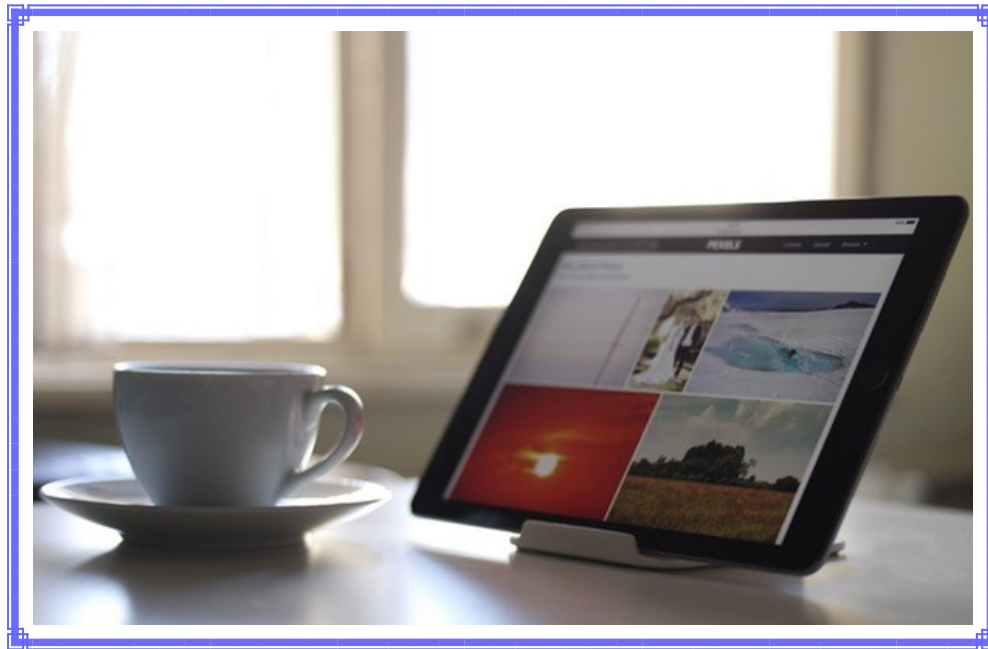




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The Three R's Workbook

Check List and Action Guide To Access Your
Core Needs Of Rest, Renewal, and Reflection



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Getting You The Change You Want

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Rest

Renew

Reflect





Check List: Strategy For Managing Either/Or Decisions

Dilemmas are a special category of decision making. A dilemma always presents itself as an either/or situation. This means you have to choose one over the other. As you know from your own experience, this usually means waffling back and forth. Pouring over which option is the right one to choose – and stressing out because either way you go, you’re going to miss out on the good stuff the option you *didn’t* choose offered.

Having a decision making process that includes the three R’s offers a faster and more effective alternative.

Try this proven process to help you make wise either/or decisions:

- Set a deadline and decide you’re going to stick to it. Ask yourself if spending another week in turmoil is really going to help you make up your mind.

- Acknowledge you are feeling stressed out and decide to play the *As If* game and take the **Four Steps** outlined in The Three R’s For Female Entrepreneurs chapter. (I’ve written them out for you again on page 6-8 for easy reference.)

- Set the time on your watch or phone for 3 to 5 minutes and STOP doing anything. Just rest, relax (allowing renewal to occur) and reflect on what’s in front of you in this particular NOW. When the amount of time you’ve chosen is up, move on to the next step.

- Use the infinity loop on page 5 to sort out the pros and cons for each option. Put the strengths of one option above one side of the loop. Then put the weaknesses just below the loop on the same side. Then repeat for the remaining option on the other side of the loop.

- Reflect on this deepening realization: The infinity loop reflects the notion of never-ending. As it happens, this dilemma (and others like it) will continue to emerge in your life again and again. The need to make *either/or* decisions is not going away—ever. Having a precise strategy for how to navigate these daily challenges adds to your practical wisdom, and your ability to work smarter and not harder.





- Check for fear. If fear arises and starts to paralyze you, take another 5 minutes for Rest, Renewal, and Reflection. Fear of change or failure can prevent you from seriously considering any of your options and keep you from making any decision at all.

- Determine which option you feel is most supportive of your long-term goals?

- Project into the future and imagine the best case scenario and the worst case scenario for each option. Make sure to include all the consequences that accompany each choice, both positive and negative.

- Take the time to activate the three R's once again – rest, renew, and reflect, if you still don't feel good about the option you think is best, OR you still don't know, .

- Consciously remember you can never actually KNOW whether your choice is the right one or not until after the fact. It is only how it plays out in real time that will give you that answer.

Remember that when you're faced with two good choices that both look great, either choice may work out fine. Simply making the choice and following through consistently will yield great results.

Want to go deeper? Let's talk.

Give me a call at **425 462 4369** or go to **www.BottomLineCoaching.net** and send me an email to set up a time. Include some times that will work for you and I'll accommodate your needs as best I can. And I promise to get back to you as quickly as possible.

*Much love,
Ragini*

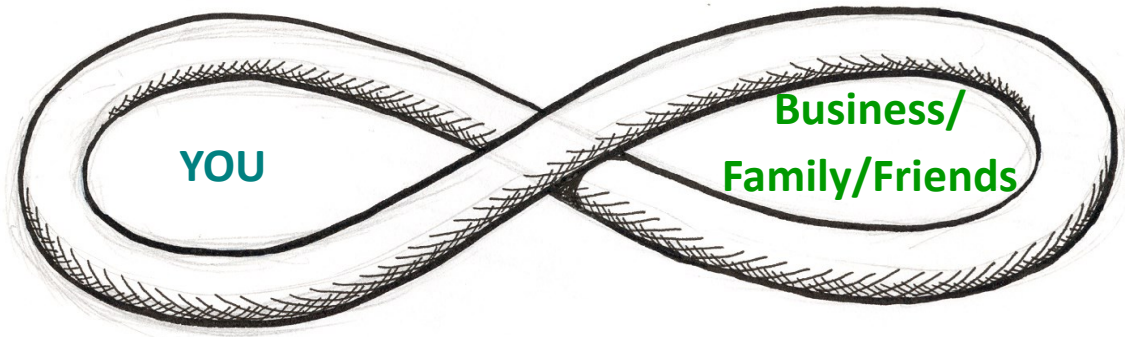




INFINITY LOOPS TO HELP YOU SORT YOUR
PROS & CONS FOR EACH OPTION

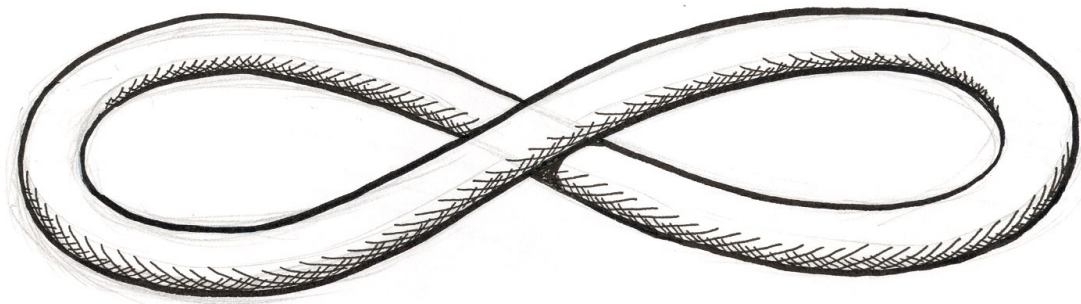
Strengths

Strengths



Weaknesses

Weaknesses





Action Guide: Accessing The Three R's

First: Play The 'As If' Game

Remembering you *have* core needs rests in a little trick you may have to practice. It's easy once you get the knack for the 'As If' game. The trick is simple:

Imagine as if you really KNOW that the 'best' answer cannot arise out of stress, anxiety, or frustration.

Imagine as if you KNOW your best answer in the moment is alive and well and available by turning your attention to resting, renewing, and reflecting.

You see, your brain will do everything it can to make what you think is true actually FEEL true. When this happens, you can comfortably make the choice that feels right to you without guilt or frustration.

Thoughts that leave you in conflict about which choice is the better one breed anxiety and doubt. You can change conflicting thoughts into positive ones that let you feel better about having to choose one option over the other. Using the *As If* game as I noted above is a great way to do this.

*And the positive thought we're talking about is this:
the answer to your dilemma will be there for you when you fulfill your three core needs.*

What can undermine this game is buying into the belief that you're new positive thought isn't true. You'll hear something like: '*Getting some rest, renewing, and reflecting isn't going to change anything!*'

Your mind will scan all the evidence it can find to support the negative view: continually rising debt, number of clients decreasing, strategy for generating social media presence not working, etc.

BUT ... if you understand the 'As If' game provides the groundwork for your brain to make the positive thought feel truer than the negative thought, you've won the challenge.

Not to be too repetitive, but here's the positive thought once again: the answer to your dilemma will be there for you when you fulfill your three core needs.





Second: Follow These Four Precise Steps and you'll find yourself ready to access your core needs.

♥ **Step 1—Acknowledge You Can't Wish Away Your Stress**

There is no point in kidding yourself. Feeling overwhelmed is the most common experience of all entrepreneurs. So just take a breath and acknowledge you *are* feeling stressed.

Prove it to yourself by noticing the tension in your body, whether or not you're holding your breath, if you're feeling anxious, angry, frustrated, sad, hopeless, or helpless. Face up to the fact that this is where you're at right now. You can't manage what you won't allow yourself to recognize.

This is often the hardest step to take. The drive that made you want to become a female entrepreneur in the first place will not want to admit to what it sees as potential weakness or failure.

It's your challenge to remember weakness is only the precursor to strength.

The muscle fibers in your body work together. They are not antagonistic. They actually complement each other. Weakness and strength work together as well. They're a powerful duo dedicated to stoking the fires of motivation and commitment so they burn strong and long.

♥ **Step 2—Grant Yourself Permission To Indulge In The Three R's**

Do you find yourself too often waiting for others to give you permission to breathe, to do what you know you need to do? Do you want others to grant you their approval or agreement, or to acquiesce to your need as being more important than theirs?

The Super Woman gene has a built-in resistance to letting you realize the only person's permission you actually need to rest, renew, and reflect is your own.

No matter how scary it may seem to give yourself this time, keep playing the '*As If*' game. KNOW the gifts (I'll list them for you in a minute) you'll receive from taking the time to rest, renew, and reflect far exceed anything else you could do for others or for yourself.

Your heart and soul/spirit are also equipped with an innate drive to be happy and carefree. Again, you don't have to do it for them. You just have to give your heart and soul/spirit the time and space to do what they know how to do. Then you just show up and enjoy.





♥ Step 3—Inform Others Of Your Decision

Let everyone who'll be affected by your time out know that you are going to take a short break – away from them or the situation. You don't need to explain it. You just need to declare it as so.

Use the tools that respond to email telling folks you're away from your desk for a while. And remember, it's not the end of your business (or your world) if you don't respond to your emails and texts immediately! Set your own limit for how long it's ok to wait before responding. I find the majority of your clients will adjust.

Be respectful of others and their dependence on you. But remain firm in your commitment to making time for honoring and accessing your own core needs. The fulfillment of these needs holds the resolution to that dilemma this entire article is addressing.

♥ Step 4—Know These Actions ARE Self-Care

Imagine as if these actions will take care of your stress. Engaging in rest and renewal, and creating time for reflection and contemplation don't lead to self-care. They ARE self-care in action.

You don't have to do anything else. Your body and mind are each equipped to naturally restore balance physically, mentally, and emotionally (the goal of self-care). You don't have to do it for your mind and body. They know how to activate the effects of self-care on their own. All you need to do is rest, renew (relax), and reflect.

When you're stressed out, angry, anxious, or frustrated, the frontal lobe of your brain is not in the lead. That's the part of your brain that handles all executive functioning and critical thinking.

Instead, the 'fight or flight' dictate behind stress is being generated by your amygdala, or your primitive brain at the back of your skull. You need your frontal lobe to kick back in and take over. Taking the time to fill your core needs allows that to happen naturally.

Your heart and soul/spirit are also equipped with an innate drive to be happy and carefree. Again, you don't have to do it for them. You just have to give your heart and soul/spirit the time and space to do what they know how to do. Then you just show up and enjoy.





An Extra Tip: The Dirty Dozen Dilemmas of Daily Life

Either/Or dilemmas repeatedly shows up in daily life. But there are only a few that are at the **root** of most issues. When you can spot the basic dilemma, you can get to the heart of the matter without much ado.

I call these basics the **Dirty Dozen Daily Dilemmas of Daily Life**. They are at the core of most of our push/pull experiences. They begin as we awaken in the morning and follow us through the day until we fall back into bed at night.

Change the way you relate to these core dilemmas and you will naturally begin to change the way you relate to others. I have listed an alternate way to think of a few of these that are very common.

1. **Me or You**
2. **Trust or Doubt**
3. **Secure or Risky**
4. **Hold on or Let go (Control or Surrender)**
5. **Logic or Emotions (Mind or Intuition)**
6. **Alone or Together (Connected or Separate)**
7. **Acceptance or Rejection (Approval or Criticism)**
8. **Inner or Outer (Spiritual or Material)**
9. **Beginning or Ending (Start or Complete)**
10. **Chaos or Order (Perfect or Flawed)**
11. **Right or Wrong (Good or Bad)**
12. **Work or Play (Freedom or Responsibility)**



Hundreds of sets of opposites run through the fabric of our lives. See how many you can become aware of each day. Being aware of opposites is the first step toward bringing peace to your inner tugs-of-war. Learning to then manage them efficiently defuses a great deal of that decision making stress, anxiety, and frustration. And this leads to better decisions and a more consistent bottom line, whether financial, professional, or personal.

Suggestion: *Print out this list and post it where you can see it easily and notice how many times a day you find yourself in an inner tug-of-war with one or more of these sets of opposites. You will have to really pay attention because thinking in terms of opposites is not usually a highly developed skill. But it is a highly valuable skill and developing it will pay off handsomely—both professionally, financially, and personally.*



WONDERING WHAT TO DO NEXT?

WATCH THIS FREE VIDEO

To learn where this strategy came from, please watch my free video, *The Psychology Of The Mystics*. The steps for managing this type of dilemma came from studying those members of our species who somehow could stay calm, centered, and undisturbed, no matter what was happening inside or outside. I wanted to know how they did it. So I used my NLP skills and created a model of mystic psychology to help us learn how to also stay calm, centered, and peaceful no matter what.

TO WATCH NOW, CLICK HERE → <http://www.raginimichaels.com/unflappable/psychology-of-the-mystics/>



CHECK OUT MY NEW BOOK ON THE *Either/Or* DILEMMA

Check out the exact details for how to stay calm and centered in the presence of these ‘either/or’ dilemmas. Enjoy reading *Unflappable—6 Steps To Staying Happy, Centered & Peaceful No Matter What*.

FOR MORE DETAILS, CLICK HERE → <http://www.raginimichaels.com/unflappable/>



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DISCOVER MY ON-LINE TRAINING FOR MORE PERSONALIZED GUIDANCE

Be personally guided through the 6 precise steps to manage the either/or dilemma. Wire this knowledge into your own brain and unconscious mind. This allows the knowledge to shift into skill and finally, into your personal practical wisdom. Take a few moments and peruse what's available and possible in this amazing course *Living With The Dirty Dozen Dilemmas Of Daily Life*.

JUST CLICK HERE → <https://to-help-you-help-others.thinkific.com/collections>

