

Breakthrough!

Are you ready to create change that LASTS?



“

CORRIE TEN BOOM

**WORRY DOES NOT
EMPTY TOMORROW
OF ITS SORROW; IT
EMPTIES TODAY OF
ITS STRENGTH.**

”

Are you ready for a real breakthrough in your life?



TABLE OF CONTENTS

Introduction	5
How do you feel right now?	6
What do you WANT to feel?	7
Relationship Inventory	8
Set Powerful Goals	9
Action Plan	10
Action Plan Brainstorm	11
Action Plan Brainstorm	12
Action Plan Brainstorm	13
Self Guided Programs.....	14



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INTRODUCTION

Are you sick and tired of being sick and tired?

If you keep going through the same situations, having the same issues then, maybe it is time to make new choices. If you think that change is something that you can avoid, you are wrong! If you are constantly battling external things to avoid change, you are doing it wrong. Change is unavoidable. You either change willingly or by force—you have to decide which is the best thing for you. The inner struggles that you face during a change are what make you stronger, help you to cope with change, and set you up for the challenges that come your way in the future.

If your first instinct is to run when change comes up or you try to force change, you may find that change is like an obstruction rather than something that you create. Perseverance and stamina are the skills that are required to get through changes. The issue is that your mind is trying to hold you hostage and keep you stuck in the same thoughts. Changing your perspective will change your behavior, creating healthy response that will help you to move past the challenges.

You cannot just sit back and hope that things will change, you have to CREATE change—first in your mind. If you keep the same thoughts, you will get the same results. Take a look at things that you have tried in the past, examine your choices and your reactions. Ask questions about why that choice didn't work out quite right or at all. Make small adjustments to your thoughts processes will change your behavior and help you to find what WILL work. If you are trying to change those thoughts, challenge them when they come up.

Change throws your life off balance; it may feel hopeless at the time but take the time to reflect on the fact that the benefits of change are greater than the challenges. You will grow emotionally, spiritually, physically, and mentally through every challenge. Learn to think differently and reconsider the choices and decisions that you have been making, you are going to have to make new choices if you want different results in the future.

If you want something different, you have to DO something different. Breakthroughs do not happen by chance, you create them. You have to examine your life, decide what role you play in what ails you, and then do something different. Through this exercise, be radically honest with yourself because you have to get real with yourself if you are ready for something different in your life!

HOW DO YOU FEEL RIGHT NOW?

Circle the five emotions that you feel most of the time.

Positive Feelings:

Whole	Accepted	Alive
Courageous	Connected	Healed
Free	Confident	Joyful
Calm	Peaceful	Safe
Happy	Empowered	Energized
Hopeful	Accomplished	Content
Strong	Purposeful	Balanced
Influenced	Motivated	Intentional
Organized	Loved	Excited
Clear	Successful	Valued
Worthy	Stable	Satisfied

Negative Feelings:

Discontent	Sad	Stuck
Empty	Disconnected	Doubtful
Jealous	Shameful	Guilty
Despair	Envious	Frustrated
Regretful	Angry	Anxious
Tired	Stressed	Fearful
Terrified	Frightened	On Edge
Apprehensive	Distressed	Restless
Uneasy	Annoyed	Bitter

Write your own:

WHAT DO YOU WANT TO FEEL?

Circle the five emotions that you want to feel most.

Whole	Accepted	Alive
Courageous	Connected	Healed
Free	Confident	Joyful
Calm	Peaceful	Safe
Happy	Empowered	Energized
Hopeful	Accomplished	Content
Strong	Purposeful	Balanced
Influenced	Motivated	Intentional
Organized	Loved	Excited
Clear	Successful	Valued
Worthy	Stable	Satisfied
Grateful	Kind	Satisfied
Optimistic	Encouraged	Effective
Serene	Interested	Admired
Satisfied	Inspired	Amused
Brave	Intuitive	Resilient
Curious	Enthusiastic	Prosperous
Compassionate	Exhilarated	Noble
Passionate	Valuable	Whole
Invigorated	Enlightened	Appreciated
Blissful	Brilliant	Comfortable
Relaxed	Harmonious	Inspired

Write your own:

RELATIONSHIP INVENTORY

What do your relationships look like right now? 1 = Not good / 10 = Amazing

Self

Relationship with my thoughts	1	2	3	4	5	6	7	8	9	10
Relationship with my intuition	1	2	3	4	5	6	7	8	9	10
Relationship with my body	1	2	3	4	5	6	7	8	9	10
Relationship with my inner child	1	2	3	4	5	6	7	8	9	10
Relationship with my current life	1	2	3	4	5	6	7	8	9	10
Relationship with my future self	1	2	3	4	5	6	7	8	9	10

Others

Higher power, romantic partner, parent, sibling, friend, neighbor, boss, coworkers, teachers, etc.

Relationship with _____	1	2	3	4	5	6	7	8	9	10
Relationship with _____	1	2	3	4	5	6	7	8	9	10
Relationship with _____	1	2	3	4	5	6	7	8	9	10
Relationship with _____	1	2	3	4	5	6	7	8	9	10
Relationship with _____	1	2	3	4	5	6	7	8	9	10
Relationship with _____	1	2	3	4	5	6	7	8	9	10

Behaviors

Reoccurring thoughts, time, sleep, exercise, growth, learning, etc.

Relationship with _____	1	2	3	4	5	6	7	8	9	10
Relationship with _____	1	2	3	4	5	6	7	8	9	10
Relationship with _____	1	2	3	4	5	6	7	8	9	10
Relationship with _____	1	2	3	4	5	6	7	8	9	10
Relationship with _____	1	2	3	4	5	6	7	8	9	10
Relationship with _____	1	2	3	4	5	6	7	8	9	10

SET POWERFUL GOALS

Set the goals that will help you to live in a state of contentment every day.

Goal

I want to feel _____ in my relationship with _____.

Fears

Risks

Objections

_____	_____	_____
_____	_____	_____
_____	_____	_____

Boundaries

Goal

I want to feel _____ in my relationship with _____.

Fears

Risks

Objections

_____	_____	_____
_____	_____	_____
_____	_____	_____

Boundaries

Goal

I want to feel _____ in my relationship with _____.

Fears

Risks

Objections

_____	_____	_____
_____	_____	_____
_____	_____	_____

Boundaries

Goal

I want to feel _____ in my relationship with _____.

Fears

Risks

Objections

_____	_____	_____
_____	_____	_____
_____	_____	_____

Boundaries

ACTION PLAN

What are the actions that you will take to reach each goal?

Action:	Action:

Action:	Action:

Action:	Action:

Action:	Action:

ACTION PLAN BRAINSTORM

What things that you can do to reach this goal?

Goal:

I want to feel:

In my relationship with:

Things I can do every day:

ACTION PLAN BRAINSTORM

What things that you can do to reach this goal?

Goal:

I want to feel:

In my relationship with:

Things I can do every day:

ACTION PLAN BRAINSTORM

What things that you can do to reach this goal?

Goal:

I want to feel:

In my relationship with:

Things I can do:

SELF GUIDED PROGRAMS

If you liked this program, there are others that you may enjoy.

Available programs:

- Stories
- Intuition
- Resiliency
- Self-Love
- Facing Fear

Self Guided Programs

Click the Programs link at the top of the Home page




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