



Move from Pain to Possibilities

The ABC's of L.I.F.E Process

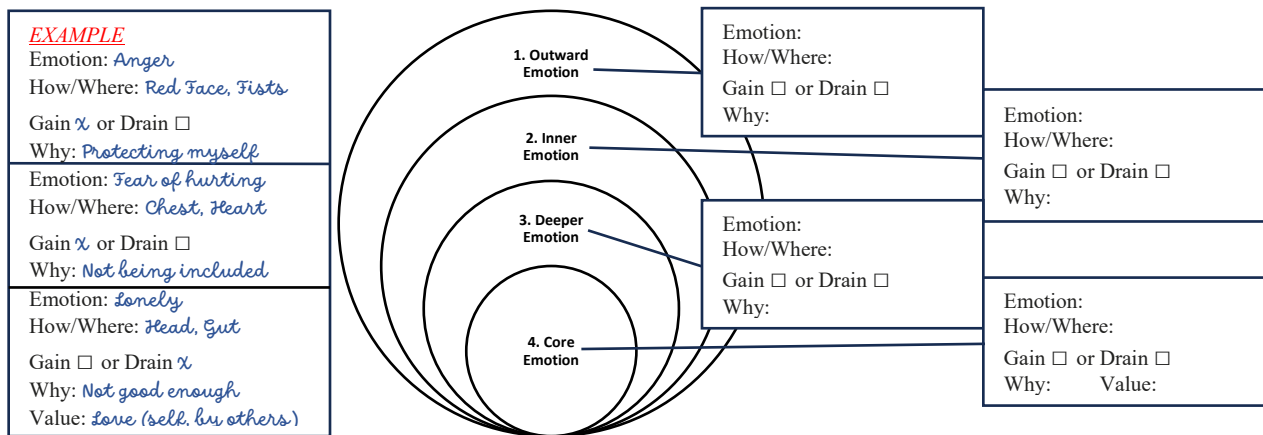
The ABC's of L.I.F.E. is a simple process to create a shift and become unstuck. It is not about solutions. It is about possibilities. Get ready to discover and develop strengths and resilience skills to face life's challenges. Use this process over and over with a variety of situations.

AWARENESS is critical for change. We are often distracted by outside factors that we think are causing us emotional discomfort, when in fact, the roots lie within ourselves. By reflecting and discovering these inner connections, we are able to regain a sense of control of our emotions and experiences.

Key to developing **AWARENESS** - The What, the How and the Why?

Ask yourself the following questions:

1. What emotions does "it" bring up in me? Which emotion is the strongest and at the surface?
2. How does the emotion affect me physically and energetically? Does it gain or drain energy?
3. Why does "it" bother me? Which of my values are connected or engaged?



BOLDNESS is critical for action. By gaining perspective and reframing our experiences, capacities and influence, we are more hopeful and confident to take action towards change and creating new possibilities.

Key steps to developing **BOLDNESS** – Action, Perspective, Empowerment

1. What is the easiest, most accessible, action I can take to make the *quickest* difference?
2. How can I make the *biggest* difference? What can I do?
3. Understanding that I do have influence and control in creating possibilities and change.

COMMITMENT is critical to growth. Learning how to respond to life's challenges involves self-compassion and appreciation for how our emotions, thoughts and behaviours are all connected and evolving. Feeling competent and confident in understanding yourself is key!

Key steps to exercising **COMMITMENT**- Practice, Accept, Learn

1. Be committed to continuing practicing the process to maintain movement and momentum.
2. Be accepting of each experience and emotion without judgement by being compassionate.
3. Be open to new insights for the meaning and purpose of each moment and experience.