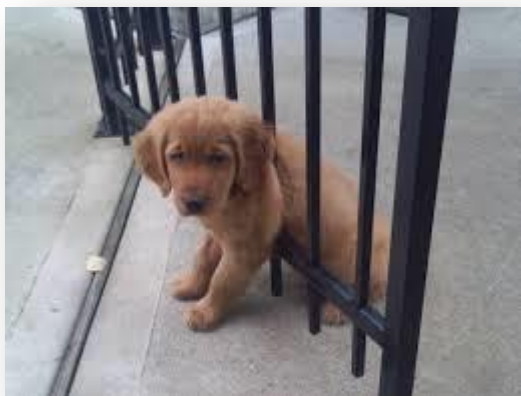




THE ACHIEVEMENT
ALCHEMIST

TRANSFORMING STRESS & ANXIETY INTO
CONFIDENCE, CLARITY & ACHIEVEMENT

5 Steps to Take Back Your Power and Find Direction in Life – It's Time to be the Best You Can Be!



Are you feeling stuck, frustrated or just generally not living the life you want? Are you not quite sure what you want any more and perhaps not having the financial security you would like? I have an understanding of this as I was there. My life felt empty and had lost all sense of meaning. I felt anxious and alone. This caused me to shut down. Others I knew seemed to have it all together and could afford the extras that were a stretch for me. I didn't think that anyone else I knew, would be feeling as empty as I was.

What are the stories you are telling yourself? And who else is reinforcing those stories with comments that lead you to believe you are not good enough in some way, or you wonder what is wrong with you? I remember the rollercoaster from sadness and shame to frustration and anger.

It's time to take back your power and direction in life. Time to dream like a child and make it happen! The time has come to find peaceful solutions for your emotional rollercoaster. It's time to let go of anxiety, depression and anger. It's time to let go of shame and fear, to express your views as a peaceful warrior and feel heard without judgement or labels. It's time to get clear about how to move past the emotional turmoil and uncover your true potential. It's time to power through your day with vitality and confidence, knowing who you truly are and what you can achieve! How do we do that?

I'm sure you're all familiar with having to use a map to get somewhere, or am I showing my age? How about a gps system? Whatever system we use, how can we know the way to get where we want to go, if we don't know where we are now?





1. The first step is to **tune into** your own bodies wisdom to give you that information. We have all been conditioned over the years by our parents, teachers, siblings and society to behave in a certain way. This has affected what we think about ourselves. Our bodies are also talking to us all the time. We know some of the messages as pain, hunger, thirst and so on. Those physical sensations may be more subtle, such as a tension in a muscle that can help us become aware of something else going on, and what it is causing it. This **tune in** doesn't need to take long, even at the start. Sit in a place that has no distractions, yes even with your cell phone on silent and in a place where you can't see that someone is trying to get your attention. Your body is trying to get your attention. Is it too much to ask that you give it 5 minutes of your time? You can set a timer if you need to so you can relax that you won't go over the time you have available.

Close your eyes so you are not distracted, and focus on the breath for 2 or 3 breaths, then, scan your physical body. Notice if there is any tension, aches or pains. There should be no judgement around this process. It is all about noticing where you are in this moment.

2. Now bring your awareness to your emotional body. What are you feeling in this moment? Where do you feel it in your body? Once again, no judgement! Noticing how you are feeling emotionally is part of the equation. If you don't stop your busyness on a regular basis, you may very well not notice the early warning signs that all is not well in your life!

TIP: Put aside time every day to sit quietly preferably before the day starts and after a few deep breaths notice what it is you are feeling in your body, physically and emotionally.

3. Bring your awareness to your energetic body. Are you aware of energy moving in your body? It may feel like a tingling or a warmth. Notice if you are aware of it flowing in some areas but not in others. Do those 'blocked' areas relate to where you are holding your emotional tension? Just notice without judgement.

A short plug for meditation here. I used to believe that meditation was for those who sit with a still mind in the lotus position. Coming from a clinical background I 'came on board' when I realised the changes we can make to our physiology. Focusing on the breath as it goes into the body,

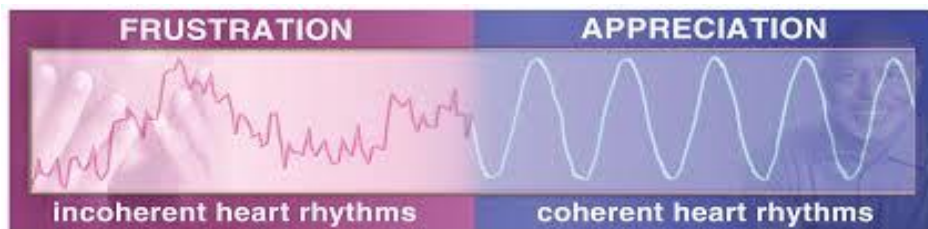




helps to take us out of the mind 'stuff.' And no, I can't empty my mind completely, but I have learned not to judge those thoughts that keep flitting through. The research shows that as soon as we judge we close down our hearts energy so instead of feeling expansive we feel constricted. According to research we need to feel good in our hearts, to be open in our hearts to keep our minds functioning well.

4. Those physiological changes that we are after, are the opposite, to the stress response, and are called the 'Relaxation Response.' The blood pressure and heart rate are lowered, the breathing slows down and the muscles relax. We can do this in a number of ways, but I hate to inform you sport watchers, the tension you create as you will your team to win, and as you yell at the referee, would not be classed as the Relaxation Response. However if you go to Yoga regularly, or a Tai Qi class, or put time aside on a daily basis to meditate, these will all meet the requirements to improve your physiology.

TIP: Find something that you enjoy that produces the relaxation response for you and do it regularly so that you can keep your physiology performing calmly or as they say, "keeping the heart patterns coherent." This means no high spikes or erratic rhythms.



5. So you know where you are physically, emotionally and energetically. You have had some quiet time to tune into the body's wisdom. May be you've had time to slow the whole body into a meditative state & done some visualisations while you were about it, but these are not essential for a basic tune in session. So where do you want the GPS to guide you? This does not have to be to a life's dream, or even to what you want to achieve in the year. It can just be something that you can achieve in the short term. It might even relate to relieving the emotional discord that you noticed as part of the tune in. Given your original GPS co-ordinates, your question will be, "given how I'm feeling, how do I want to feel?"



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At the start it can be helpful to tune in regularly throughout the day to know how you are authentically feeling in that moment. Only when you know that, can you choose to stay in that emotion or change it.

About the Author

Robyn was brought up in an era when it wasn't approved of for a young woman to express strong emotions. But of course she did erupt from time to time and got labelled. This continued to be the message until her parents died in their 90s.

This has cost her the ability to step up and speak out. It is only through her work to be a life coach that she became aware that not everyone has been brought up with the same beliefs, beliefs that no longer serve her, and in fact hold her back from expressing her authentic truth and helping those who are going down the path she has travelled.

You may have reached a point where you need some strategies or beliefs to turn your stress and anxiety into confidence & clarity. Robyn has found some great tools that have made the idea of Business Achievement possible for her, and therefore able to attract more financial stability.

