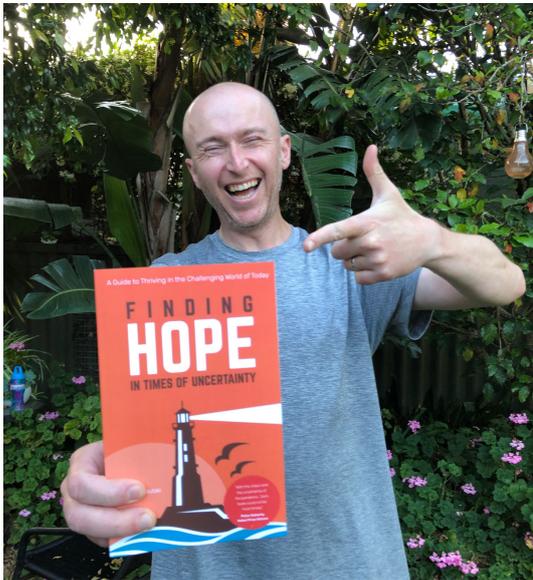




**Finding Hope
in Times of Uncertainty
IMPLEMENTATION GUIDE**

**EXERCISES & TOOLS TO FIT YOU
AND YOUR WAY OF LIFE**

Making Hope Work For You



I cannot be more excited for you to be here - you have not only got the book, but you are serious in making hope work for you and your way of life!

You are one of the very few people who are committed to putting in time and effort to have the life they truly deserve and I'm cheering you on because it's not easy.

But as you and I know, no one is as invested in your health, your happiness and your way of life as you are yourself!

In this guide, we will go through specific exercises that you can put to work right away. These are designed to fit you - you can do them anytime, but I want to challenge you to work through them for the next 30 days.

This will give you the best possible results when it comes to leading yourself to be the best you can be so that you can have greater control over worry, rediscover your sense of purpose, find more confidence for what you want to do in your daily life and get towards your goals faster.

Thank you for being here
 adon't forget to grab a complimentary copy of the audiobook version of "Finding Hope in Times of Uncertainty: A Guide To Thriving in The Challenging World of Today"

And join me for the free video training "3 Ways To Tackle Uncertainty In Your Daily Life" - click on this link to register for it today!



Exercise: Acceptance



Finding calm begins in the place that speaks to your true nature the ocean, the mountains, the path near the railway tracks... Most of all, choose a place that speaks to you. A place nearby, where you can be on your own.

Being on your own takes getting used to, but it can set you free! Free to be yourself because you accept that you are only one part of this world. You don't need to fall in line, or be a certain way. No expectations. No pressure. This becomes a safe place where you can be alone with your thoughts.

These thoughts might leak through the gaps and overtake you, but don't be afraid to let them come. This is their domain, to exist, roil, and inspire, but they can't push you around, or pit you against your values and beliefs.

Make it a regular getaway – once a week, or once a fortnight, whenever you need to recover, or find yourself again. Why not make a plan to do it today or tomorrow?

01. The place where I would be most authentic when I am by myself is...

02. Realistically I can go there as often as...

Exercise: Understanding Your Fear



Your fear, it wants you to leave it alone. To roam free, unchallenged. It will throw you off, close off, distract you, do all it can to prevent you from seeing it up close. Because when you see fear for what it is, you can break the power it has over you.

To be safe from fear, you have to go to the source of its power. Find the motive – is there a trigger, something that sets you off? Use reason, and not emotion, to guide you. Like a detective investigating a crime, you survey the scene. You examine the evidence to uncover the truth.

Ask yourself:

01. What am I worried about the most right now, and why?

02. What can I do to prevent this fear from coming true, or to minimise the impact it can have on me, and the people I care about, if it is true?

Controlling Your Worry



This exercise helps us separate worries we can't control from the challenges we can manage. Imagine there is a line pointing out from your forehead that divides the space ahead of you in two equal halves. Think of all the worries that seem outside of your control – in the case of the pandemic, this could be the spread of the disease, what the authorities are doing, whether people keep their distance when you are outside, etc. This can help you to manage your expectations because you won't rely on things beyond your control.

From then on, turn your gaze to the right. This is where you put everything that you can change, or at least influence in some way – in the case of the pandemic, you can wear a mask when you go out for groceries, you can change how you interact with friends and family, and you can work from home. This can help you understand where to direct your effort.

From then on, you can pick out the biggest worries that you can influence in some way. Write down what you can do to decrease the chance of them coming true.

Exercise: Line of Control



Writing your plan out on paper or on your phone gives you a sense of purpose because you are in control of your life. When you cross paths with worry, what are the top three scenarios you want to avoid?

1a. The first situation I need to be mindful of is...

1b. To prevent it from happening or decrease its impact, I will...

2a. The second situation I need to be mindful of is...

2b. To prevent it from happening or decrease its impact, I will...

3a. The first situation I need to be mindful of is...

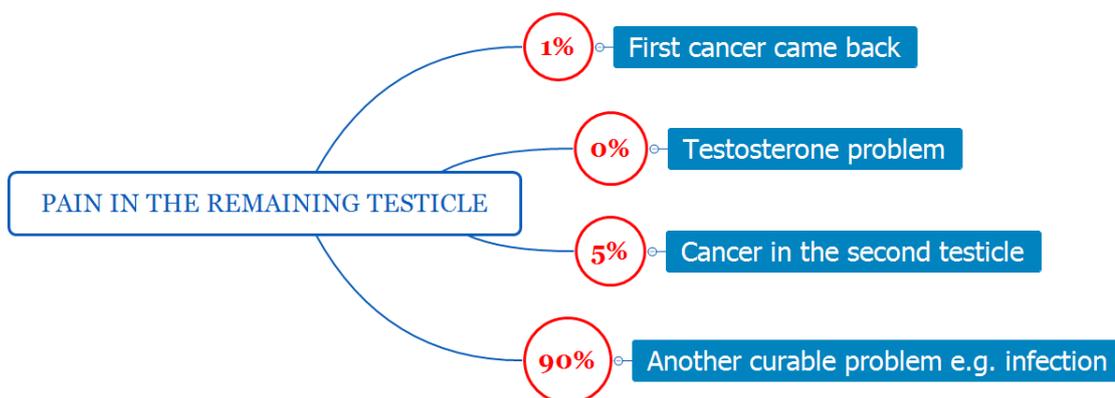
3b. To prevent it from happening or decrease its impact, I will...

Mapping Potential Outcomes



When you are going through a difficult time in your life, it can be hard to make sense of what is going around you. You ask yourself: why is this happening? Am I on the right track? And what should I do now? You need to find a way past confusion so that you can see the situation for what it is and make rational decisions about what you will do next.

Here is an example for a specific ache, pain, or worry:



This overview allowed me to look at the situation in front of me and weigh down my options without my emotions getting in the way. This helped me to get on top of worry and inspired me to reach out to my specialist for advice.

Exercise: Outcome Map

Make your own outcome map. It enables you to visualise all the possibilities of a situation so you can decide what to do next.

You will only need a pen, paper, and five minutes.

In the middle of the page, write down the specific pain, ache, or worry that's troubling you right now. Next, write down each probable outcome. Outcomes could be a side effect that you read about, a complication from treatment, a muscle problem, or something else entirely.

When you have all the possibilities in front of you, spend 30 seconds on each one to estimate how likely each outcome really is.

It doesn't have to be perfect — we just want to have all the likely scenarios written out to see.

Now that it's all laid out in front of you, it's time to decide what your best course of action is.

What is the one thing you can do about it today?

This approach of getting worries out of your head can help you assess the situation in a calm, rational way so you can decide what to do about it. Here are some prompts to guide you when you want to work through the turmoil you might be experiencing today.

01. What worries me the most right now is:

02. The probable causes or outcomes are likely to be (short description and percentage):

03. If there is one thing I can do about this today, it is:

Exercise: Riding the wave of panic



Don't try to control the fear and stop it from happening – doing so saps you of precious energy and might make it swell up even more. The worry is like the storm, raging out at sea. You don't fight the waves or push them away. Hold your ground and let them come at you. Stand firm and let them pass. Breathe in and out, slowly, until there is a calm, steady breath. Breathe, and let it happen.

When you need to get past panic, try this:

1. Find a quiet space where you can be on your own.
2. Envision your worries as waves that sweep in only to wash past you.
3. Take deep, slow breaths until your breathing is steady.
4. Release the physical tension with rapid body movements.

01. What are the quiet spots around your home that you might go to when you feel overwhelmed?

02. What is the one thing you can do to get your body moving anytime, anywhere?

Exercise: Realistic goals



When you are ready to deal with the obstacles that stand in your way, you set yourself up to win – you are prepared, and there are no surprises. Use the prompts below to plan for challenges that are likely to come up.

1. One realistic goal I have for myself this year is to...

2. The main challenge I expect to stand in my way is...

3. Here is what I'm going to do about it:

4. Another obstacle I can expect to come my way is...

5. Here is how I can work around it:

Exercise: Your life goal



When you are ready to deal with the obstacles that stand in your way, you set yourself up to win – you are prepared, and there are no surprises. Use the prompts below to plan for challenges that are likely to come up.

1. One realistic goal I have for myself this year is to...

2. The main challenge I expect to stand in my way is...

3. Here is what I'm going to do about it:

4. Another obstacle I can expect to come my way is...

5. Here is how I can work around it:

Exercise: Identifying your purpose



There are times we lose sight of our purpose, and we forget the place and people we belong with. To rediscover your purpose, you want to figure out who you want to help, and why. Finding that person will draw out your reason why you should keep going when you feel like giving up. The person who inspires you may already be a part of your life today – your partner, your child, your best friend, or it might be someone that you gravitate towards based in the shared experience you have, a mutual enemy, or a common goal.

1. Who is the person that looks up to me the most right now?

2. Who has lived through a similar struggle that needs help right now?

3. If I could do one thing to help them today, it would be to...

4. How will I know that I'm making a difference in a significant way?

Exercise: Making every win count



Every mistake, every misstep is a good result when you can learn from it and do better next time. But results are easy to miss, or brush aside, especially when you are building something over time, so I advise you to bring those results to light, to recognise and celebrate what you have achieved as part of what you do each day.

Aim for one small win each day, and reflect on the accomplishments you have achieved. Here are two prompts to use daily:

01. What am I worried about the most right now, and why?

02. If there is one thing I do today that I can be proud of, it will be to:

Write down anywhere between five and ten results you have achieved. It works best when you keep them simple – whether it's something that helped you grow or that made a difference to someone you care about, be sure to include it in your list. Every moment that fills your life with meaning counts, whether it's working on a new idea, checking in on a friend, or enjoying a quiet dinner alone.

Exercise: Creating necessity

When we want our precious, best-guarded dreams to turn true, we must elevate our goals and ambitions to the level of necessity. That way, there is no way to go around them, they take the front seat, no matter what, and you will get things done.

You need two ingredients to create necessity. The first one is your net dream – you want something so badly that you will do whatever it takes to make it come to life!

This reason might not have formed in your mind just yet, but when you are able to put it into words, and give it a shape and meaning that are unique to you and your way of life, it will guide you towards achieving your goals and ambitions. For it is easier to find the path towards that which you desire when you know exactly what you are looking for. And if your net dream is not a luxury but a necessity, then you go after it with every bit of strength and courage you can muster.

Secondly, you need to face the consequences of what you stand to lose if you miss out on your dream. With every goal you aim for, with every ambition you strive for, you are taking a risk. The risk you take in forging ahead with your ambition in life can be a constant cause of concern, or become your source of inspiration moving forward.

These prompts can help you bring more clarity to the dream you want to make reality.

01. If there is one thing I will regret not doing, it will be...

02. If I'm honest, what worries me the most about pursuing my dream is...

03. If I miss out on my dream, I'll know about it when...

Exercise: Bright memories



What are the brightest memories that you treasure? This can be a quiet moment you shared with your spouse, or a fun time you had with a close friend. These moments bring out the connection you share, and how their influence has helped you become the person you are today.

Can you think of three to four people who have had an impact on you? Here are two questions that may help you bring out those memories:

01. Who has helped me grow and be the person I am today?

02. What distinct moment with them stands out the most?

Bringing this memory to light can take several minutes when you first try it, but over time, the moment will come rushing back to you at the flick of a switch. It's an easy habit to get into when you make it a part of your everyday routine, whether you go for a walk at a certain time, have a shower, or finish your breakfast.

Exercise: Fight small battles to win the war



As you get ready to face the day, it can be helpful to pick out a specific problem that you know you are going to face today. It may be part of a bigger struggle, or a difficult task that you want to get out of your way.

You might not have a way to get around it, but giving your struggle a name and identifying your desire to get through it can help you to hang in there and keep going.

Use this prompt in your journal to pinpoint the challenge up ahead:

01. If there is one challenge I'm ready to face today, it's...

Identifying one challenge that you will face each day can give you more clarity about the struggle you have, and a greater degree of control over what is happening in your life because you approach life with the belief that you can handle difficulties that stand in your way.

Exercise: Past victories



To be more resilient, you want to recognise the times when you live through the tough times in the past, and do more of what helped you then. A true victory is not always the climb to the tallest mountain, or defying the odds, but retaining a sense of self in the face of adversity.

To bring out the times when you stood your ground, ask yourself:

01. When was the one time when I came this close to giving up completely, but somehow found the strength to keep going?

02. What helped me then, and how can I use it against the challenges that life throws my way?

This is a reminder of how far you have come and what you are capable of. And when you feel like gravity will not hold you, you can anchor yourself in a safe place and stand your ground, or get back up swiftly if you fall.

Exercise: Pausing



Sometimes change can take you off course. You need to bring them back in line to stay on track and wait for the right moment to get back up, like a surfer catching the wave.

Most of the time you spend on the surf goes to reconnaissance. Is this a good wave, or should I let this one go? If it feels right, you get on and ride the wave. Sometimes the luck doesn't go your way, and you are thrown off the board. Then you get up and try again.

Watching the waves won't only allow you to preserve energy, but it will also help you make studied, level-headed choices that might save you from disappointment. The same holds true when you try to keep afloat in the stormy waters of daily life – the key is to stop yourself from rushing in. I call that pausing – taking away the impulse to act.

Ask yourself:

Does this thought or situation deserve my time and attention?

Does it serve me today, or does it serve the future that I want to be a part of?

If this is a situation or a thought you can do without, then you can let it go past and keep going. Then, when the right opportunity comes up, be it a new idea or a situation that can make your life better, you can weigh it up, plan it, and embrace it as part of your day-to-day life.

Exercise: Listening like a leader



It is only when you feel truly heard and appreciated that you come alive. When you are recognised for your authentic, true self, any doubt or hesitation falls away, and now, you are ready to listen back.

For your message to carry, people need to feel that you care. Before they put their trust in you and your ideas, people want to be heard. If you want to get their attention, you have to give them your attention first.

To understand where people are coming from, ask yourself:

Why does this person feel excluded, or misunderstood?

What are they missing in their life, and why?

We are so immersed in our own world that we forget to tune in with others, and any chance of the connection we might have can slip away without notice.

As you listen, you are helping other people release their tension and worry, and by doing so, you become the person they trust and respect.

Exercise: Gaining insight



When you are consumed by the situation you are in, you are often missing a critical insight, some way to make sense of what is going on around you. Explaining the situation in your own words can reveal a new angle or help you to explain someone else's experience.

This is like being in a theatre – what you see up on stage is the exact same show everyone else is watching. The key parts are there for all to see – the story, the set, the actors, and the message. However, looking back on it, you pick out the detail that no one noticed or describe it in a way that no one else would.

Your insight does not need to be complex or refined. A single observation that is thoughtful and well-intended can open a new way of looking at the situation, and help someone make sense of where they are, where they want to be, and how to get there.

When you listen to what someone is telling you, ask yourself:

Yes, but what does that really mean?

What are they really trying to say?

Is there an underlying message they want to get across, but may not be able to put into words just yet?

We don't need to uncover that which is hidden, only to point out what is already there, the essence of what matters to them the most, and why.

Exercise: Asking the right questions



Some say they don't like to talk about themselves, but maybe it's because nobody has bothered to ask.

It's in our nature to share something of ourselves with others, to come together, and to connect with other people. You want to open up and you want to give more, when they invite you in and make you feel at home. When you allow yourself to be curious and focus on the thoughts and feelings of another, you will take time to listen and get lost in their world. You are compelled to go deeper because you want to know more. Immersed in the story, you can't help but ask – so what did you do? What happened next? Did it help?

When you listen to what someone is telling you, ask yourself:

Yes, but what does that really mean?

What are they really trying to say?

Is there an underlying message they want to get across, but may not be able to put into words just yet?

We don't need to uncover that which is hidden, only to point out what is already there, the essence of what matters to them the most, and why.

Exercise: Finding joy



Happiness is not a flat line, but a patchwork of a-ha moments, tiny little wins that make you feel alive, and pivotal moments when you almost gave up, but somehow, found the strength to get up and keep going.

When you look closely, you will recognise those moments at once. The joy fragments are waiting for us to pick them out and hold them up as a sacred part of our experience.

Give them a life in your diary to reflect on what makes you happy. This simple daily ritual can help you celebrate the little things that went your way and give you a sense of progress, on your terms.

Morning is the perfect time to look back on what you achieved the day before because it sets you up for the day ahead, and you expect more good things to come your way.

Here are three prompts that can help you bring those joy fragments to light:

When I think of a moment yesterday when I felt genuinely happy, what is the first memory that comes to mind?

When I think of a moment yesterday when I was content, what is the first moment that comes to mind?

When I think of a moment when something felt right yesterday, what is the experience that comes to mind?

Exercise: Preventing negative feelings



We don't always achieve life-changing breakthroughs in our daily life, but we are all striving to be at our best. Every chore you get out of the way, every task you get over the line is an accomplishment on your part, and you should treat it as such!

It is crucial for us to realise that we sometimes are the only thing standing in the way of our happiness. Even when we have the very best intentions, it is easy to slip into negative habits and thoughts. In other words, it is not only helpful to focus on things that make us happy, but also to identify how we sometimes self-sabotage in order to prevent it from happening.

You don't need a to-do list, but this shortcut will help you get as far as you possibly can from trouble, pressure, and outside demands. Use these prompts in combination with your diary:

What is the one annoying thing that I can refrain from doing today?

What is the one good deed I can do today, without expecting anything in return?

No one ought to be turned away from happiness – there is enough for you, me, and the rest of us, now and forever more.

Today, you deserve happiness, and it's here for you, waiting for you to accept it with open arms!

RECOMMENDED FOR YOU

Happy Habits Online Course

How to habits for happiness when it comes to dealing with challenges, thoughts, people, ambitions and getting results.

Find out more at:
PowerToBeHappy.com/Habits



SIGN UP TODAY

Power4Life Coaching Program

It's not easy to get back on track after struggle - you're always doubting yourself and second guessing everything that you do...

I wish someone was there by my side as my guide and my true supporter and that's why I built my coaching program to find the best way forward for you!

In this program, we work one on one to get your life back on track after you've been through the struggle and how to get around the challenges that come up in your life.

To apply for your free strategy session go to:
PowerToBeHappy.com/Coach



 Follow on Instagram:
[@powertobehappy](https://www.instagram.com/powertobehappy)