

# HOW TO FEEL BETTER GUIDE SHEET

## UNDER THE SELF COACHING MODEL:

- Your thoughts create your feelings.
- Your feelings create your actions.
- Your actions create your results.
- Circumstances are neutral.

I created this framework, and it describes how the universe works.

Under the Model, you can see that your thoughts create your feelings. This means all emotions are created in your mind. If you want to change how you feel, you need to change how you think.

## TO FEEL BETTER, DO THE FOLLOWING:

- 1 *Ask yourself what you're feeling.*
- 2 *Identify the thought you're having that's causing you to feel that way.*
- 3 *Decide how you want to feel.*
- 4 *Create a new thought that will create that feeling (ask yourself what you would be thinking if you were feeling the emotion you want to feel).*
- 5 *Bridge the gap between what you're thinking and what you want to think by practicing the new, believable thought.*

The secret to feeling better is to intentionally choose and practice thoughts you believe instead of repeating the thoughts your brain has thought in the past.

To get help with feeling better, visit [TheLifeCoachSchool.com/join](https://TheLifeCoachSchool.com/join)