

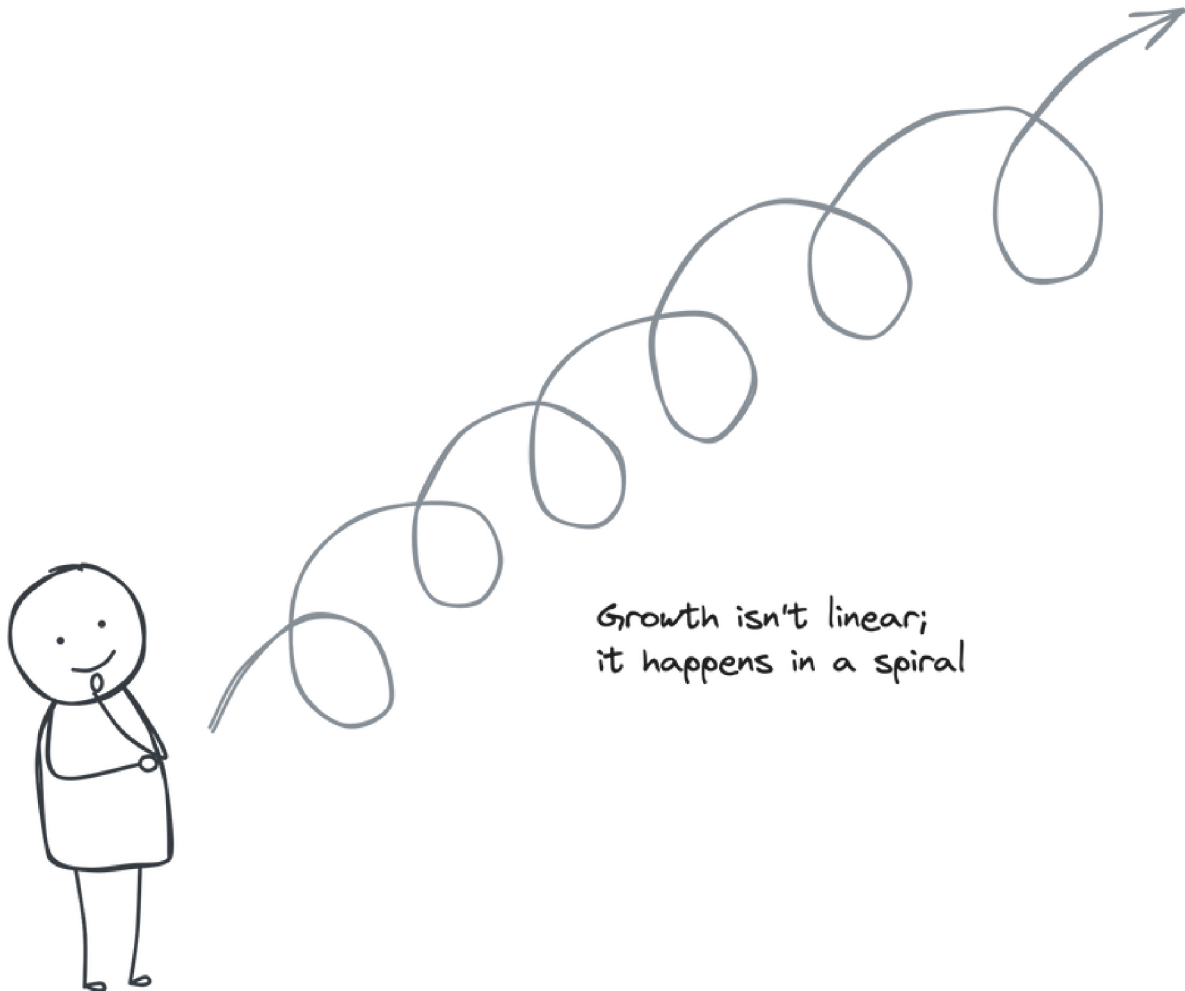
# BOOK *diagrams* BONUSES



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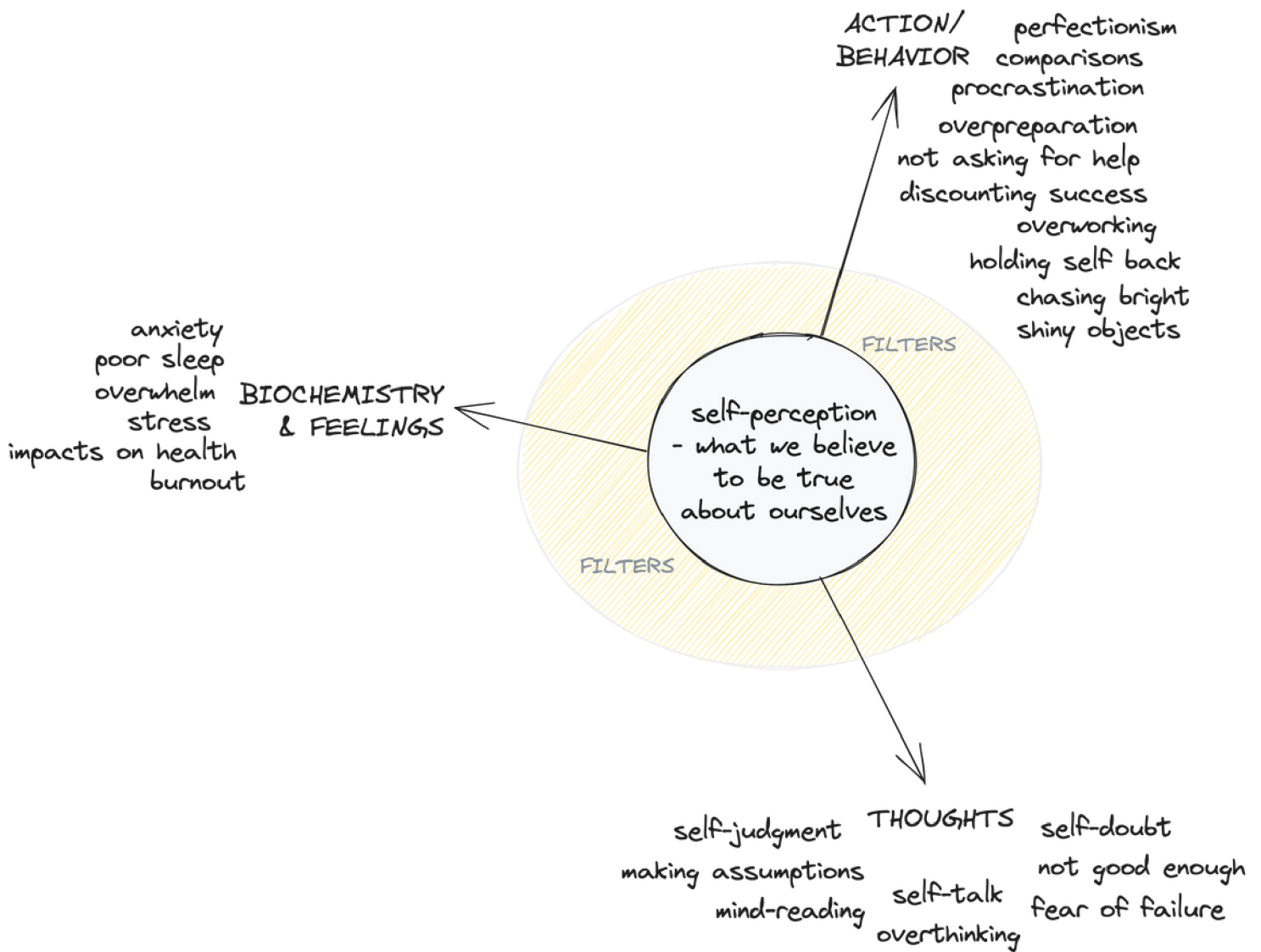
INTRODUCTION

# FIGURE 1: THE GROWTH SPIRAL



## CHAPTER 1

# FIGURE 2: SELF-PERCEPTION AND IMPOSTER SYNDROME



CHAPTER 1

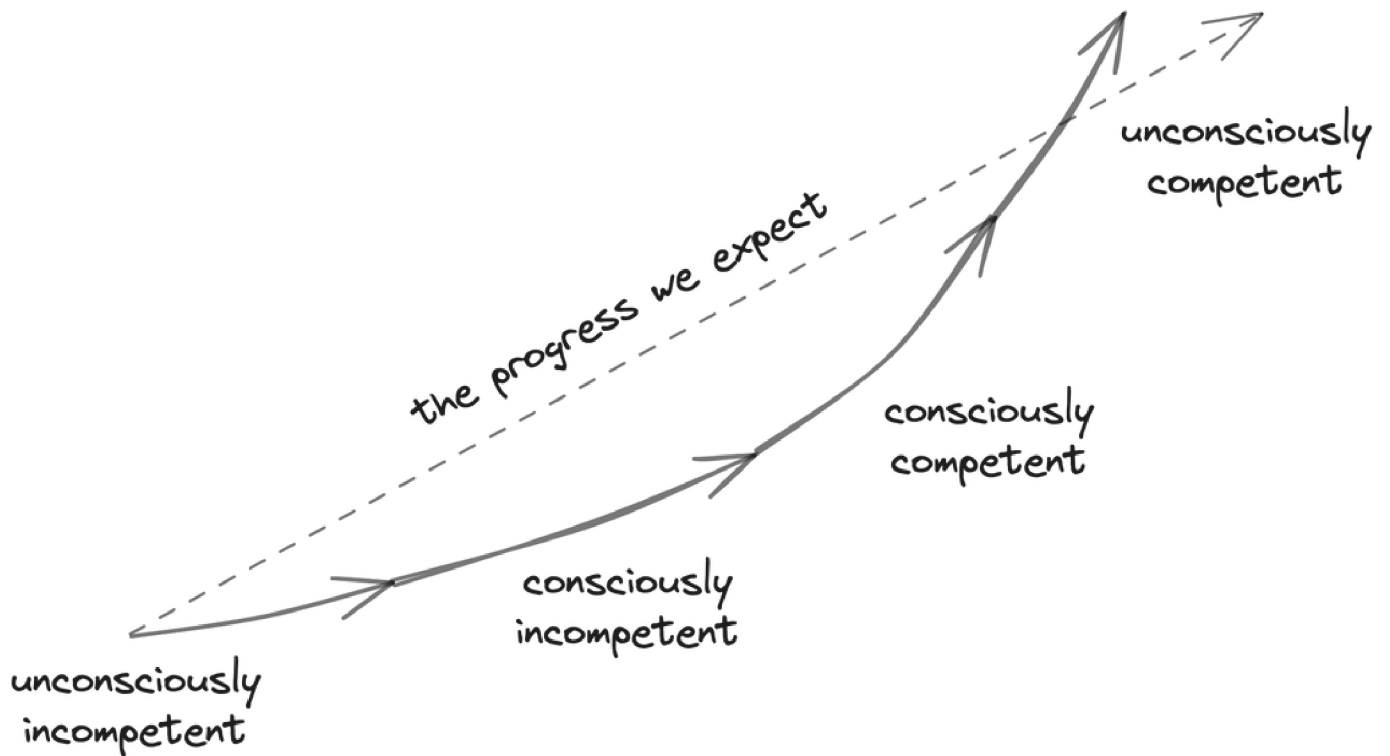
# FIGURE 3: THE WOMAN





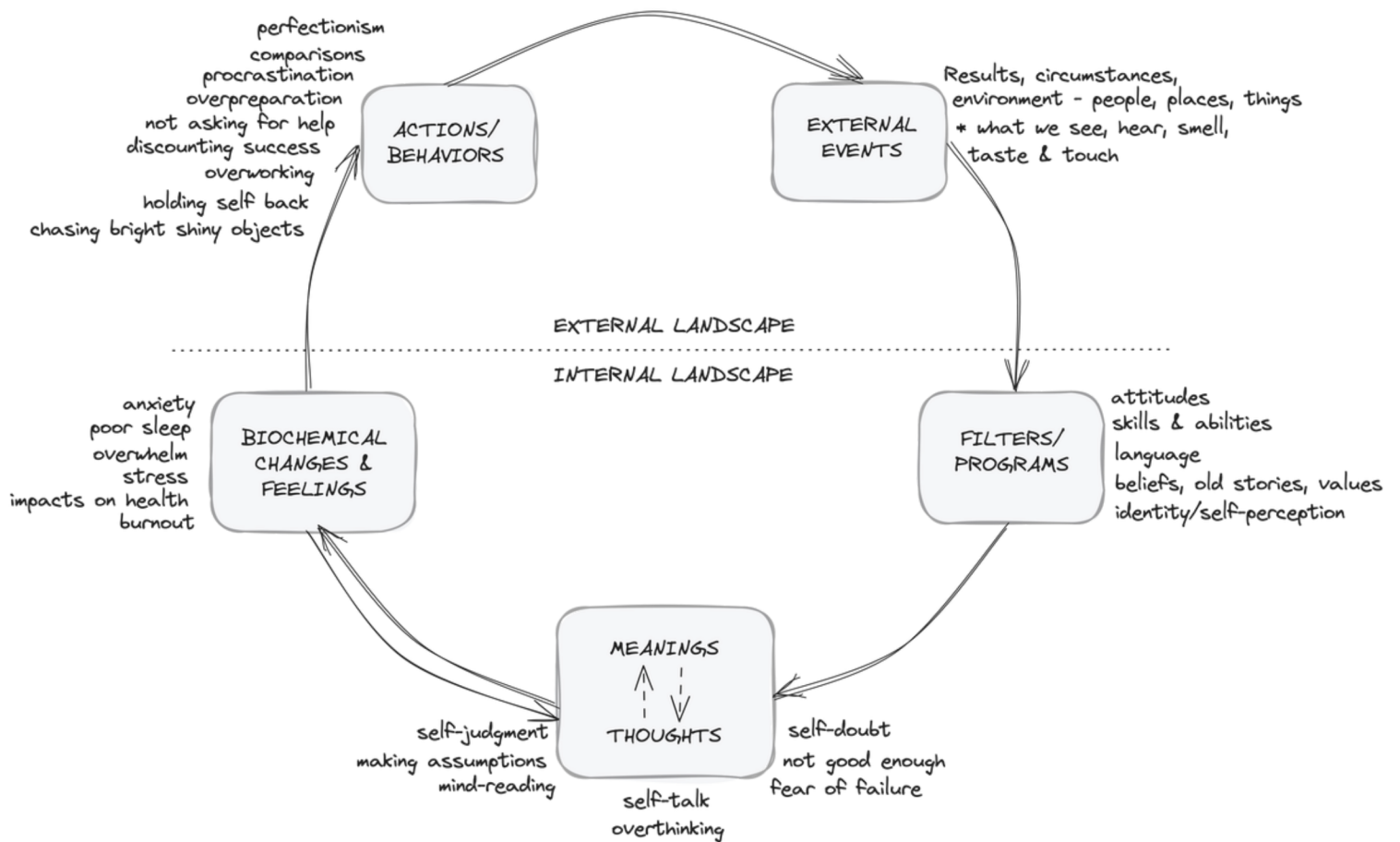
CHAPTER 1

# FIGURE 4: CONSCIOUS COMPETENCE LEARNING MODEL AND EXPECTATIONS



## CHAPTER 2

# FIGURE 5: THE INNER THINKING PATH



CHAPTER 2

# FIGURE 6: COLOR-WORD CHART

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	ORANGE	RED
YELLOW	BLUE	BLUE
PURPLE	GREEN	BLACK
ORANGE	RED	GREEN

CHAPTER 2

# FIGURE 7: MEDIA SCORECARD TEMPLATE

MEDIA SOURCES OF CONDITIONING

DATE	MEDIA SOURCE	HOW I FELT	TAKE A BREAK?

## CHAPTER 2

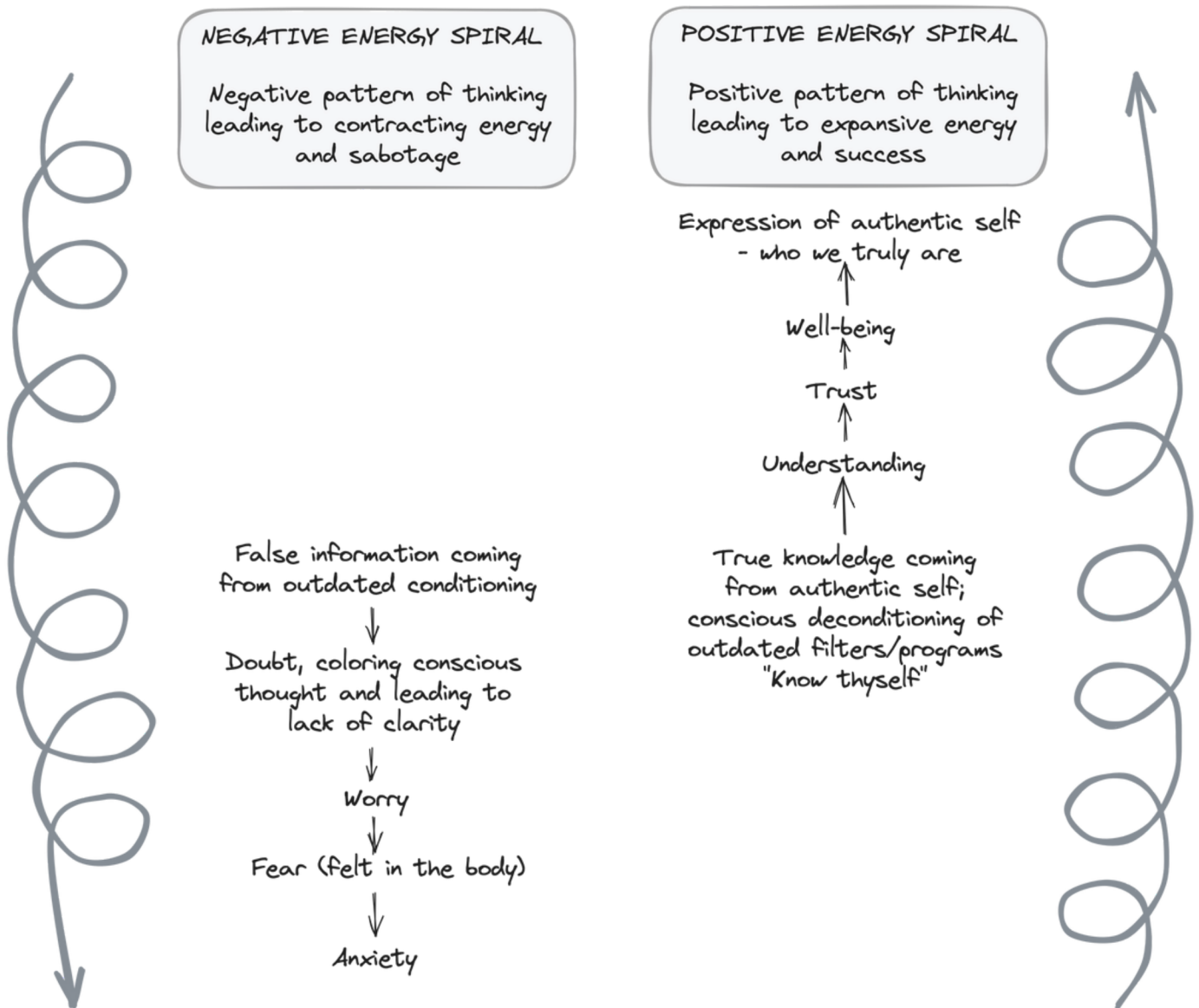
# FIGURE 8: WORKED EXAMPLE OF MEDIA SCORECARD

### MEDIA SOURCES OF CONDITIONING

DATE	MEDIA SOURCE	HOW I FELT	TAKE A BREAK?
03/04	online newspaper - read about war breaking out; burglary in neighbouring town; some celebrity scandal	felt quite depressing to be in a world with all this happening (contracted)	yes
	social media - friend's post about them eating in an expensive restaurant; someone posted in a group about their business results; posts showing up in my feed, including ads for courses promising business success	felt envious of friend; saw the business results and thought how useless I am because I'm not successful; clicked on the ad for the course, maybe this is what I need (contracted)	yes
	netflix - watched a feel-good drama; also watched a psychological thriller	the feel-good drama was great, felt upbeat (expansive), psychological thriller was quite dark (more contracted than expansive)	no... but I'll be more selective about what I watch

## CHAPTER 3

# FIGURE 9: THE ENERGY SPIRALS



## CHAPTER 3

# FIGURE 10: WORKED EXAMPLE OF PIVOTING THOUGHTS AND BELIEFS

### PIVOTING, THOUGHTS AND BELIEFS

THOUGHTS	FEELINGS	NEGATIVE EMOTION SCORE
I'm not good enough for this	Ugh. Knot in my stomach.	10/10 feels awful
I'm great at what I do	Ugh. Disgust. Who am I kidding.	10/10 feels awful
Actually I do know I can do 60-70% of it OK	That feels a bit better.	7/10
I'm kind of afraid to admit it, just in case it isn't true, but I could probably do 60-70% well enough	OK, I feel calm about this.	5/10
But what about the rest of it? I don't like it not being perfect	Starting to feel ugh again.	6/10
OK, wait, I'm trying to pivot so I don't procrastinate and worry... ok... let me focus on getting the 60-70% done well, then think about the rest when I get to it	OK! This feels good, it feels do-able.	3-4/10

CHAPTER 3

FIGURE 11: SAMPLE TEMPLATE FOR  
PIVOTING THOUGHTS AND BELIEFS

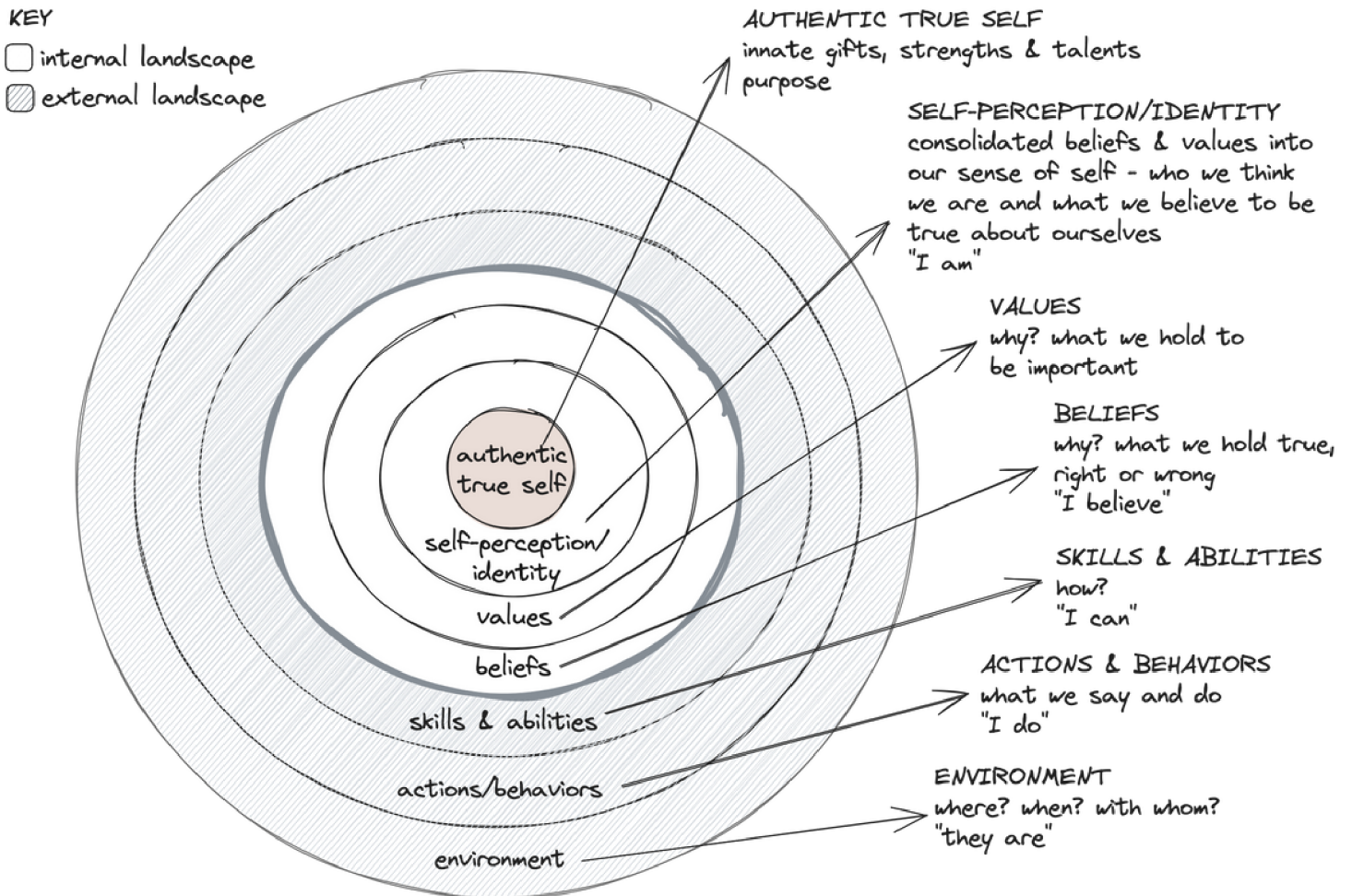
PIVOTING THOUGHTS AND BELIEFS

THOUGHTS	FEELINGS	NEGATIVE EMOTION SCORE



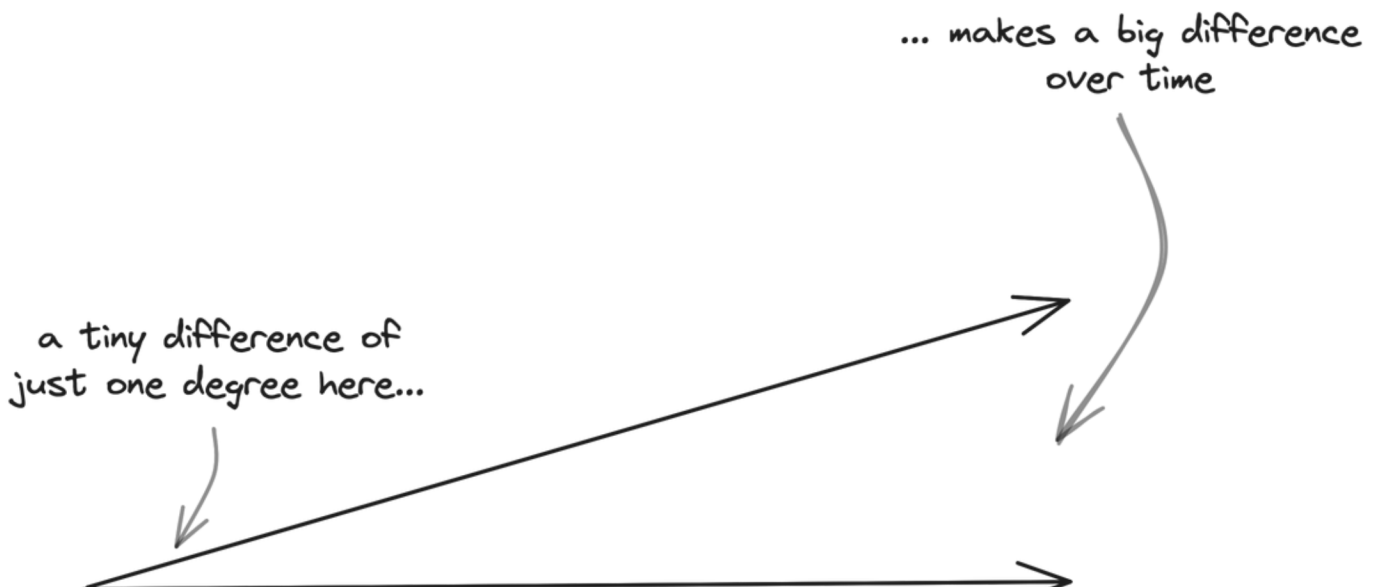
## CHAPTER 4

# FIGURE 12: THE HIERARCHY OF FILTERS



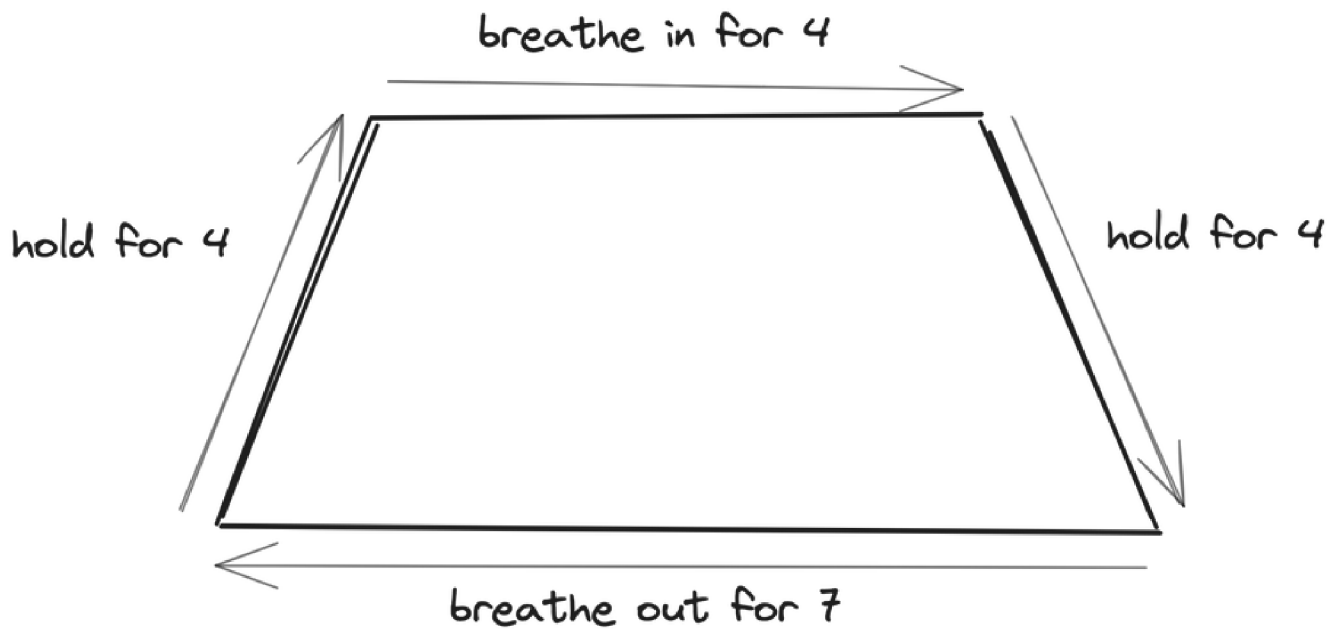
## CHAPTER 5

# FIGURE 13: THE POWER OF A SMALL DIFFERENCE



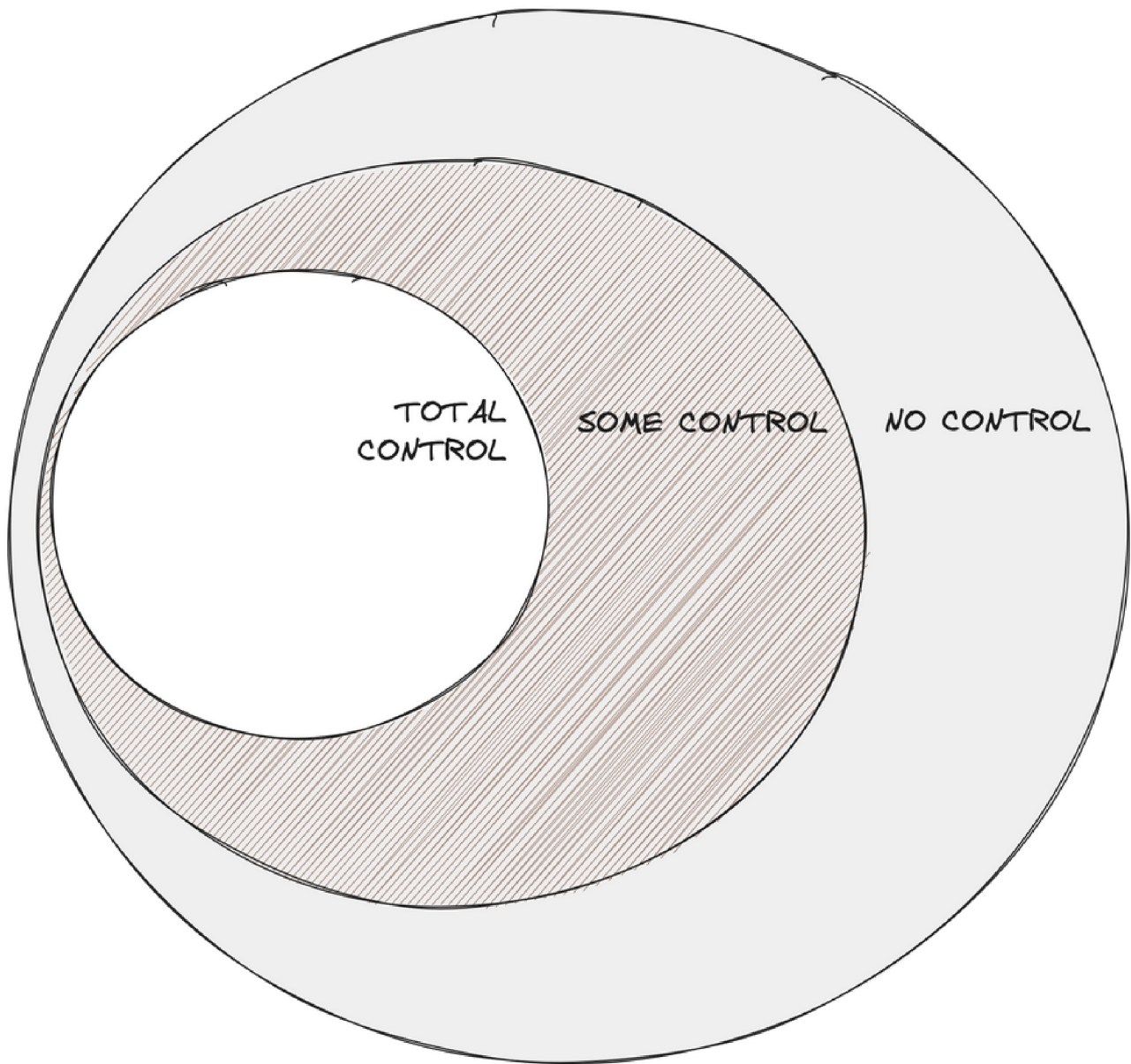
CHAPTER 5

# FIGURE 14: TRAPEZIUM BREATHING



CHAPTER 5

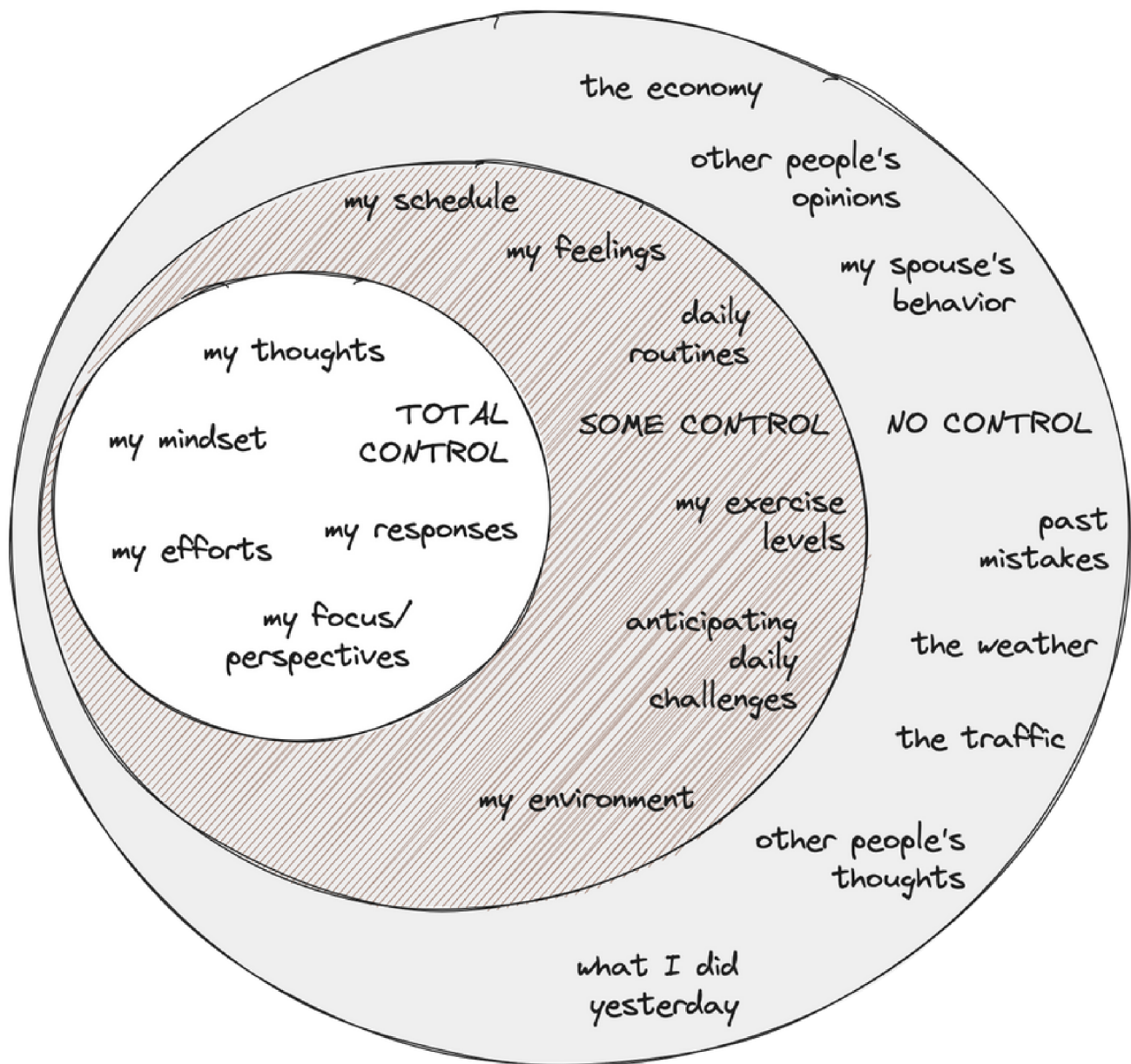
# FIGURE 15: SAMPLE TEMPLATE OF SPHERES OF CONTROL





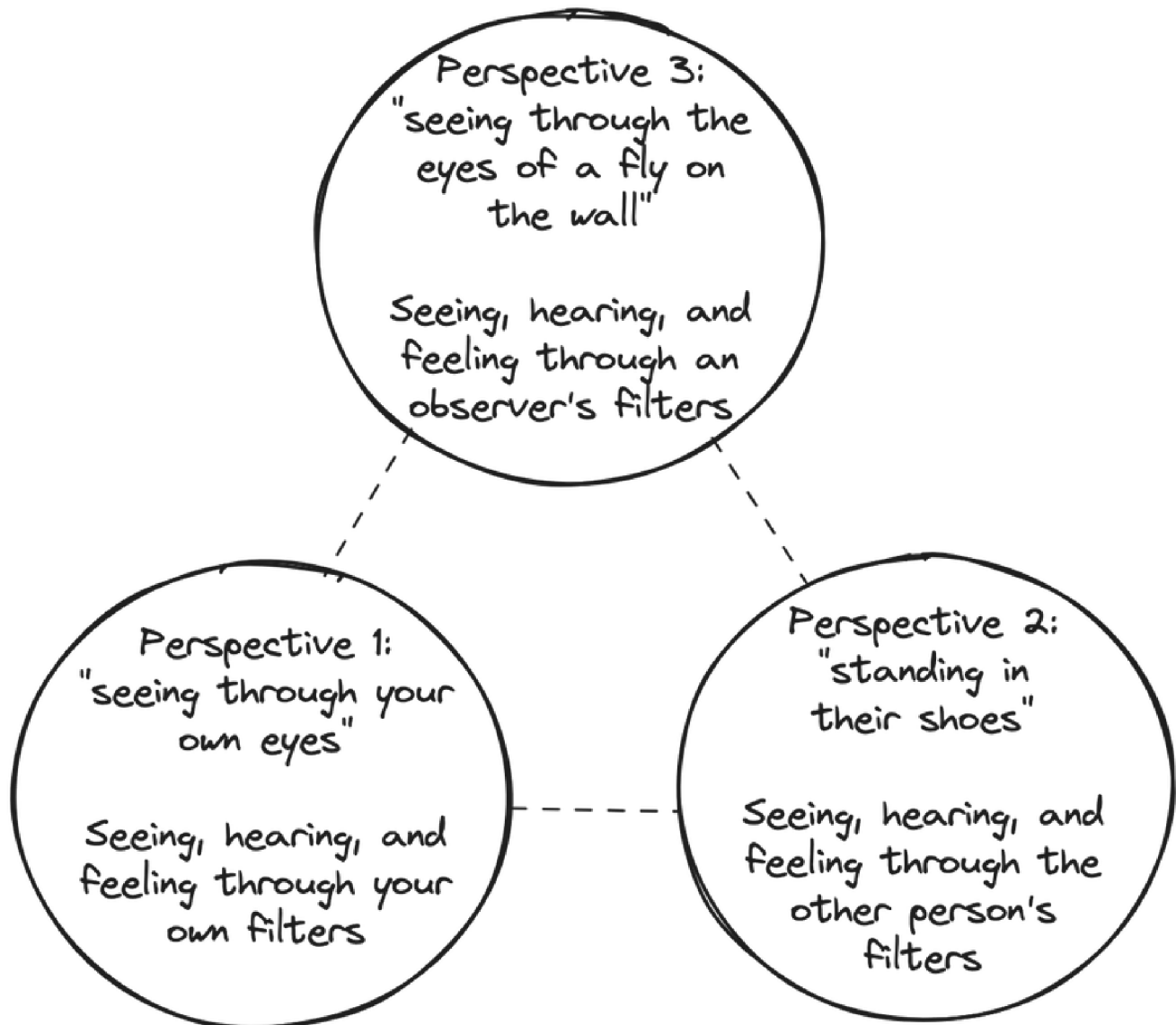
## CHAPTER 5

# FIGURE 16: WORKED EXAMPLE OF SPHERES OF CONTROL



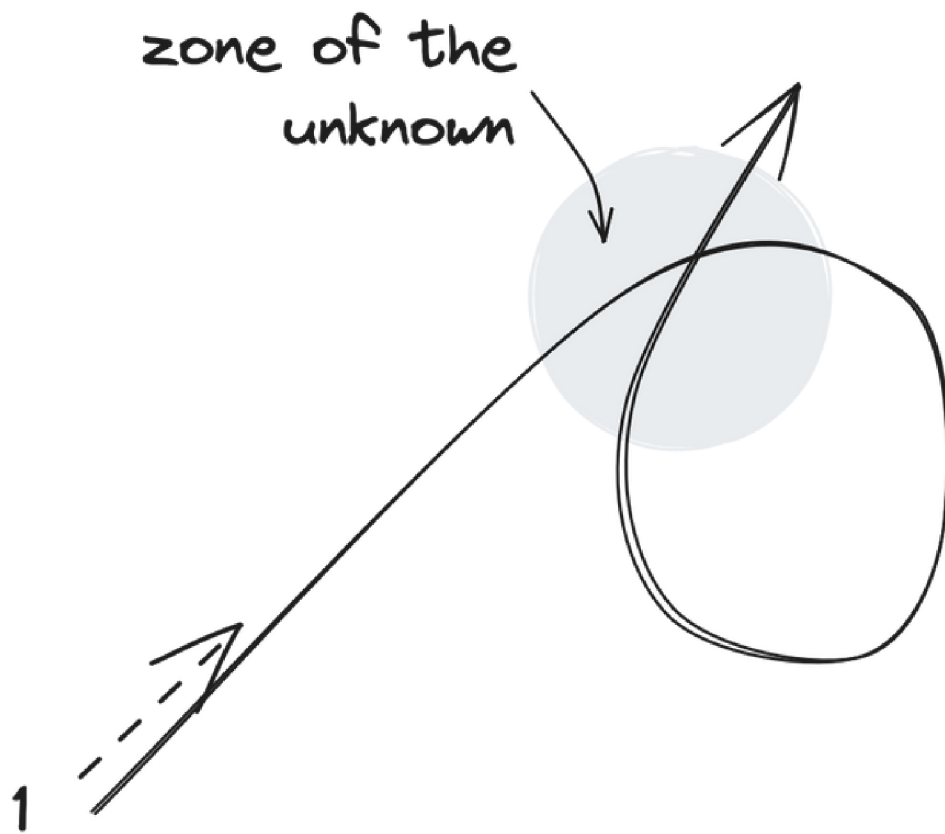
## CHAPTER 6

# FIGURE 17: OBSERVING DIFFERENT PERSPECTIVES



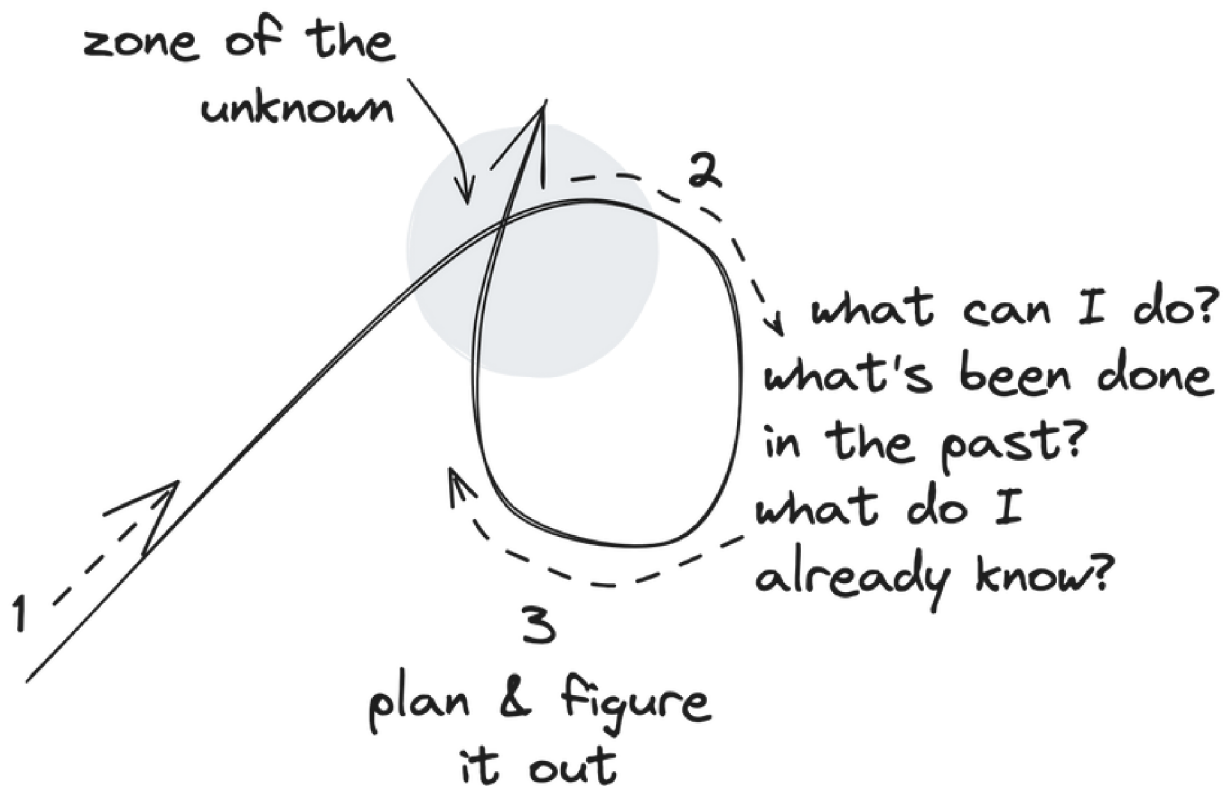
CHAPTER 7

# FIGURE 18: THE PATH TO EMBRACING YOUR AUTHENTIC SELF (PHASE 1)



CHAPTER 7

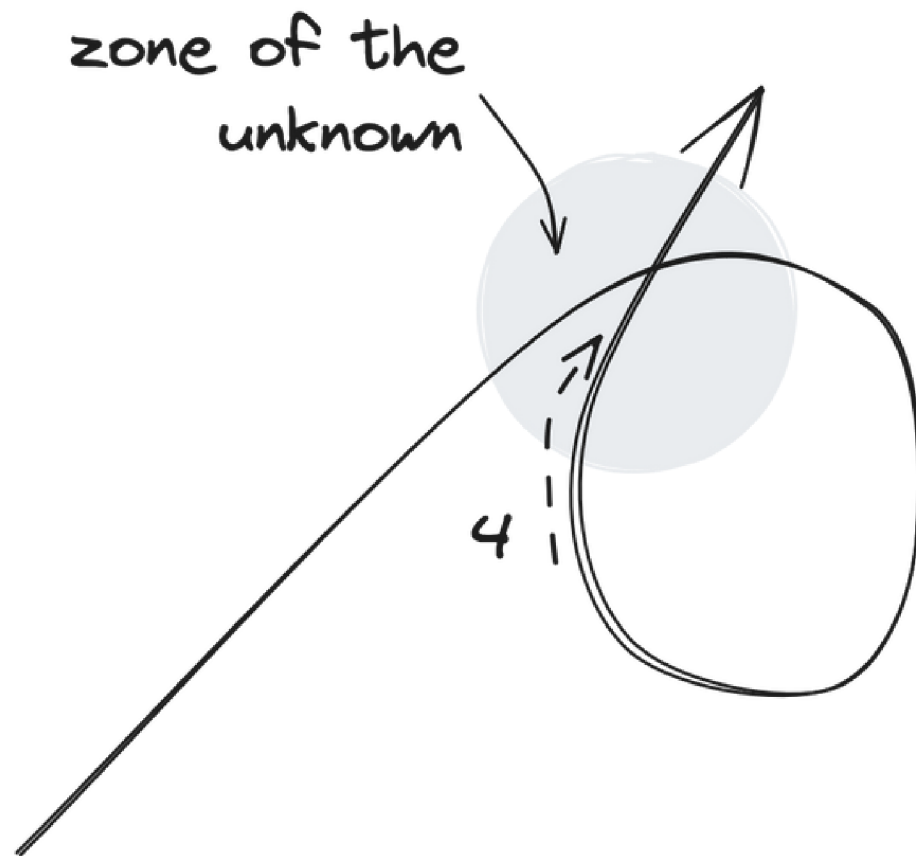
# FIGURE 19: THE PATH TO EMBRACING YOUR AUTHENTIC SELF (PHASES 2 & 3)





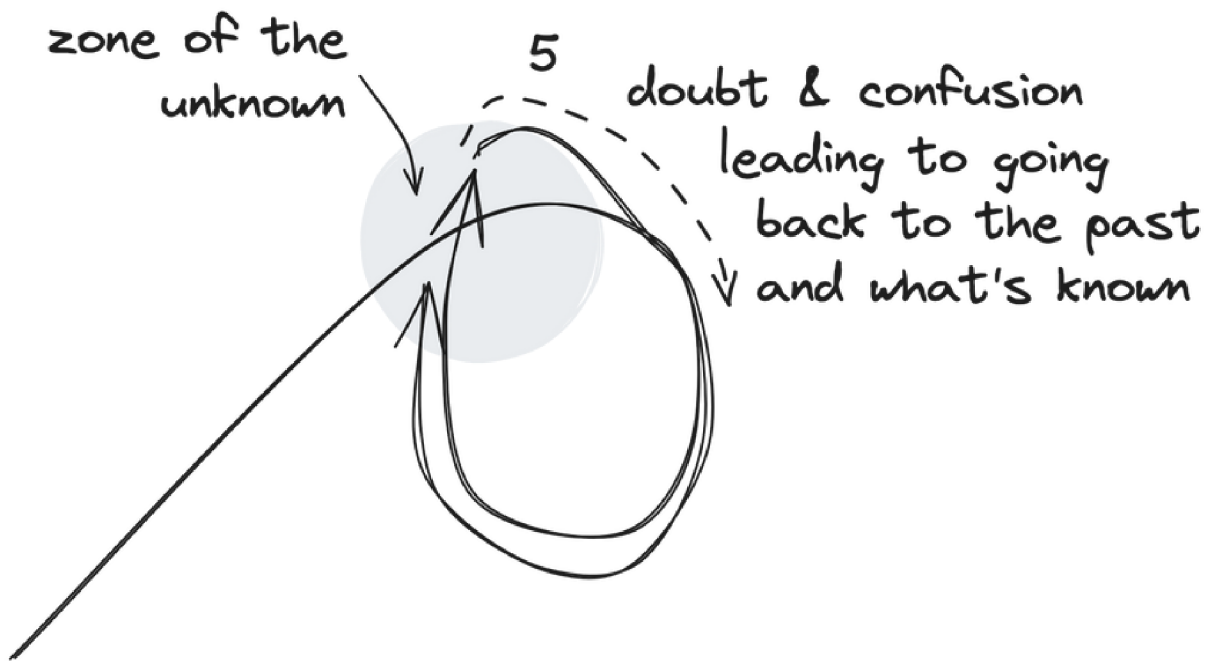
CHAPTER 7

# FIGURE 20: THE PATH TO EMBRACING YOUR AUTHENTIC SELF (PHASE 4)



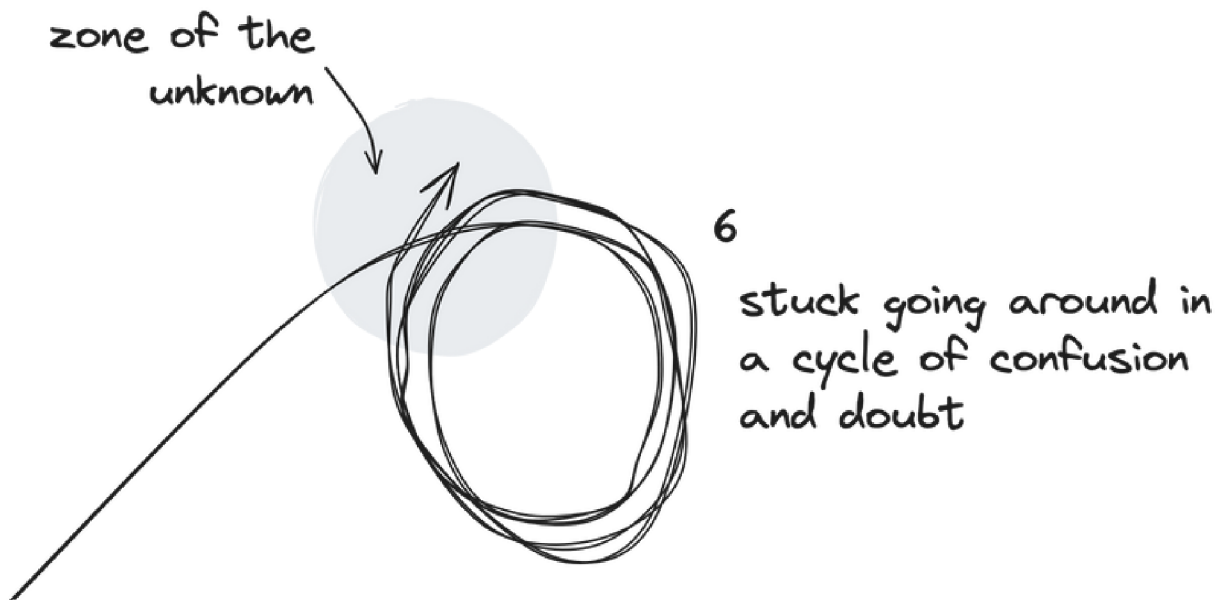
CHAPTER 7

# FIGURE 21: THE PATH TO EMBRACING YOUR AUTHENTIC SELF (PHASE 5)



CHAPTER 7

# FIGURE 22: THE PATH TO EMBRACING YOUR AUTHENTIC SELF (PHASE 6)



CHAPTER 7

# FIGURE 23: THE PATH TO EMBRACING YOUR AUTHENTIC SELF (PHASE 7)

