experience events in our lives - how you are going to act, how you are going to feel - ahead of time.

1) Name something upcoming in your day or week that brings you anxiety, worry, anger, or fear:

2) What are the specific emotions you feel when you think about this event? Name as many as you can.

3) What thoughts do you have around this event as you begin thinking through it?

Pre-framing will work and will make your daily life so much better because your brain is looking for evidence to support your focus message. The Reticular Activating System (RAS) will encourage you to recreate what it believes to be true.

4) What new thoughts about this upcoming event would you like to see your RAS prove true instead?

5) What other areas or upcoming events in your life would you like to experience in a radically different way?

The way you experience your everyday life - every little thing in it from doing laundry, to dealing with the carpool pick up line, to interactions with difficult people, to driving in traffic – is up to you and in your power to change.

When you learn the tools that change the brain, then you can change every area of your life for the rest of your life. “Wait, what? I’m going to have to do this for the rest of my life?” Well, yes. As long as you are a human with a human brain, you will need to use all the brain-changing tools you have. But, today, you can start to pre-frame your stories. Try this and let me know what you find by emailing coaching@triciazody.com. I’d love to hear your stories!