

ESSENTIAL TIPS

to help with
everyday
challenges

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THE IMPORTANCE OF BEING SPECIFIC

One of the best ways to be effective and make progress in your endeavors is to be specific.

Have you ever asked yourself, Why you're not where you desire to be? Are you making choices based on others or you don't know what you want.

Below, is a great way to get started on your vision and ideal life.

WHAT YOU'LL NEED: Writing utensil, paper and a watch or timer.

1. Find a comfortable quiet space.
2. Sit down with a pen & paper
3. Set a timer for 25 minutes

Write down what your dream day at work- would look like and be as specific as possible using all of the 5 senses to the point where you feel like you are in the room.

4. Let it FLOW.
5. BE SPECIFIC.

You don't have to force anything. Whatever comes to mind write it down.

5. Write until you've exhausted your day. (10 MINUTES)
6. Then take 5 minutes and go back over what you wrote and take in how you feel after you read it.
7. If you feel something is missing, spend another 5 more minutes and see if you can get even more specific.
8. Upon finishing, thank yourself future self for revealing to you your ideal life.
9. Set it aside , somewhere you will see it the next day,

The following day you will review what you wrote and start creating goals and plan to bring to life your desired. life.

PURGING THE NEGATIVE THOUGHTS

Are you feeling overwhelmed with your negative thoughts? Do you constantly talk down to yourself?

Do you repeatedly think your way out of doing something or trying out a new idea?

Is your mind creating scenarios that aren't true?
Well, you are not alone.

As human beings, we have an innate survival instinct. They are the gut feeling telling you not to walk down that dark alley at night. But sometimes, that survival instinct turns into a habit of negative talk that prevents you from achieving your goals and happiness.

Here's a GREAT way to allow those less desirable thoughts to be released and allow clarity.

WHAT YOU'LL NEED: Time & space for you.

As those negative thoughts come, take 3 DEEP breaths IN for 10 counts, hold for 5 counts, and release for 10 counts.

Repeat 3x

You can sit or stand or lie down. *(This can be done to yourself in a meeting, cooking, or bathroom. No one has to know)*

Focus on your breath, and as you breathe out, think of those negative thoughts releasing out of your body with every breath you take.

If you are alone, you can say those negative thoughts out ONCE.

For your thought to flow, you have to acknowledge they exist.

Allow your breath to go back to its average pace. Then, with every breath out, you will rephrase your negative thoughts with positive ones.

Example: I'M A FAILURE = I can overcome any challenge. Challenges are .lesson in disguise. I am open to the challenge and account for it, for it will create space and opportunity for the better.

Continue to do this until you feel grounded and reenergize to focus back on the presence.

Honor yourself by allowing space to purge those negative thoughts so you can clear your mind to make space for the positive and opportunities - and be present to ignore to receive and seek what you want to do.

LEARNING THE BALANCE OF HOLDING & TAKING SPACE

Are you feeling restricted by others to not hold space for yourself?

Do you fear if you make space for yourself, others will shit you down?

Are you struggling with holding space for your authentic self out of fear of rejection?

Here are 4 thoughtful tools to assist you with holding space and creating balance.

1. RECOGNITION:

Identify for yourself what your needs are and validate your feelings. No one else can tell you what you need but you. When we take responsibility for our needs and share our boundaries with others, proper space can be allocated & create inner peace.

2. BEING PRESENT:

Pay attention to how others receive your request for space, and be mindful when you are taking up space without asking for permission. We can all have feelings and take up space, but that looks different for every relationship.

3. NO JUDGEMENT:

We are all on this journey called life and will make mistakes. Layering shame & judgment on yourself will only make it harder to change. Learn from your mistakes and aim to be better.

4. RELEASE & GRATITUDE:

Take some form of a stretch and allow the tension to be released from your body as you breathe in and out. Then express your gratitude for your experiences and continue with your life.

Do this as needed.

SELF REFLECTION QUESTIONS: WHAT DO YOU VALUE?

What is the most important thing in the world to you?

When do you feel important?

What is fun to you?

SELF REFLECTION QUESTIONS: WHAT DO YOU VALUE?

What is essential to you?

What do you need?

What can't you live without?

ABOUT Me

Hi, I'm Amanda DeBraux and I'm a life coach, actor, podcast co-host and dog mom.

My work combines corporate and creative life to help people in the entertainment industry reach their maximum potential.

Through my life coaching, I specialize in helping my clients bring out their authentic selves and find their voice in life. We reflect on your blocks and pain points to overcome them, build unconditional love for everyone around us, set goals and take small steps to achieve wealth, success, happiness and more!

If you're looking for an educational journey with an encouraging life coach at the helm, I'd love to have you join me on this life-changing journey - [book your first FREE session with me today!](#)

