



WORKBOOK

*Wherever You Go,
There You Are/
How Are You?*

UNAPOLOGETICALLY GRAY® COACHING & EDUCATION

Meet Your Coaches

They are committed to seeing people become their best selves and have quality lifestyles. Fredrick and Traci Byerly are co-founders and professional Success Coaches of Your Chosen Pass, their life coaching company. Fredrick is a Certified Life Coach (CLC) through Wales Coaching Institute, Arlington, TX. Traci holds an International Coaching Federation (ICF) credential as an Associate Certified Coach (ACC).

When Fredrick and Traci are not coaching, they also own an established building maintenance services company, The Organized Maintenance Services, Inc. In addition to entrepreneurship, the couple provides respite care in their home to leaders needing rest under The Tree of Life Ministries. No, they do not have a church! The duo is passionate about being change agents wherever opportunities are present. Both live their current dreams of being gray-haired models in real life, print, and commercials together.

Traci is a published author of the book entitled UNAPOLOGETICALLY Gray. She penned this special, unapologetic manual from her heart. The book is for those who society says their looks are undesirable or unacceptable. She desires to promote healing, empowerment, and confidence while using her gray hair journey. Together, Traci and Fredrick have taken the Unapologetically Gray® brand to another level as gray-hair and pro-aging advocates who coach and teach under their Unapologetically Gray® division. They do not just talk about this silver lifestyle; they live it 100%! They also have an online store that promotes t-shirts and merchandise under the Unapologetically Gray® brand at www.unapologeticallygray.com.

Fredrick and Traci share a love of spending time with family and friends, eating great foods, doing ministry, traveling, being in nature (i.e., beaches, mountains, woods, gardens, etc.), and taking cruises together. Fredrick deeply appreciates spending time in the woods, hunting, and fishing. Traci enjoys coffee while writing inspirational and empowering messages, reading, and listening to music. They share four children and three grandsons. They live in the Dallas/Fort Worth area of Texas.

Welcome! Remember, what you put into this workbook is what you get out of it!

From childhood to adulthood, people learn how to maintain healthy relationships with others—how to be respectful to family members and various communities, to become good spouses and parents, manage conflicts, communicate better, and so on. How often do we hear about training to have healthy relationships with oneself? We bring “ourselves” into relationships, and we contribute to their dysfunction or soundness.

Wherever you go, there you are.

We are here to challenge those notions with loving and gentle reminders about you only. You are invited to be open and transparent with grace and humor. This time will be used to dig deep from the inside out. The agenda is to:

- Explore programming that developed the essence of who you are, as well as thoughts, desires, motives, and speech.
- Create awareness of position and power in relation to yourself and others.
- Shed insight into the manifestations of what may play out in relationships from certain reactions.
- End with ways to reprogram and affirm your position, power, and total package.

This workbook will serve as your mirror and sounding board after this event is over. We will offer some self-improvement tips, but this is your safe place to work on what you see fit. This workbook is not to be used for fault-finding in others. We recommend that you put on some blinders and focus on yourself. This is all about you!

If you have it all together, think about a loved one who is not here. Please take notes and gift them this workbook.

01 Programming

Let's go to the center of who we are. It all begins with _____ and _____. They can work in tandem or conflict with each other. They both affect _____, _____, _____, and every "...ally" of life, especially _____! Beliefs and values determine whether you show up with your _____ (the actor or actress) or your _____. The representative hinders people from experiencing healthy relationships. When the representative is present, along with _____, relationships tend to suffer.

Negative limiting beliefs are normally developed from childhood and into adulthood from rejection, abandonment, invasion, or trauma (the list goes on). Family, religion, society, culture, and various institutions may also influence how people develop limiting beliefs. Some common negative beliefs that impact relationships include "I am not worthy..." "I am unimportant..." "I don't matter..." "They don't like me..." "I'm not attractive... smart enough... the right <fill in the blank>..."

How does this play out? The representative emerges to mask, play the victim, or be a bully. Representatives typically promote fear to intimidate, shame, or conceal people's authentic selves. Deception, manipulation, avoidance, and dominance are often prevalent in relationships when people allow their actors/actresses to control them.

People often are in fear or in love, which deeply impacts what, how, and who they attract.

Wow! Think about the possibilities of how attraction stems from _____, not just what you _____. When people are not true to themselves, they are not true to others, which can originate from fear. Do you believe that those who operate in authenticity frequently manifest what they love? How so?



Come from a place of love...

Focus on all of the things that you love about yourself from the inside out. Dig deep and record everything in this exercise. Do your best to avoid what you do or have for just a moment. Personality? Traits? How are you known in your sphere of influence in a positive light? What do you love?



Did anything happen?

Did you notice that good feeling in your head, heart, or stomach? Embody that feeling and use that same energy to believe in good people, places, and things to manifest in your life. You will know when they are right or not.



You got this!

You are moving from fear to loving confidence in your attractions. This is a practice that is not instant and requires mastery. Do not give up. It is worth the time and effort.

Reflection Page

WHAT LIMITING BELIEFS ARE CURRENTLY SHOWING UP IN YOUR LIFE? WHO INFLUENCED THESE BELIEFS? HOW ARE THEY AFFECTING YOUR RELATIONSHIPS? No judgment. Take a deep breath and just be aware. WHAT BELIEFS CAN YOU COME UP WITH THAT ARE OPPOSITE TO THE ONES YOU HAVE? WHAT EVIDENCE DO YOU HAVE TO SUPPORT THE NEW BELIEFS?

Notes Page

Capture notes and takeaways right here!

02 Position

When some people get involved in relationships, one or both parties tend to lose their passions, habits, and in worst cases, identities, to do what they believe creates oneness with their partners. Many people immerse themselves in the roles, cutting off who they are and what they love. However, when things change, dissolve, or are abruptly cut off, they often feel bewildered and lost. When people come from a position of brokenness, that place attracts more brokenness. They may even find themselves in the following compromising or powerplay positions.

One is the _____. They dislike most things about themselves. They take the blame for almost everything. They feel powerless in the relationship. They seek attention, approval, and acceptance. They often feel lost and need someone to rescue them because they lack the confidence to make decisions. They choose people who dominate them, and they may hide or be hidden in the background. They will do anything to please people. A majority of the people in this category may have been abused, neglected, not taught life skills, or received pertinent training. They are generally fearful, especially of making mistakes, or were possibly raised or impacted by controlling authority figures without much say in life.

Another is the _____. They dislike things about other people, places, and things, and choose to make them projects. They refuse to take blame for hardly anything. They are the authority and may decide to avoid accountability for their actions. They take control of their partner and affairs in relationships. Many fixers fix others to avoid dealing with issues in their lives. They do not see their faults, and if they do, they will deflect attention to their projects. A majority of the people in this category may also have been abused, neglected, distrust authority figures, and refuse to be bullied or be inferior to anyone.

The highest position to aim for is to be _____. Freedom to be who and how people are as they grow, and allow others the same privilege. We will go more in-depth and summarize this position in the “package” at the end.

Enough about “them”, let’s talk about you or somebody you know!

Therapy is most likely the best mode of help if you see yourself in one of those positions. If there is not much trauma, you can auto-correct with _____, _____, and _____. Some things to combat being a fixer-upper or fixer are to learn or re-establish broken _____. The issue many people have is that they do not know how to protect themselves because boundaries were incorrectly taught in the home and other institutions. Cloud and Townsend mention boundaries likened to a _____ and a _____. The fence indicates the perimeter that you own and are responsible for within and around your house. The gate is what you will allow in or keep out. This is all about _____ relationships!

As you are building or restoring boundaries, let’s take a moment to check your foundation. Your foundation strongly consists of _____. A core value is one word that encompasses who you are, how you are, what you do, or what you have. Core values are much like _____. They can be positive or negative and heavily influence your beliefs. Either way, they are used as guiding principles to make life decisions. Companies have them, stand by them, cause those involved to uphold them, and are successful because of them.

Core values are often rejected or forgotten, especially when you associate with people, places, and things that do not reflect who you truly are. You might have adopted words that do not define you. Time to reprogram!



Do some research...

Look up core value words and jot down the ones that strike your soul. Take some time to explore the words you have chosen. Understand the why behind your words. Create a couple of one-line sentences to recite and remind you of who and how you are to be. Practice as often as you need.



Affirmations or defamations?

What? Affirmations? What are you saying about yourself daily anyway? Affirmations or defamations? You believe what you say, even when you lie to yourself! This is your moment to take control of your destiny as you build a healthier relationship with yourself.



You got work to do!

What you think and what you say matter. Your actions are a sign of what you think and say. It is time to learn or rediscover who you are created to be based on these powerful words and live them genuinely! It's time to fire your representative if you have one!

Reflection Page

*WHAT DO YOU STAND FOR? WHAT IS IMPORTANT TO YOU? WHO DO YOU WANT TO
BECOME? HOW DO YOU WANT TO BE? WHAT DO YOU WANT MORE OF?*

03 Power

You have _____ through your core values and other sources that define who you are and how you operate in life. Your standards are for _____. It is permissible to have _____ for others, meaning your _____ and _____. What is not permissible is when you _____ your standards and expectations on others. Equally unacceptable is trying to take on others' standards and expectations that are _____ or that you are _____. Standards and expectations become double-edged weapons in the wrong hands! Think about the many times we impose our beliefs upon others, or it is done to us. We either rebel or relinquish our values to accommodate others with resistance. This is not a healthy relationship!

When considering joining and committing to people, places, and things, you have every right to protect yourself. Conduct a thorough investigation of your motives and recall your values before engaging in any commitment to a relationship. Then, investigate their motives and values as well. Remember, people bring their representatives to the meetings from both sides! Their participation may be indefinite. It takes a while to discern who and what is counterfeit or authentic. Now, who are you bringing to the meetings?

TAKE YOUR TIME TO INVESTIGATE FROM A SAFE DISTANCE! Notice that when we co-mingle our treasures (e.g., emotions, hearts, body parts, finances, credit, possessions, ideas, and so on) prematurely, we lose all common sense and have difficulty disentangling when things fail or abruptly die off. We do not have to linger with what we know is toxic or not a good fit for us. We have the power to cut ties and move on as soon as we recognize the signs.

If you are married or in other legally binding contracts that are unhealthy, seek professional help, please. We are not advising anyone to do anything illegal, illicit, immoral, irresponsible, or any other erroneous ways to leave commitments. We recommend that you withdraw yourself in the correct ways or strategize how you can be healthy in an unhealthy union until you are released. Remedies include therapy, mediation, solid boundaries, interventions, and other professional means of support.

If there is danger in any way, please protect yourself by getting out safely and then seeking legal or professional assistance.

Young people, older adults, and people in authority, please take note that dignity and respect are earned on both sides. Until both are earned, it gives no one a license to act disrespectfully. Back up and check your boundaries! However, people cannot read minds. If someone offends you, calmly state what was done, how it made you feel, and what you desire to see differently. What is most important is that you communicate your message and tone down your emotions. Many people are desensitized and tone deaf to emotions. People cannot hear you when you scream, insult, use abusive language, or shut down and use immature avoidance tactics. When possible, schedule time to reconvene for a conversation when both parties are in a better state. Sometimes, it is best to walk away to allow fools to have their own monologue. _____ is golden, speaks volumes, and makes a huge impact.

If you have children in your presence, remember that you are modeling the future of their relationships in regard to the self or others. If you do not like what you are experiencing, get help to change yourself. They, too, will attract what they fear or love, and those choices are ingrained at an early age. Most likely, it will be what they fear because of who they _____-fearful and broken by the environment and authority figures who shaped them. Practice perfect love with yourself, your partner, your children, and your sphere of influence.

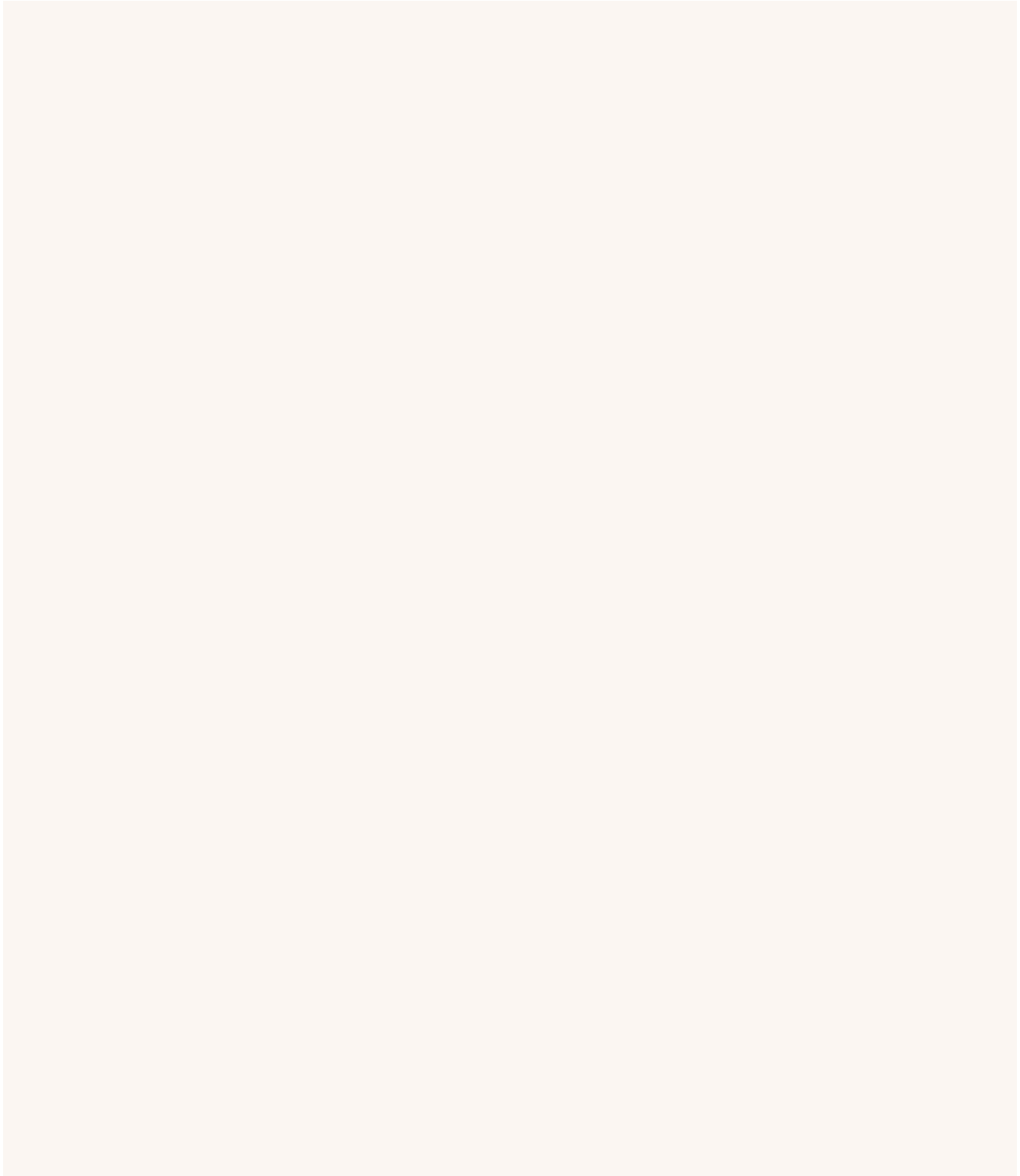
Your power is the right to _____, _____, and _____ what is healthy for you first, followed by what is healthy for the other person. The key is what is healthy for all involved. People want the union or each other fixed first without transforming themselves, but that is not correct. Depending on the choices of each party, the union is ultimately fixed. Whether restored or dissolved, each individual has either returned to a fruitful union or has been released from a toxic situation. Win or learn from the experiences.

Reflection Page

WHAT NEW STANDARDS ARE COMING UP FOR YOU NOW? IF YOU ARE ENFORCING CURRENT STANDARDS OR EXPECTATIONS, HOW LIKELY ARE YOU TO CHANGE THIS AND IN WHAT WAY(S)? IF YOU ARE TAKING ON STANDARDS OR EXPECTATIONS THAT ARE NOT YOURS, HOW LIKELY ARE YOU TO CHANGE THIS AND IN WHAT WAY(S)?

Notes Page

Capture notes and takeaways right here!



04 Package

“When purpose is not known, abuse is inevitable.”-the late Dr. Myles Munroe.

You have been made aware of or have been reminded of situations that expose gaps for abuse and how to live purposefully in healthy relationships, starting with yourself. This is a glimpse of what walking in your authentic self could look like.

Your life and purpose are not meant to be derived from negative limiting beliefs, but from the work of choosing beliefs that are opposite and true for you. You have the evidence to support the new beliefs. You trust and walk in them instead of the toxic beliefs that do not serve you.

Your life is governed by solid core values, standards, and boundaries. You know you have the power to choose whether to remain or remove yourself from unions that are not healthy for you.

You are comfortable with healthily protecting yourself when conflicts arise.

You consider what position and place you want to come from. Just as fear and brokenness attract more of the same, so does love and being healed. You choose the place you want to operate from. You seek professional support or accountability to propel you can if you cannot find your place.

You freely live and let others live as you walk in your authenticity and grow. You manage yourself before looking at others. You are respectful in helping where you can, but avoid overstepping the boundaries of others.

You see yourself as a person and not a role or object; there is more freedom to “BE”. You focus more on being present as a person, and not on performances and possessions. You reclaim or discover your passions, habits, and identity immediately and nurture them. You serve in your role(s) with excellence, knowing that your role(s) can evolve or permanently disappear.

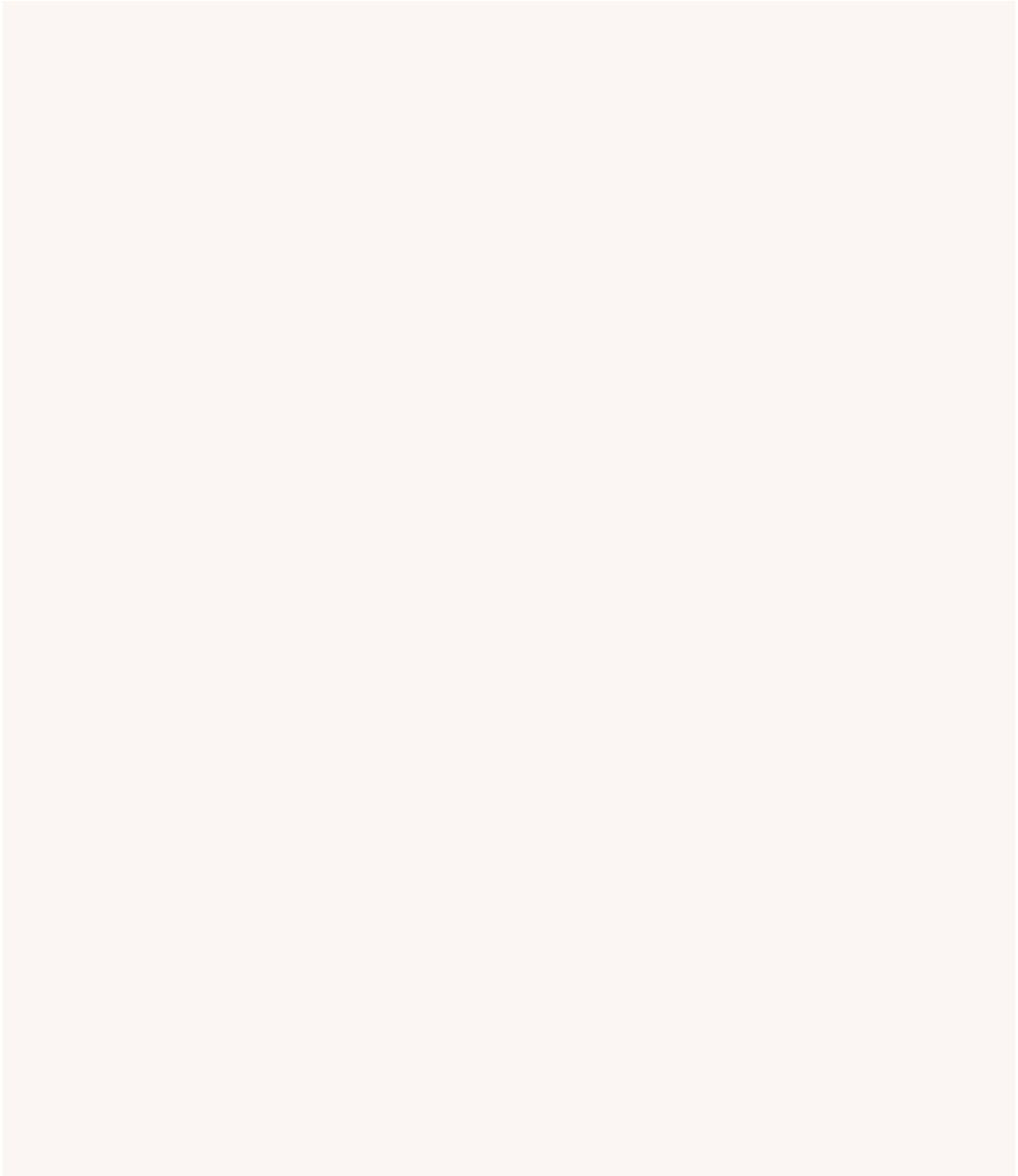
You do not co-mingle with anyone or anything until you have done your due diligence in checking your motives and values, as well as the other parties involved, before committing.

You take the time you need to explore all angles in the union to choose wisely.

Let nothing or no one hinder you from being your true self; however, be your best true self. Remember, wherever you go, there you are!

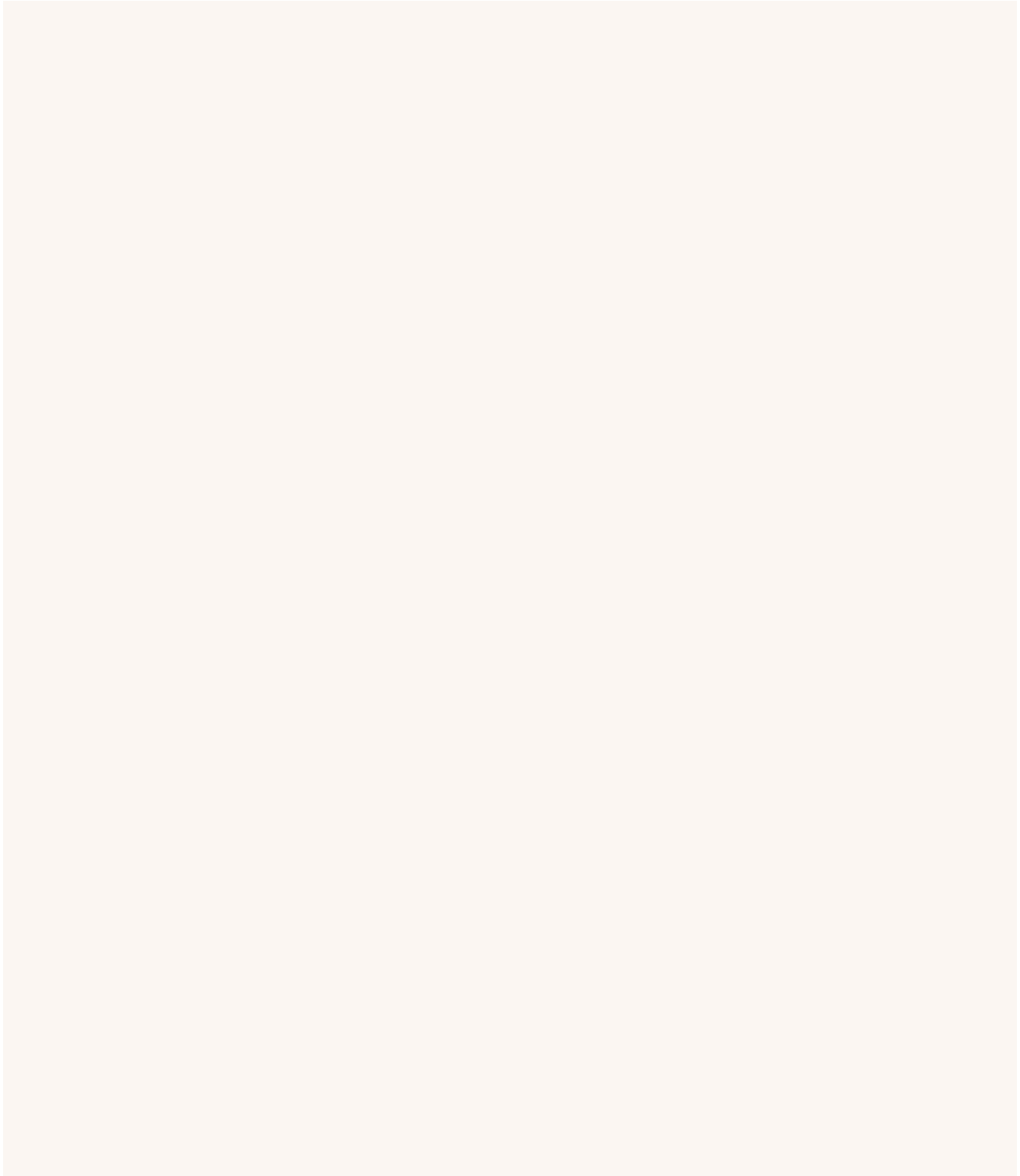
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We want to stay connected!

We wish you the best of blessings on your journey to establishing a healthy relationship with yourself and others. We will share various modes to keep in touch with us. If you hit a rough patch and need to talk, or have a great report to share, reach us here:

www.unapologeticallygray.com or www.yourchosenpass.com and use the contact icon

Email us at unapologeticallygray@gmail.com or traci@yourchosenpass.com

Follow us on social media under @unapologeticallygray on YouTube, Facebook, Instagram, and TikTok

LET'S KEEP IN TOUCH

