



In all my years of coaching people it has come to my attention that it is difficult for people to make progress stick...they make some forward movement during the class or the consulting appointment and then they return to their 'real lives' and all the good insight that they had vanishes...

So I am developing some new pieces of work called **MAPS**

**Making**

**All**

**Progress**

**Stick**

These will be short 'tools' that people can use to remind themselves about how to effectively handle or change a particular circumstance or behavior, I will be posting them here as I create/write them and then perhaps I will turn them into a downloadable workbook for sale on the site. Each MAPS will have a simple bullet-pointed list of points to help you remember the best way to navigate through something.

## **In the first one we will talk about FEAR.**

### **Handling Fear**

- Recognize that most of the 'fear' that you experience comes from pulling in experiences from your past... as in something that has happened reminds you of something that did happen in the past and that past happening scared you or rendered you unable to respond...so now you see the fresh circumstance, however it really isn't 'fresh' because you have already connected it to the past and now you are reacting to the past, which takes away all your POWER in the present.
- Be VERY clear that you have the power to CHOOSE how you relate to the past. Everything response is a choice, we can make the conscious choice of how we react in the present to the past. We can choose to see things that happened as different than they felt when they actually took place. As in a formerly challenging childhood could now be viewed as an excellent training for the adults we have become. It is OUR choice when it comes to deciding what

stories we tell about the past; do you choose to be a victim of the past or do you choose to hold the past as a blessing or a learning experience. How we 'frame' something has everything to do with how much power it has over us.

- CHOOSE to frame the past in a different context, one in which you kept your power. A context in which the past was a contribution to you rather than a detriment. Everything comes down to the language we use to describe it, words are powerful tools. The words that we speak about something go forward into the future to create the circumstances and those circumstances will solidify themselves exactly how we spoke them.
- Understand that by recreating and reframing your relationship with the past you will actually do away with most of the things that you fear. If you are no longer reacting to the past, then you are free to respond to what is actually happening in the present. Reactions are devoid of power, when you react you are like a puppet on a string...locked into something from the past and not free to use all the tools available to you as an adult to RESPOND to the situation at hand. All of your power comes from the ability to remain peaceful and respond.
- STOP worrying about stuff that has not even happened, stop playing the 'what if' game and stop thinking thoughts that scare you. Understand that you have the ability to create your life the way that you want it, fear is a false construct and it's time for you to leave it behind.

- XO, Noelle