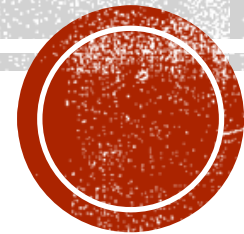




WHAT ARE YOU THINKING?!?!?



How mindset & energy can affect actions/results

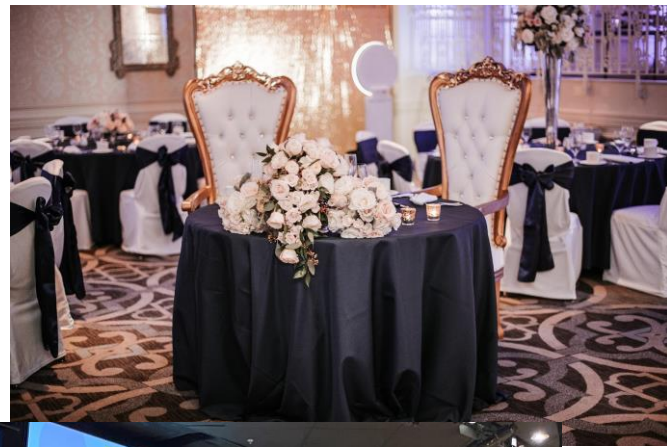
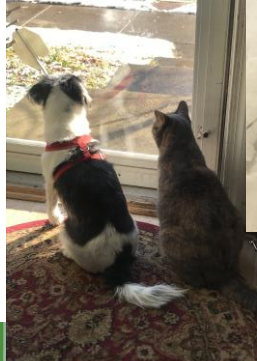
Janeen Parrott, CPC, ELI-MP



Janeen Parrott Coaching

LET GO & TRUST GOD





ABOUT ME

Mother of Kennedy, (best daughter ever)

Stepmom to Ky (best son ever)

Dog mother of Oreo

Cat mother of Sis

My mother's favorite daughter!
(Shhhh....don't tell my sister though)

Favorite Auntie

Owner of Be Seated, LLC

Servant Leader at my church

Certified Professional Coach



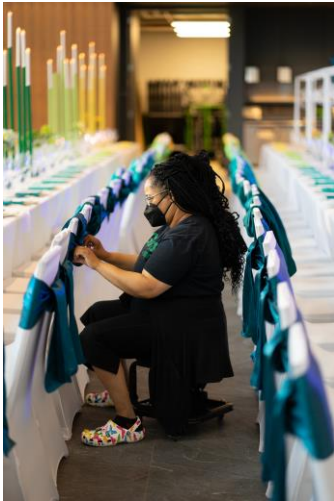
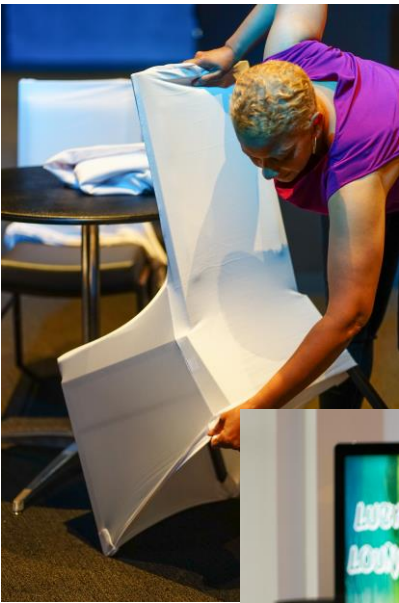












HOW DO YOU SHOW UP WHEN...



Other vendors get in
the way of you
providing excellent
service



No time to... post on
social, balance
checkbook, eat, see
family/friends...



Unexpected weather,
traffic, other...



Budget conscious
clients wanting
EVERYTHING

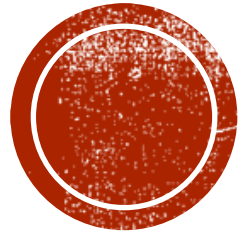


Tired

Frustrated

Did I charge
enough for
this?

Was this
worth it?



THOUGHTS & FEELINGS

Scatter
Brained

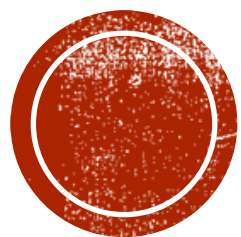
Overwhelmed

They got an
ICE
SCULPTURE!!!!

What if it rains,
snows, is windy?

Social Media?!?!

Will the
vendors
come
through?



**THESE REACTIONS ARE
ALL NORMAL!!!**

It's what we call being in the F.A.S.T. Lane



F.A.S.T. LANE STATS

87% of workers worldwide “are emotionally disconnected from their workplaces and less likely to be productive.”

In other words, work is more often a source of **FRUSTRATION** than one of fulfillment for nearly 90% of the world's workers.

Gallup 2013





F.A.S.T. LANE STATS

40 million adults in the United States, age 18 and older, suffer from **ANXIETY** disorders.

Anxiety and Depression Assoc. of America





Sleeping less than usual

70%

Eating less than usual

44%

Exercising or playing sports
less than usual

43%

F.A.S.T. LANE STATS

49% said they'd had a
major **STRESSFUL** event
or experience in the past.

Anxiety and Depression Assoc. of
America



F.A.S.T. LANE STATS



Over **20%** of Americans suffer from chronic sleep loss or untreated sleep disorders.



Poor sleep can contribute to weight gain, headaches, high blood pressure, diabetes, depression, an impaired immune system, and attention deficit disorder.



More than **1,500 deaths** a year are caused by drivers falling asleep at the wheel.




What gets you in The F.A.S.T. Lane?

F.A.S.T. ANALYSIS

F.A.S.T. Analysis

<p>Frustration</p> <p>On a scale of 1-10, how frustrated are you?</p> <p>What causes you to feel frustrated?</p>	<p>Anxiety</p> <p>On a scale of 1-10, how anxious are you?</p> <p>What causes you to feel anxiety?</p>
<p>Stress</p> <p>On a scale of 1-10, how stressed are you?</p> <p>What causes you to feel stressed?</p>	<p>Tired</p> <p>On a scale of 1-10, how tired are you?</p> <p>What causes you to feel tired?</p>

Your Name: _____





FRUSTRATION

- *“The feeling of being upset or annoyed, especially because of inability to change or achieve something.”*
- **What causes you frustration?**
- Scale of 1 – 10



ANXIETY

- *“A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.”*
- **What causes you anxiety?**
- Scale of 1 – 10



STRESS

- *“A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.”*
- **What causes you stress?**
- **Scale of 1 – 10**



TIRED

- *“In need of sleep or rest; weary.”*
- **What causes you to feel tired?**
- Scale of 1 – 10



IMAGINE... .

...what life would be like if you weren't in the F.A.S.T. lane.

A photograph of a paved road winding through a forest. The trees have vibrant autumn foliage in shades of yellow, orange, and red. Large, moss-covered rocks line the road, and the ground is covered in fallen leaves. A semi-transparent yellow banner is overlaid across the middle of the image.

What does it take to get there?

Beliefs



Our lives



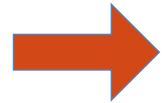
Our beliefs &
core values



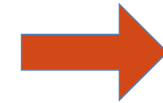
OUR BELIEFS CONTROL...



Thoughts



Feelings



Actions



- Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.

- unknown



WHAT IS ENERGY



TYPES OF ENERGY



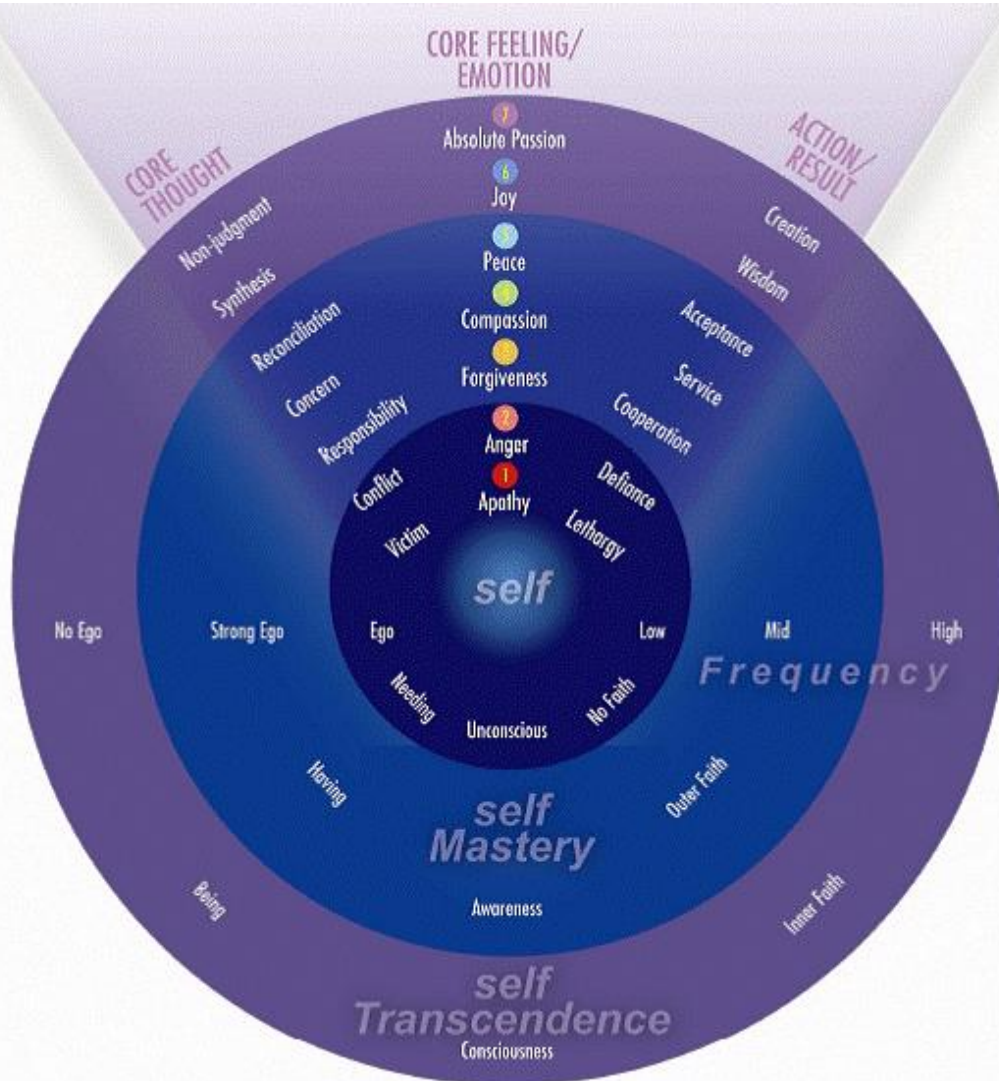
Anabolic energy = constructive, expanding, fueling energy (ana = building, upward)



Catabolic energy = draining, contracting, resisting energy (cat = down, against)



ENERGETIC SELF- PERCEPTION CHART





LEVELS 1 & 2



LEVEL 1 THE VICTIM



Core Thought: *Victim*



Core Feeling: *Apathy*



Core Action: *Lethargy*

DEFEATED, PROBLEM-FOCUSED, ISOLATED,
PASSIVELY ENGAGED, INDECISIVE,
OVERWHELMED, AVOIDING, IN CRISIS MODE,
INACTIVE, WITHDRAWN, *I LOSE*



LEVEL 2 THE FIGHTER



Core Thought: *Conflict*



Core Feeling: *Anger*



Core Action: *Defiance*

CONTROLLING, ATTACHED, RIGHT/WRONG AND BLACK/WHITE THINKING, BLAMING, FINDING FAULT, PROBLEM-FOCUSED, MICRO-MANAGING, JUDGMENTAL, RESISTING, *I WIN / YOU LOSE*



LEVELS 3, 4, & 5



LEVEL 3 THE RATIONALIZER



Core Thought: *Responsibility*



Core Feeling: *Forgiveness*



Core Action: *Cooperation*

- “GOOD ENOUGH” THINKING, RATIONALIZATION, RESPONSE-ABILITY, MAKING EXCUSES, RELEASE, TACT, COMPROMISE, SOLUTION-FOCUSED, *I WIN, AND IF YOU WIN TOO, THAT’S OK*



LEVEL 4 THE CAREGIVER



Core Thought: *Concern*

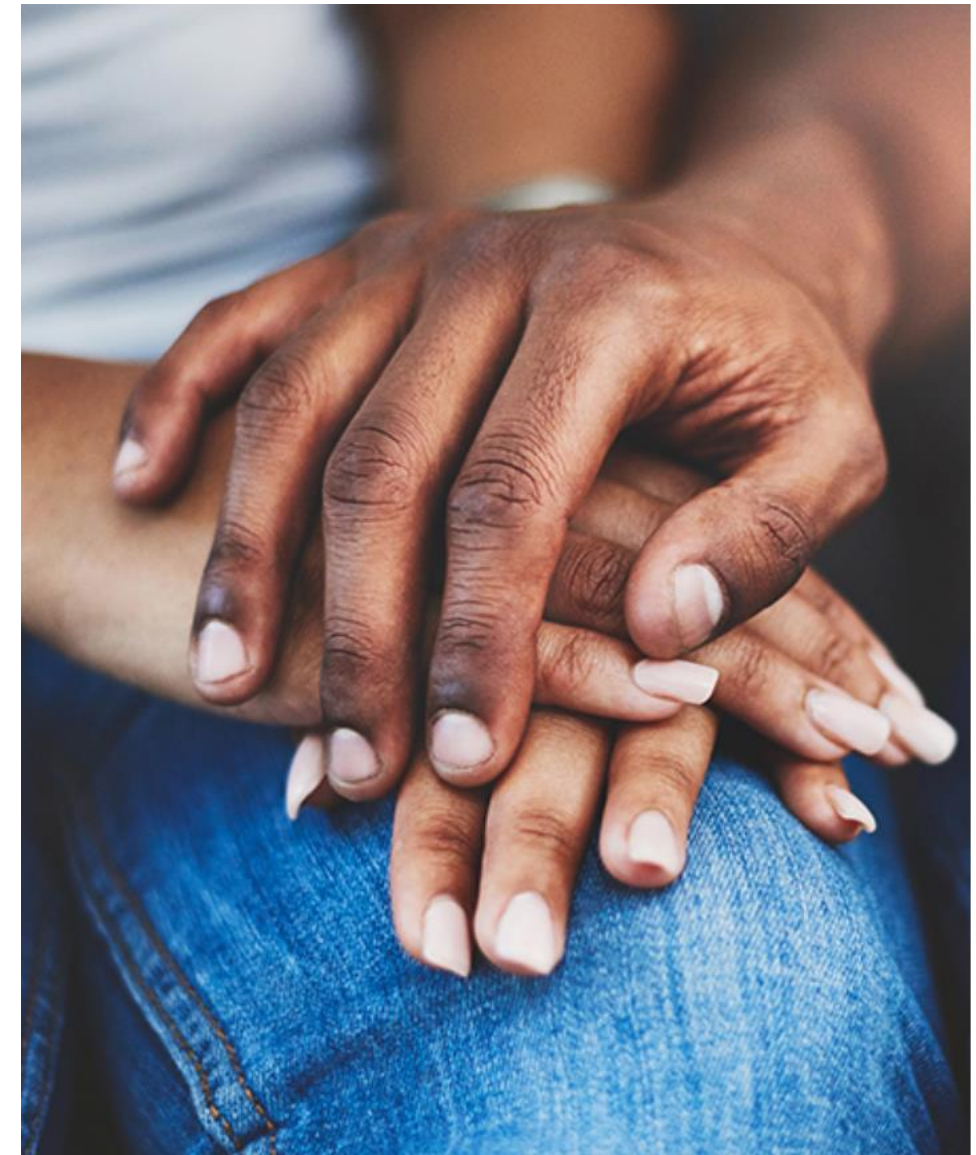


Core Feeling: *Compassion*



Core Action: *Service*

CARING, BEING IN “FIX IT” MODE, HELPING,
PUTTING OTHERS FIRST, APPRECIATION, SERVICE,
YOU WIN



LEVEL 5 THE OPPORTUNIST



Core Thought: *Reconciliation*



Core Feeling: *Peace*

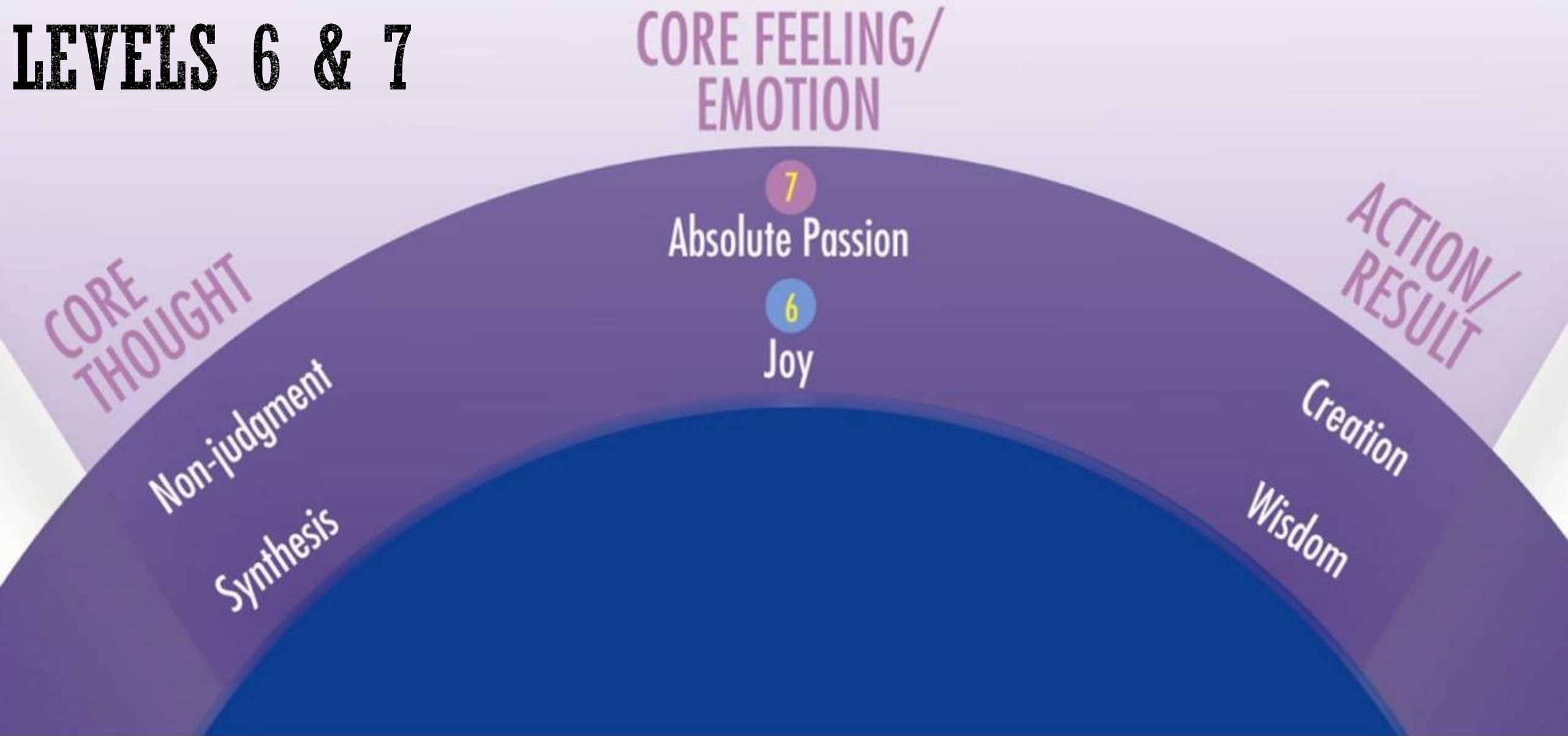


Core Action: *Acceptance*

- DISCERNING, SEEING OPPORTUNITIES, WANTING A TRUE WIN-WIN, CURIOUS, HOLISTIC, INNOVATION-FOCUSED, UNDERSTANDING, PASSIONATE, PURPOSEFUL, MOTIVATIONAL, *WE BOTH WIN OR WE DON'T PLAY*



LEVELS 6 & 7



LEVEL 6 THE VISIONARY



Core Thought: *Synthesis*



Core Feeling: *Joy*



Core Action: *Wisdom*

CONNECTION, CALM, INTUITION, INSPIRATIONAL, FLOW, SENSE OF PERMANENT JOY, *EVERYONE ALWAYS WINS*



LEVEL 7 THE CREATOR



Core Thought: *Non-Judgment*



Core Feeling: *Absolute Passion*



Core Action: *Creation*

- PIONEER, GENIUS, BEING, TRUTH, UNCONDITIONAL LOVE, *WINNING & LOSING ARE ILLUSIONS*





HOW DO YOU SHOW UP?



WHAT'S YOUR STRATEGY?



1

If you want to change
your pattern of behavior,
how do you do it?

2

*Stop, breathe... and be
the observer of your
thoughts!*



WHAT'S YOUR STRATEGY?



- What is the thought I am having about this situation?



- Why am I having it right now?



- What is the real reason that I am triggered?

- § How is it making me feel?

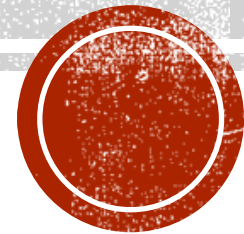
- § How am I acting because of it?

- This process helps you to take responsibility for your actions and to be at choice.

- Make this process your new habit by doing this over and over with each situation.



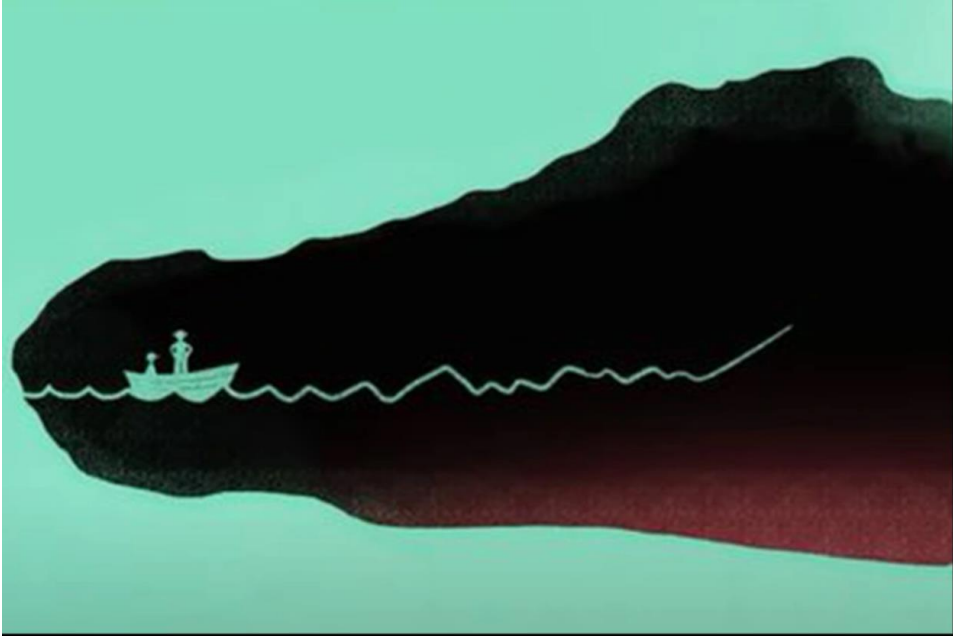
WHAT'S NEXT . . .



IMAGINE

- A method for identifying who you really are and who you choose to be
- A transformational, breakthrough experience that will:
 - Eliminate resistance and inner blocks
 - Help you identify the core beliefs that hold you back
 - Consciously redesign those beliefs so they fuel you and help you work
- The capability to consciously recognize when you are reacting to life's circumstances, even in the most challenging moments, and know how to choose exactly how you want to act.

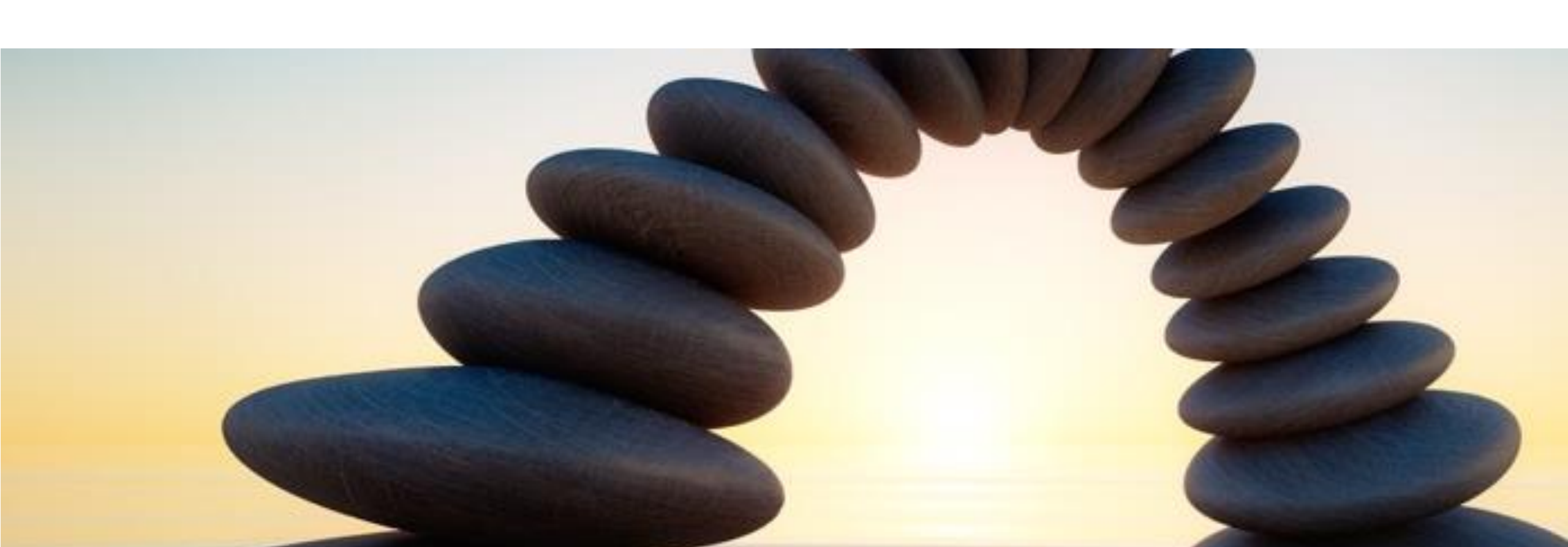




IMAGINE

- The ability to see opportunities when others see problems, and to see what's right, instead of what's wrong.
- An approach for literally re-writing the rules for your life and multiple processes for integrating these new rules so that they become who you are and how you live!





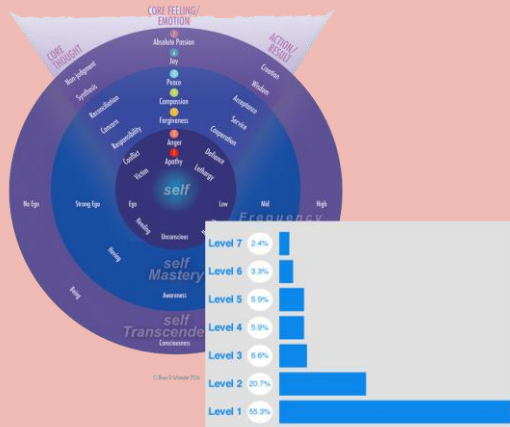
WHAT YOU WANT IS ACHIEVABLE...



Here are 3 options to take your new knowledge to the next level

Want to find out more? Let's chat!

WHAT YOU WANT IS ACHIEVABLE...



Energy Leadership Index Assessment

60 minutes to discover why you are in the FAST Lane



The Law of Being

A complete system for Unlocking Your Unlimited Potential



1-on-1 Coaching

Work with me directly to shift out of the FAST lane and go from "Good to Great"

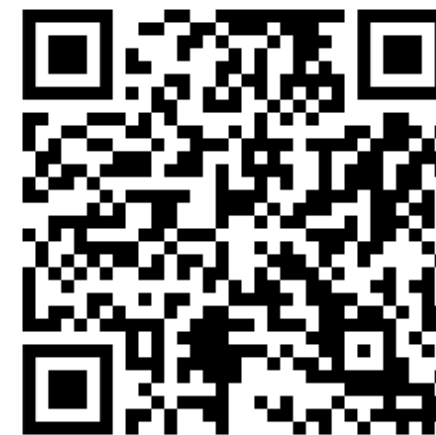




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Janeenparrottcoaching.com



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•Instagram –

