



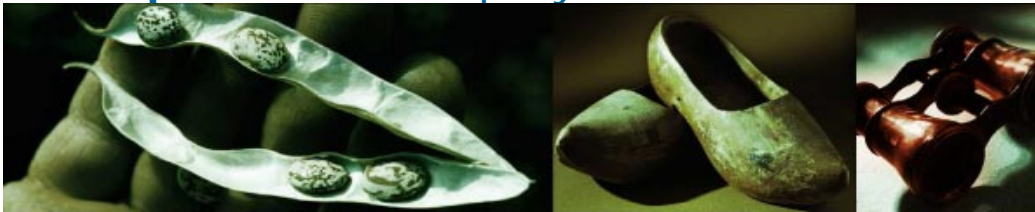
Apr '08 e-COACH

Image & Lifestyle Coach Adelé Green 083 679 2000 agreen@global.co.za

Addressing the needs of **individual goals** & planting the seeds to put **soul** back into **business**



Mastering emotions to **realise your true potential** in play, work and life



Emotions are keys to necessary choices for unlearning beliefs to purify the soul.

What if this was true? What if we could learn to 'use' our emotions to work for us and not against us?

According to Anthony Robbins we cope with emotions by avoiding, denial, masking or accepting them.

Emotions defined are the difference between our expectations and what actually happens in our reality. The bigger the difference; the more intense the experience of the emotions.

People with high EQ master their own emotions by *learning from them* and *reading* other's embodied emotions.

Imagine that emotions' true purpose is to indicate beliefs and values that no

The key to improved performance is propelled from our emotions. Possibilities are unlimited when one develops an internal system that refines your business skills (based on the signals from your emotions).

Confused? Wonderful ...

Step I: A good place to start would be to know how what I am proposing is different to your current *map of the world*.

Step II: Ask yourself: "Do I want to alleviate the *confusing* emotion?"

Step III: Make a *decision* if you need to make some adjustment of your map of the world (expectation/ values / beliefs).

Step IV: Consider if you want to make this new idea your own? Is it important to change it? Will it serve you? What will you gain? What will you lose when

longer serve you. Are you ready to *UNLEARN* beliefs in order to make space for more useful values and beliefs to realise your goals?

And how exactly do you do it? We *choose to do it* – do what? UNLEARN BELIEFS to become who we truly are. Every time we *feel* emotion our expectations are challenged by the world. Here is the signal for a LESSON.

Improving performance from the lesson is *within our control and directed* towards refining our skills to *realise our potential*.

you give up the old idea?

Step V: If I ask you now: "Have you accepted a new value (that could develop into a belief in future if you get good results)?"

"Do you feel resistance inside?"

YES – the emotions will continue until you *learn to change the expectations*

OR


NO - Congratulations you have just unlearned an old value and replaced it with a new map of the world!

Living your inner purpose

I am what I **believe**
Because I **choose** it
Therefore I **create**
After I **feel**
While I **think**
Whenever I **breathe**
So that I **love**
If I **hope**
Although I **know** it
In the same way that I **remember**



What is life without identity




Do you know who you are if you take away the brands, the image, the skills, the personality?
Are you your emotions? Or are you more than your feelings? Do you believe that you are what you think? Maybe you ride on your past words or deeds?

I dare you to take it all away! Who are you now... what is here?

What mask are you wearing today?
When you experience emotions – what values come up for you? Is that what you stand for?

- Can you accept that person?
- Can you love and appreciate that person?
- Are you perfect in every way?

Celebrate your healthy self-esteem. Today, offer an olive branch to those around you that are still finding themselves.



To unsubscribe – please type “unsubscribe” in the email to agreen@global.co.za of a reply email.