A Life from Meehh to Wow! - The Checklist -

Happiness is finding that place in space and time where *you* belong.

Where you can be your true-self,
free from other's toxic beliefs.

Liberate Your-Self, so that you can dare to be You, and chase anything you want to.

- Valentina Manini -

My Signature System

Heyyy, I'm so happy you are here!

But wait no more, let's get into the yummy stuff. As the Checklist below is drawn from my Signature System, here are its core components one by one (but feel free to skip to the checklist, it's just two pages down!).

- 1. **The YOU Factor** what makes you, YOU. As we speak, in this precise moment (not 5 years ago, or 5 years from now, exactly NOW). It's a combination of personality and learning style assessments that are **essential in understanding how your brain works, learns... and rewires** :-) This is where you get the answer to the question "WHO AM I?". And no, it has nothing to do with the results of the assessment!
- 2. **Toxic beliefs** these are some of your core beliefs (about YOU, other people and the world surrounding you) that went berserk. You either **absorbed them** from family/community/society when you were very little (yes, this happens, to every human being, it's how we are wired as a species), or your brain came up with them in an **attempt to deal with some shitty events** in your life (yes, we are wired for this as well... and it's first-class programming... it just doesn't work well all the time.
- 3. **Your thoughts** or specifically your **bitchy inner voice**. Because let's be honest, who needs a bully in her own head?! And without an OFF button?!

- 4. **Core values** there are the values that define you. **Some are already**hardwired in your flesh and bones, and just reading them written on paper will provoke a strong feeling of belonging: "YES, THIS IS ME". Others are values that you identify with, but that you are not living in your daily life.
- 5. **Life purpose** a vital energy that fuels everything you do and directs it one way, or the other. This is one of those magic things that happen when you do the work: **your life purpose becomes apparent** with the clarity and strenght of a mountain river.
- 6. Practice and Focus the only real way to get ANYWHERE, for good. Without this, you are like a dandelion at the mercy of the winds. You get carried around, sometimes gently, sometimes livid. Sometimes where you want to go, most often not.
- 7. **Life plan** the name says it all: concrete goals. Values and Purpose to go with it. **It brings you there. As simple as that.**

I was sick and tired of NOT feeling alive. Incapable of reaching out to LIFE and embracing it. So, I cracked my way out.

How did my Signature System came together? It's the combination of:

- a decade of trial and error.
- powerful evidence-based frameworks used in the psychotherapy, organizational change and productivity fields.
- a massive amount of information and research (MA included) I carried out in order to feel freaking ALIVE.

- The Checklist-

★ The YOU Factor

- ✓ Find a reliable personality assessment (an evidence-based one, like the 5P) and an assessment of your learning type (visual, analytic...).
- ✓ Gather the results and write down your main personality traits and learning type.
 - Your personality traits are essential to understand the person you are now, in which way you deal with situations, how your brain works, and therefore can be rewired.
 - Your learning type tells you in which way to better show new information to your brain, so that it can rewire how it perceives you, your life and the world, for good.

★ Toxic Beliefs

- √ Discover your toxic beliefs
 - keep a pain diary for a week to record every time you have a feeling of anxiety or discomfort raising. Record how you feel, what thoughts are associated with this feeling, and what are your coping strategies to deal with it.
 - OR start with awareness exercises (<u>I wrote a blog post on this topic</u> overhere) to look in the chaos of your thoughts for intrusive thoughts.
- ✓ Pay attention on how they affect you and your life. This may already be evident in the findings of your pain diary.
- ✓ Get to the roots of your toxic beliefs through awareness and visualization excercises. It's truly amazing how this step robs the toxic beliefs of A LOT of their power.

★ Your Throughts

- ✓ Keep a diary for a couple of days: pay attention to how you talk to yourself (yes, the bitchy inner voice!) and write down the sentences you tell to yourself most often. Chances are they are strongly linked to your limiting beliefs.
- ✓ Exercise to distance yourself from your thoughts (yes, you heard me right, you are NOT your thoughts, and you CAN evaluate them before you buy into them)
 - evaluate your thoughts: the ones that bring an intense pain, or that are corrosivee of your mood and your life, are often enough based on a toxic belief. Which means: you have no obligation to trust what they say. learn to SEE them for what they are: words; habits, nonsense; lies.
- ✓ Use various techniques not to buy into your thoughts and gain space, clarity and inner freedom.

★ Your Values

- ✓ Discover your core values
 - do a few exercises to understand what are the values that you already feel belonging in your heart.
 - write down the values that don't generate a visceral reaction, but that you deeply care about, and would like to integrate into the person you are (or want to become)
- ✓ Deeply reflect on Your answer to the following question: "If I had the choice, what kind of person would I choose to be?".
 - Make a list of the values that would fit this person you would choose to be, if you could.
- ✓ Reflect on how you could integrate these new beliefs into your person, and into your life.

★ Your Life Purpose

✓ Ask yourself the question: do I already have a life purpose clear in mind?
One that ignites every cell in my body? And scares the hell out of me?

✓ YES I DO

- If you already have one, clear in your head, but you never dared to "go there", even in your dreams, let alone do the steps necessary to make it real, it's time for planning baby!
- Make a plan (keep it real, baby steps here, the deadline is NOT important) to make your life purpuse a reality.

✓ NO, I DON'T

- ▶ Even better! How do you deal with a feeling of emptiness? With the apparent absence of a life purpose?
- Keep a journal for a week. Ask yourself several times a day "what ignites my heart?" and write down the answers. Notice if anything happens in your daily life that fill you up with exitement and joy. Write that down.
- After a week look at your notes. And look in your heart. Is something taking shape? A wish? A drive? A pull?
- Give it a try. Pick one of the things in your list and find one small way to "test it out". I tested out LOTS of things before I could discover what my heart war really beating for.

★ Your Life Plan

- ✓ Lasting change is about Awareness PLUS Action.
 - It all boils down to "what person do I want to be?" and "what type of life do I want to live?". Your values and purpose are ONE with the answers.
 - Create a plan of ACTION that reflects the changes you want to see in yourself (ie the way in which you talk to yourself) and your life.
 - Resist the pull to create deadlines. Deadlines create pressure AND expectations. They are not your friends!

A New Life: a Wow Life.

You will find an **answer** to these and many more questions!

- Who am I?
- Do I have what it takes to change things for good?
- How long is it going to take?
- Is it normal to feel this way?
- Is there something wrong with me?
- How do I figure out my purpose in life?
- What are my values?
- Can I really change things?

My checklist provides a way to address everything that is toxic in your life, leaving you exhausted, hopeless and slowly suffocating of survival.

You will **make the space necessary to naturally develop** the skills you need to turn your life from Meehh to Wow and feel freaking alive. And so much more. **Self-Awareness** - your ability to SEE what is happening beneath the surface of your mind.

Self-Acceptance - your ability to Accept everything you are, and everything you are not - it leads directly to Self-Love.

Self-Trust - your ability to Trust your Self. This is the ONE skill that will shatter your fears into smithereens.

Self-Compassion - your ability to embrace and soothe rather that judge and criticise.