

# RISE WORKBOOK

## Welcome to RISE automated!

Please listen to the intro audio before you do anything!

Then ideally print this to work through the 5 sections with the 6 audios (there are 2 parts on section 3).

## There are five stages to RISE

1. **RUT** – We're going to get clear on what you're sick of, what's dragged you down and any identity, habits or mindset you need to let go of and what you need help with – super cathartic!
2. **DESIRE** – Then, get crystal clear on exactly what you want, the specifics on where you want to be and the WHY – what I call the inspiration shift!
3. **MAGIC** – Remembering who you really are, focusing on your uniqueness and working out how to bring out your inner shine again – your true life super power!
4. **DECIDE** – Making simple decisions about what you need to do or change, to start lifting yourself and turn things around. And then we'll carefully break down the actions, solutions, help and mindset you need into bite size chunks – your steps to the sky!
5. **RISE** – Mapping out your RISE, it's all about setting the intention, living with intention and getting right behind your rise. So you can cultivate what you want – both with some planning AND mindset – your RISE master plan!

RISE is a gentle coaching experience. I chose to go **lightly, carefully and cleverly** with my own journey (you can come up with your own words of course – more on that during the session !!).

I promise that RISE will be such an inspirational experience for you. The definition of inspire is to **“breathe life into”**. And being inspired and creating inspired action with an inspired mindset will help to lift you and help you RISE better than with a forced, must-do mentality 😊

At the start of each session I will be sharing insight and tips around the session topic - and then I will go through the self-coaching questions together. Once you've listened to the audio, you need to go away and complete with some free writing time.



As this is automated, this is what we call self-coaching as I'm not there to explore and discuss your answers, but you will get lots of breakthroughs if you take your time with this and if you need further support, you can always book a 121 with me!

### **Create a RISE space for yourself**

What's really important is that you create a nice space for you to do the sessions, so that your environment is as pleasant and relaxing as you can make it.

If you're doing the sessions from a desk, clear it of paperwork, have a vase of flowers, or a nice candle. You might want to do the sessions from a nice comfy armchair, with a small table nearby. You could print off your workbook and put on a clipboard so you can write comfortably. You can even do this snuggled in bed!

Make sure you're warm enough and you have some water. Perhaps have a nice cup of tea and some snacks to hand. And please make sure that your landline is unplugged or hidden away, your smart phone or tablet is switched to do not disturb, emails are turned off etc. So you can give yourself the gift of some truly uninterrupted time!

You can do

**Remember that where you are is NOT who you are...**

Let's get ready to RISE!

**Janey x**

PS Before you start, please give yourself a mark out of 10 on where you are on the RUT to RISE scale – 0= total rut, 10 = completely risen      / 10



## SESSION 1 - RUT

It's time to offload!

The most important thing you need to do *first* is get off your chest any frustrations, stress, disbelief and upset.

A lot of people feel flat, low and miserable because it's hidden. Many positive people can find themselves in a rut because whilst they've been living positively, the negative, energy-zapping stuff has been pushed under the carpet – but still there.

Some of you may have been carrying the load of life well, but you have still carried the load, so we need to bring that load to your attention.

Maybe you have been self-medicating to cope with difficult emotions or to escape.

Perhaps your mood and mindset has dipped and you're struggling to feel excited or positive about the future.

Let's get it all out!

Please note that that for some, this can sometimes bring out a lot of emotion. When I did what I'm about to ask you to, I was in bits! But it was SO good because I saw myself and my challenges in a different way - and it really was the foundation for me to RISE.

### 1. What are you sick of in your life?



2. What and / or who been dragging you down?

A large empty rectangular box for writing the answer to question 2.

3. What is your current reality?

A large empty rectangular box for writing the answer to question 3.



4. What is your current identity?

A large empty rectangular box for writing the answer to question 4.

5. What crappy habits do you need to own and change?

A large empty rectangular box for writing the answer to question 5.



6. What are you worried about, stressed about, annoyed about?

7. What load have you been carrying and how long have you been carrying it?  
How has this impacted you?



8. What have you been through in your life?

9. What keeps you awake at night?



10. What's not working for you in your life? What feels heavy, difficult or toxic?

11. What are you grieving in your life?





12. What do you want to leave behind moving forwards? What do you need help with?

As we head in towards section two, it's important to take a good look at our answers and think about the kind of energy and vibe you need right now that will help you move away from this.

My breakthrough was NOT to go about my RISE powerfully and empoweringly – for me those words were too much when I brought to my attention where I was.

**I read this quote and it changed so much for me**

*"It's dark because you're trying too hard. Lightly child, lightly. Learn to do everything lightly. Yes feel lightly even though you're feeling deeply. Just lightly let things happen and lightly cope with them. Lightly, lightly - it's the best advice ever given to me. So throw away your baggage and go forward. There are quicksands all about you, sucking at your feet, trying to suck you down into fear, self-pity and despair. That's why you must walk so lightly. Lightly my darling" Aldous Huxley*

So for me, my RISE came from going about things *much* more gently than I usually would.

Think of a word or words that describe your energy and focus as we create your RISE... Feel free to use lightly, calmly, cleverly... or adjust to suit you!

At the end of section one, please give yourself a mark out of 10 on where you are on the RUT to RISE scale – 0= total rut, 10 = completely risen         / 10



## Session 2 -DESIRE

OK, this is where we're going to put all our focus not on fighting the old but on building the new!

WHAT DO YOU WANT?! What would you wish for if I gave you some wishes?

1. So Janey the genie grants you 3 wishes – short term (2-12 weeks), what are they?

2. So Janey the genie grants you 3 wishes – long term (6-18 months), what are they?



3. **SHORT TERM wishes** - Take a moment to imagine that these things have actually happened and step into that reality. Think about how you would feel and write this down with as much detail as possible. What is the difference between your current reality and your new reality? How are you feeling? What has changed within you? How are you seeing things differently? Think about the positive impacts on you physically and emotionally? Who else benefits?



4. LONG TERM wishes - Take a moment to imagine that these things have actually happened and step into that reality. Think about how you would feel and write this down with as much detail as possible. What is the difference between your current reality and your new reality? How are you feeling? What has changed within you? How are you seeing things differently? Think about the positive impacts on you physically and emotionally? Who else benefits?



5. Any more magic *and emotional* WHYs – the reasons you want this to actually happen? Dig deep and where possible create emotion!

Park these answers for now and we'll refer to them again in section 4 (Decide).  
Now let's move on to section 2 (Magic!).

At the end of section two, please give yourself a mark out of 10 on where you are on the RUT to RISE scale – 0= total rut, 10 = completely risen \_\_\_\_ / 10



## Session 3 - MAGIC

Do you know you have your own super power? YOU. In particular the REAL you.

And (and you mustn't fight this part), all of you, warts and all!

We're going to bring this all out in this session!

Plus, most people don't realize that they have the power to manifest way more than they give themselves credit for.

There are two angles to this section; the main part is bringing out the magical you, the part that's been hidden in that rut (or longer!) but I'm also covering how to bring out the magic *within* you.

This is where we'll bring the following things together:

**SUPER POWER:** an exceptional or extraordinary power or ability

**MANIFESTION:** to create something theoretical into reality

**UNIQUENESS:** being the only one of its kind; unlike anything else.

3 quotes from "Becoming Magic" by Genevieve Davis that really hit me as I started my RISE...

"Put away your rational mind and feel"

"Start to notice the impact you have on the world"

"You may be about to have the best year of your life"

But we must move away from big WANT with a strict FOCUS, with DISCIPLINE and DESPERATION to have it

*"Desperation is a desire repellent"*

To desperately want something creates an even bigger gap with a RISE energy perspective:

To want something = you don't have it

To desperately want something = you're pushing it away further and creating an ever bigger roadblock

This is why I stayed stuck longer than I usually do when I got into my rut. I was so desperate to create change with what I wanted; there was too much force and not enough trust.



The shift we need is as follows:

- Connection and creation of your wishes
- Visualisation and vibe that your wishes have been granted
- Intention and inspired action to bring these to life

**Part I – Bringing out the magical you – by remembering who the hell you are!**

And also getting to know the different versions of you, some of which may have been buried or forgotten.

*“Remember her, she’s still in there, waiting, let’s go get her!”*

Write down who you were before all that crap was told to you, the crap you picked up along the way, the crap that has surrounded you? Who were you?

What did you love doing? What made you smile? What were you known for? What made your heart sing? What made you excited? What did you day dream about or plan for? What was your energy like?



Here are the questions that I asked myself, not all of these might be relevant to you, so pick three or four to start with and use the box below to write your answers, use more paper if needed and you can adapt / make up your own questions.

1. Who is the version of you when you have the right support, time and money?
2. Who is the version of you when the difficult things are taken away from you?
3. Who is version of you when you have the right mindset and a more positive / powerful inner dialogue?
4. Who is the more carefree, light-hearted version of you? What makes her feel this way? What does she need to be this way or bring this side out? What does she like to do?
5. Who is the softer, gentler version of you? What does she need to be brought out more?
6. Who is the higher / up-level version of you? The version where nothing stops you and you can push past anything?
7. Who is the inner child and/or the fun, mischievous version of you? When does she come out? When's the last time she came out? How can you bring her out more?
8. Who is the weaker version of you? You might want to brush this version of you under the carpet or not even focus on her. But we don't want to do this, we just want to know the weaker part of you and embrace it.
9. Who is the self-sabotaging you? And most importantly what horrible, unhelpful and untrue beliefs does she focus on and think are fact? What behaviours show up?
10. What have you done, experienced, learnt, contributed to or been rewarded for in your life? List the big and small stuff!







Who is your favourite version of you? You ideally want to include some imperfect parts too. Who is the person you want to show up as and be known for? You can even build a character / identity to become 😊



What do you need most in order to bring out your inner magic and start to shine more again?

Another magic energy shift is gratitude. List 10 things that you are grateful for right now, just as you are / where you are?



## Part 2 – How to bring out the magic within you

Here are five areas I want to focus on:

- Talk to sub conscious – 95% of mind power
- Power of self – the most important part of your RISE is you
- Spot lighting – the way to bring your RISE to your attention
- Language – how you can transform your actions and reactions
- Reframe – how you can see the same thing completely differently from a different lense without changing an actual thing other than your thoughts

### Talk to the sub conscious

*“The subconscious makes your actions and behaviours consistent with your inner thoughts and desires and what you have done in the past”*

You’re in a rut because your behaviours and actions are linked to the RUT part of your mind. To change the future, we need to change the messaging, programming and way you think in your sub conscious.

Do to that, you have to do what we call create positive commands to the sub conscious.

Here are 3 powerful ways:

- **Visualise** when you are alone of your wishes granted - with detail, plenty of inspiration and as if it’s real – NOT visualising your current reality, which most people do and so it builds!
- **Affirm** that your wishes have already been granted - with positive affirmations – present tense because they are here! Most present tense affirmations are negative ones which are talking to the sub conscious all the time
- **Mirrored identity** of the RISEN you living her RISE life with her RISE mindset into your reality – starting to behave like you would do day in day out by bringing it forward. This confuses the sub conscious and also creates momentum.

The sub conscious part of our minds is 95% of the power and it’s a very strong and stubborn part of our minds.

But we can influence it by tricking it. And creating an illusion in our heads... magic or what?!

In part 5 I will share some ideas of how you can build this into a daily RISE practice.



## The power of SELF

Your RISE comes from within. YourSELF is your super power!

When we are in a rut, we often go against ourselves, focus on other people, complain about external things, look at what we don't have and we get so busy with this sort of stuff, that we forget to bring our attention to us and inner SELF.

Your inner magic is going to stem from you being truly connected to YOU! And the more you do this the easier it will be to RISE.

### Which ones do you feel drawn to regarding what's missing or needed with your RISE right now?

1. Self-care – practice of taking an active role in protecting one's wellbeing and happiness, especially during periods of stress
2. Self-aware – Having a conscious knowledge of one's own character and feelings
3. Self-trust – To trust in your own abilities and qualities and overcome difficulties
4. Self-reflection – Serious thought about one's character and actions
5. Self-connection – The process of being in touch with the worthiness and wholeness of your self
6. Self-appreciation – Recognising and enjoying the qualities of yourself
7. Self-belief – To know you are capable of doing something
8. Self-pride – To be proud and take care of one's status, possessions, passions, attributes and achievements, experiences and personality
9. Self-love – to respect and look after one's own wellbeing and happiness
10. Self-confidence – To behave calmly as you do something well, without doubt and judgment, so you sense a positive element of controls
11. Self-kindness – being warm and understanding toward ourselves when we suffer, fail, or feel inadequate
12. Self-compassion – where give ourselves the same kindness, consideration and care as we would a best friend, small child, someone we loved and forgive ourselves for any failures or inadequacies

For me, self-care, self-trust and self-confidence were the ones I knew I needed to focus on most.

### What self-words stand out for you right now?



Where there are gaps with the connection to yourself, you will lose your super power. This is where you need to create some space and time to improve these. What can you do (remember small and lightly!) to help improve the self-areas you have a weakness or disconnect with from the above list?

### **Spot lighting and zooming in!**

A magician is superbly focused on what they are conjuring, with no distractions to him/her.

You have to ensure that nothing takes away the focus from what you're creating and becoming.

Compartmentalising is so important; with your thoughts, your attention and your inspired actions.

### **How can you do this?**

**Spot lighting** is where you light up and bring to your attention what you're doing and bringing to you. It becomes your dominant view, so in some ways you become oblivious to everything else. Of course when in a rut, we are often spot lighting the horrible stuff!

**Zooming in** is where we make what we're doing and what's going on much bigger. We are bringing to our conscious awareness of all the little things we are doing and we bring those things closer to our view.

Remember magic isn't forced; it's clever and also an illusion.

Our minds can be influenced so easily, your job is to trick your mind positively not negatively.



What have you been spot lighting and zooming in on as you've been in your rut?

As you start your RISE, ensure you bring all your energy and attention to the things that make you feel better about yourself and your life AND what you can change or cultivate moving forwards. What are the more positive things you'd like to spot light on from now?



## Language – how you can transform your actions and reactions to things

As we rise your language is SO important!

- WANT V HAPPENING
- COMMITMENT V DEDICATION
- DO V CARE FOR
- IMPROVE V CULTIVATE
- SELF-BELIEF V SELF-TRUST
- TRY V WILL
- SHOULD V CHOOSE

**Remember magic is not what we want, but deciding what we are bringing to us 😊**

Try these switch ups:

- I want to be slimmer and fitter V I am bringing the slimmer / fitter version of me to me
- I want a new job V I am bringing a new job to me
- I want to find my soul mate V My soul mate is there and on his way
- I want to be out of debt V I am bringing my optimum income to me
- I want to feel like me again V The real me is on her way right now

### Create your RISE language!

When you get the language right, you'll tend to have a breakthrough, as you'll feel an energy shift!

**Reframing – how you can see the same thing completely differently from a different lense without changing a thing.**

Part of your RISE will come, not from what you do differently but how you think, feel and see things differently. When you're not in your greatest place you will see things from that perspective. Change the perspective and you'll change how you feel.

### Ways you can do this

- Think of people worse off than you
- Force yourself to see things from a more positive / empowering perspective
- If you already had your wishes come true, what would you be seeing / feeling differently?



Any language and reframe notes, or anything that has come out of this section please write here...

At the end of section three, please give yourself a mark out of 10 on where you are on the RUT to RISE scale – 0= total rut, 10 = completely risen      / 10





## Session 4 - DECIDE

We've stripped back the things that caused the rut. We've started to look at what we want (or what we are going to bring to us!). We've connected with our inner self and started to think about the person we want to bring out and the magic we hold within us...

...And now we need to make some decisions on what will help us RISE and what we are going to focus on as part of our RISE master plan – where we bring it all to life!

Some of you may like to refer to these as your RISE goals. But they can also be solutions or inspired actions (remember the language chat in the previous section!).

However RISE is not a goal orientated coaching experience but a feelings orientated one.

But of course very few people will RISE just by sitting there and doing nothing!

Let's workout what we are going to do and even better BRING TO US!

### Big V small

“Magic of thinking BIG” best selling book by David Schwartz. But there is also the magic of *starting* small.

Before making final decisions, we need to refer back to part 2 (your wishes). And remind yourself of your desires for yourself and the wishes you would have granted yourself in the short term and longer term periods that we explored.

We need to narrow these down to a few simple things with a time frame. You may use the exact things you came up with, or you might want to adjust them a little.

Some people need the 'warm up' focus before a bigger focus, others prefer to blend it all together in one focus.

I definitely needed a RISE warm up to get myself going!

- Stage one - The intro phase – things you can move towards / bring to you relatively easily in a shorter time frame – I used 2 months, you could use a 2, 4, 6, 8 or 12 weeks
- Stage two – the building on phase – typically a longer time frame often building on from the intro phase – I chose an annual year

But choose ONE stage for the purpose of the RISE day (you can come back to more) to work through.



I LOVE to use positive labels for goals / my identity / words that I connect to, you don't have to do this, but it has helped previous RISE clients.

Additional questions I asked myself were (you can replace with different words):

- What wish will help you start to RISE the *easiest*?
- What wish will give you a great RISE *foundation*?
- What wish will give you the most *peace* as you RISE?

Short term I chose:

- **EASIEST** - Become the stronger and fitter version of me – I know how to do this, I know it boosts me fast and I know this gives me momentum in all areas of my life – SELF-CARE
- **FOUNDATION** - Have the best mental health I've had all year – I know that to focus on this will be the core of my bigger RISE, it really is at the crux of everything for me and there are so many small things I can do that accumulatively build up – SELF-CONFIDENCE
- **PEACE** - Create enough revenue in my business by 10<sup>th</sup> Dec to cover me until end of January and to lower self-made stress - I know that by doing this I will sleep better at night and can take 3 weeks off at Christmas ready to start the next year energized and relaxed – SELF-TRUST
- **TIMEFRAME** - 2 months

Long term I chose:

- **WONDERFUL**: To get back to being the real me (the fun, fit, happy, social, smiley, mischievous Janey) and having a blast in Devon – I know that when this happens everything will slot into place – SELF-CONNECTION & SELF-CARE
- **PROUD**: Up-level my business to increase income with online and local opportunities with ease and enjoyment – I know that the sense of pride I'll feel having got my business to where I want it to will feel second to none and a big part of my RISE – SELF-CONFIDENCE & SELF-TRUST
- **MAGIC**: To be in a positive, empowering and loving relationship with a really decent man – I know he's out there and to bring that to me next would feel really magical.
- **TIMEFRAME** – 12 months



Choose a timeframe and decide what you're going to do / care for / focus on and include whether there are any labels you want to give and whether it links to any of your SELF WORDS – it doesn't have to be 3 things it could be one, or one umbrella category 😊

**Great! Now you've made a decision on what your RISE project is going to include!**

So let's break that down into a little bit more detail 😊

Let's create some simple *inspired* actions, along with the right energy and mindset for you... AND consider the help and support you might need.

Here's how I broke mine down as an example in both stages. Underneath you can start to do the same for yours.



**Stage One** – Table using my examples (blank tables for you below)

**TIME FRAME: 8 weeks**

<b>WHAT</b>	<b>HOW</b>
Become the stronger and fitter version of me	<ol style="list-style-type: none"> <li>1. Do 4 workouts a week for 8 weeks</li> <li>2. Hardly drink alcohol for 8 weeks</li> <li>3. Get my nutrition back to 85%</li> <li>4. Go to sleep 830-9pm most nights</li> <li>5. Drink more water</li> </ol>
Have the best mental health I've had all year	<ol style="list-style-type: none"> <li>1. Complete RISE self-coaching book and get my 12 month RISE 2 plan together to shift my energy, vibe &amp; mindset</li> <li>2. Daily gratitude – reminding myself of what I've got and reframing any stresses / strains</li> <li>3. Self-care as mentioned in first part – physical strength is massively linked to my mental strength</li> <li>4. Have things to look forward to with the right people – lunch with friends, mini break after Christmas, volunteering in my friends café, being more social, mapping out 2022</li> <li>5. Enjoying Christmas and the run up to it (mindful, easy &amp; magical)</li> </ol>
Create enough revenue in my business by 10 <sup>th</sup> Dec to cover me until end of January	<ul style="list-style-type: none"> <li>• Decide on 2022 program prices and details and get them out</li> <li>• Create new program RISE (soft launch November, create auto version for men and women, 121 options, new year dates)</li> <li>• Speaking out more – Insta lives, blogs, posts newsletters</li> <li>• Daily money mindset inspiration, weekly money management and ongoing confidence boosting exercises</li> </ul>
<b>Energy and mindset needed</b>	<ul style="list-style-type: none"> <li>• “Lightly, calmly, cleverly”</li> <li>• I am bringing this to me with a smile on my face</li> <li>• I am my own side again and “nothing going to stop my RISE” for when things get in the way!</li> <li>• Doesn't have to be perfect, mini RISE dips allowed</li> <li>• I can be tired and make beautiful, impactful changes</li> </ul>



<b>Help and support needed</b>	<ul style="list-style-type: none"> <li>• Get strategy help with the business - Suzy</li> <li>• Go to exercise classes so people can train me</li> <li>• Additional childcare (breakfast club, parents, mother's help, David Lloyd kids club)</li> <li>• Start confidence boosting course</li> </ul>

## Stage two

### TIME FRAME: The whole of 2022

NB, the idea is you start to map out your inspired action points. As you head out of your warm up phase and towards the start of stage two, you can create more detail and map out the year how you wish.

<b>WHAT</b>	<b>HOW (brainstorm)</b>
1. To get back to being the real me (fun, fit, happy, social, smiley, mischievous Janey) and having a blast in Devon	<ul style="list-style-type: none"> <li>• Carrying on with my RISE project</li> <li>• Create inspiration board and affirmations about me for 2022</li> <li>• Bring out my true character and building my optimum life around her</li> <li>• Self-care</li> <li>• Confidence building focus</li> <li>• Being more light hearted about life again</li> </ul>
2. Up-level my business to increase income with online and local opportunities with ease and enjoyment	<ul style="list-style-type: none"> <li>• End of financial year revenue targets (31/7/22) with strategy support – 2 targets and 30/11/22 target</li> <li>• Get clarity on what I offer, ideal clients, platforms for marketing</li> <li>• Confidence boosting course</li> <li>• Mainstream media plan / more TV</li> <li>• Work more locally on certain projects</li> <li>• Create more time for my business</li> <li>• Find a local PA</li> <li>• “Nations mindset coach”</li> </ul>



<p>3. To be in a positive, empowering and loving relationship with a decent man</p>	<ul style="list-style-type: none"> <li>• Read Soul Mate inspiration book again and complete exercises</li> <li>• Declutter home, heart and head</li> <li>• Get myself to being the real me (point I linked to this)</li> <li>• Join online dating</li> <li>• Be more social locally</li> <li>• Childcare to create space</li> <li>• Wake up as if</li> </ul>
<p><b>Energy and mindset</b></p>	<ul style="list-style-type: none"> <li>• Lightly, calmly, cleverly</li> <li>• Work in progress with self-trust</li> <li>• Think, feel and act as if already here</li> <li>• You don't need to try / work so hard</li> <li>• Get out your own way Janey</li> <li>• Simple life</li> </ul>
<p><b>Help and support needed</b></p>	<ul style="list-style-type: none"> <li>• Additional childcare – inc. someone that can babysit kids and do overnights</li> <li>• Breakfast club / after school club / kids club routine – more hours</li> <li>• House keeper / cleaner</li> <li>• Mini courses to boost my inspiration and confidence</li> <li>• 121 help – business mentor and cleaner / home declutter</li> </ul>

**So over to you!**



Choose your time frame (complete top title line)  
Choose your wish / wishes (WHAT column)  
Choose your inspired actions that will bring these to you (HOW column)  
Choose the energy and mindset you want to have (bottom rows of table)  
Choose the help and support you might need (bottom rows of table)

**TIME FRAME.....**

<b>WHAT</b>	<b>HOW</b>
1.	
2.	
3.	



<b>Energy and mindset needed</b>	
<b>Help and support needed</b>	

You may want to go away and spend more time on this once you progress through your intro phase 😊

**TIME FRAME.....**

<b>WHAT</b>	<b>HOW</b>
1.	





2.	
3.	
<b>Energy and mindset needed</b>	



<b>Help and support needed</b>	
--------------------------------	--

At the end of section three, please give yourself a mark out of 10 on where you are on the RUT to RISE scale – 0= total rut, 10 = completely risen         / 10



## Session 5 - RISE

It's actually time to RISE! And to do that we need to hatch a master plan to bring a new way of thinking, feeling and living to you. Along with some brilliant energy and inspired action behind it.

**Your RISE should feel expansive, exciting and easy.**

And your RISE plan needs to combine:

1. Planning and organization – preparation, scheduling and time management for your inspired actions
2. Inspiration and mindset – bringing a better energy and vibe as you do these and live differently
3. Accountability and reflection – completing your inspired actions and learning and adjusting as you go along creating that momentum

### How to get right behind your RISE

I'd love you to make your RISE a truly wonderful project and for you to become invincible along the way (lightly invincible!).

Getting behind yourself isn't about truly believing in yourself - that can often create an inner conflict and roadblock. Getting behind yourself is where you add a bit more of a **soul searching approach**.

It's also about setting the intention, living with intention and cultivating the intention with CARE

- Setting the intention – deciding what you're bringing to you
- Living with intention – ensuring what you're doing daily that ensures the intention happens
- Cultivation – on-going dedication to your intention

“Ready or not, here I come” as well as “lightly, calmly, cleverly” and “No one is going to interfere with my RISE!”

**Any RISE mottos or phrases that come to mind to you**



### Some RISE planning and organisation tips:

1. Get a beautiful blank notebook and journal your journey – thoughts, questions, self-coaching, off loading, planning, reminders
2. Try different methods – online, paper, combo, colour etc.
3. Big picture to breaking things down - print out 12 calendar months, then each month print out into weeks, then each week into days
4. Lock into clear time frames / stages – these can vary but get clear on what you're focusing on when
5. Get clear on your inspired actions – the most important things that brings your new way of thinking, feeling and living to you
6. Work out how long each inspired action will take and when your optimum time of day is for doing these.
7. Schedule these into your day / diary - and time block for ultimate productivity
8. What helps you get these done – explore your unique mood, mindset and motivational boosting methods and peak energy slots
9. Look at your YES / NO choices and the impact – when you say yes to something you are indirectly saying no to something else
10. Check lists – daily, weekly, monthly, morning / evening routines, new habits and inspired action
11. Daily practices – positive commands to subconscious; affirmations, visualization, mirroring
12. Trial and error

Notes:



## Inspiration and mindset tips

1. Create a RISE space – this can become your anchor and place for reflection and connection
2. Create a RISE inspiration board - Print outs, Pinterest, post it reminders, apps
3. Find your RISE affirmations – Present tense, short statement or fact
4. Think of your favourite RISE quotes – Print them off, write them down
5. Create RISE visualization descriptions – Use your journal, record it, breathe and play it over in your head
6. List your helpful RISE thoughts and mottos– list these and repeat as will often be affirmations
7. Put together a RISE playlist – RISE related songs, songs that empower you
8. Create your RISE outfits – remember our RISE is how we feel
9. Connect with your RISE tribe – these are people that either lift you or are on a similar journey to you
10. Only talk RISE – this means solutions, inspired action, spot lighting the right things etc.
11. Get clear on your RISE vibe – live by those three words
12. Remove / avoid things that take you away from your RISE

Notes:



### Accountability and reflection tips

1. Recognise ALL inspired action being done
2. Be clear of the consequences of you doing / not doing something and the impact on your RISE
3. Create accountability time with yourself or form accountability buddies with someone or a small group – so you have to check in with progress and updates
4. Create daily reflection time – looking at what worked and what didn't, with an expansive / growth mindset
5. Create weekly reflection time – what went well this week, what needs changing next week?

Notes:

### Final self-coaching questions!

Here are some final coaching questions to help you hatch a wonderful plan and get going with your RISE! Pick a few that stand out to you and answer them.

1. I truly care for my RISE because
2. How will I show to myself that I am dedicated to my RISE?
3. I will create space and organise my RISE by?
4. What do I need to say YES to that will help me RISE? What do I need to say NO to that will interfere with my RISE?
5. What are my roadblocks to my RISE? How will I overcome these?



6. What new habits do I need to create that will support my RISE and/or help me RISE better or quicker?
7. How can I make my RISE more easy and enjoyable?
8. What am I most excited about my RISE?
9. I will know I have got out my RUT and have RISEN because..
10. When am I starting my RISE?
11. How am I going to organize my RISE? My new identity name? Word / words for the year / my project?
12. Who am I going to call in to help me RISE?
13. How am I going about my RISE?
14. What am I most looking forward to about my RISE?
15. Any last RISE notes / reminders for myself?

Please give yourself a mark out of 10 on where you are on the RUT to RISE scale now– 0= total rut, 10 = completely risen         / **10**

I hope you have enjoyed your RISE experience!

Any questions, please let me know. You can always book a 121 with me or get further support through my BEST / BEST:Business programs, my VIP coaching service and don't forget there are lots of great masterclasses out this year too! Details of this are on the "What to do after RISE?" audio!

**Janey x**

