



How to feel *better*

CATALYST COACH
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How to feel better

On a scale from 1-10 how would you rate how you have felt overall today (10 being optimal and 1 being no where near how I want to feel)



Why did you choose that number?

If it is not an 8 or higher what do you think it would take to make it an 8 or higher?

How often do you desire the ability to "feel better"?

all of the time

often

somewhat often

rarely, I feel good most of the time

never, I'm great

Follow the "4 A" formula below to start feeling better on the following page.

LDS Life Coach Hannah Coles

Feel Better FORMULA

1

ASK

2

ALLOW/ACCEPT

3

ADVISE

4

ACT

4A'S

1

ASK

ASK FOR AWARENESS: TAKE A MOMENT AND ASK YOURSELF:

If I'm not feeling how I want to feel, why not?

DIG DEEPER

What thought/story am I currently believing? Am I believing that my circumstances are making me feel a certain way?

FACT OR FICTION?

Is that thought/story TRUE? Can you 100% know it's true? If it's not 100% true – you have options and agency – you CAN choose to think differently. It's possible you don't have to believe that story.

REFLECT

Where did that thought come from even? What does that mean? What am I making that thought mean about me? What part of me feels threatened by that?



2

ALLOW AND ACCEPT

FEELINGS NEED TO BE FELT. THEY NEED A PLACE TO GO AND WHEN WE RESIST THEM WE CAUSE SUFFERING AND PROBLEMS FOR OURSELVES. ACCEPT AND ALLOW WHAT CURRENTLY "IS" (NOTICE - NOT ENDORSE BUT ACCEPT WHAT "IS")

Name the feeling

NAME IT. WHAT AM I FEELING?

NOT A DESCRIPTION BUT RATHER A ONE WORD EMOTION.

Lean in

RELAX INTO IT. FOLLOW THE VIBRATION. INSTEAD OF LEANING AWAY AND RESISTING DO THE OPPOSITE AND LEAN IN

Describe it

DESCRIBE IT IN DETAIL. DO A HEAD TO TOE SCAN. WHAT DOES IT FEEL LIKE IN YOUR BODY? WHERE DO YOU FEEL THE VIBRATION? BE CAREFUL HERE - NO ADDING TO THE "STORY". JUST PHYSIOLOGICAL DESCRIPTIONS.



ADVISE

OPEN AN INNER DIALOGUE:

What do I want? How do i want to feel?

PRODUCTIVE PROGRESS:

What would be most productive for me? What thought/story will help me progress right now?

TAP INTO POSSIBILITY:

It's possible that I...

WHAT DO I ALREADY KNOW?

What worked for you when you're feeling good? What were you doing differently then than you are now?





ADVISE

THEN

NOW

Daily thought work?

☐

spiritually fed?

☐

physical exercise?

☐

food choices

☐

listening to (insert) music?

☐

Reading?

☐

Creativity?

☐

social interactions?

☐

Clothing?

☐

do I have something to look forward to?

☐

Think of a time you felt how you want to now - (when you felt "better"),

What were you doing /thinking/engaging in then ?

Are you doing that now? If not, how can you start to incorporate some of that back in now?



ADVISE

THEN

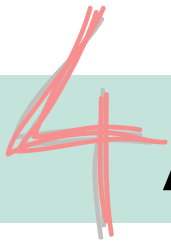
NOW

THEN	NOW

Think of a time you felt how you want to now - (when you felt "better"),

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ACT AND ACCELERATE

START TAKING ACTION - EVEN SMALL AND SIMPLE THINGS IS TAKING ACTION AND CAN YIELD POSITIVE RESULTS. EXPERIMENT. TRY. EXPLORE AND AS YOU FIND THINGS THAT WORK FOR YOU, ACCELERATE!

New thoughts to try on:

OUR THOUGHTS CREATE HOW WE FEEL. WHAT THOUGHTS CAN YOU PRACTICE THAT WILL CREATE THE FEELING YOU WANT? PAY ATTENTION TO HOW THE THOUGHT FEELS.

Thought: It's possible I don't have to believe this negative thought

Feeling: How does it feel when I think that thought? Curious - More open

Thought:
Feeling:

Thought:
Feeling:

Thought:
Feeling:

accelerate the positive:

WHEN YOU FIND THOUGHTS THAT CREATE THE FEELING YOU WANT. ACCELERATE! SET ASIDE TIME TO INTENTIONALLY PRACTICE AND EXPOUND ON THESE THOUGHTS/BELIEFS!



hey there!

I'm Hannah Coles
LDS LIFE COACH

I hold a BA in Continental Philosophy and certifications in health and life coaching, focusing on cognitive behavioral therapy, as well as wellness and mindfulness. With over eight years of experience as an LDS Life Coach, I've assisted thousands in healing from their past and embracing joyful, secure, and confident lives. It's my passion to guide individuals on this transformative journey.

Come work with me!

- 1. Sign up for my 1-1 coaching program (20 week program)**
- 2. Come join the Catalyst membership (\$50 per month)**
- 3. Sign up for my FREE weekly newsletter**
- 4. Listen to the podcast, The Confidence Catalyst Podcast**