



GET IT

COMMUNICATING TO
Connect

CAHF

NOVEMBER 2021





CHANGE THE WAY YOU NAVIGATE YOUR LIFE

4 TENETS

1. Life happens one _____ at a time.
2. The quality of your life is a direct _____ of the quality of your conversations.
3. The life you want is on the _____ side of a tough conversation.
4. Tough conversations, navigated successfully, get you what you want and create the _____ life you desire.

ALIGNING BRILLIANCE



- 3 |



#1 TOOL FOR CHANGING LIMITING THOUGHTS

CTFAR

C = CIRCUMSTANCE

Things that happen in the world.
Facts.

T = THOUGHT

Things that happen in your mind.
This is where you coach.

F = FEELINGS

Vibrations that happen in your body
- caused by thought, not circumstance.
NOT physical sensations.

A = ACTION

Behavior - what we do in the
world.

R = RESULTS

What we see in the world (our
lives) as an effect of our actions.



TAKING STOCK

STATE OF THE UNION

Stating the Painful Thought/Belief:

1. What is the thought that brings you pain?

2. When you think this thought, how do you feel?
Write down at least two feelings the painful thought causes you to feel.

3. When you experience these feelings, how do you act?
Write down the actions you take with these feelings.

4. When you act this way, what is the result? Write down what happens
when you behave the way you do.



CHOOSING A LESS PAINFUL THOUGHT

| THE TURNAROUND

Shifting Perspective for a More Helpful Belief

5. Is your original thought true? Is it always 100% true? Write down two reasons why your thought is not 100% true.

6. Knowing that your original thought is no longer true, what's a new, less painful thought, that is just as true, or more true than your original thought? Write down 2-3 slightly "better feeling" thoughts that you know are true.

7. Of the 2-3 new, less painful thoughts, which one resonates with you the most? Circle this new, less painful thought.



CHOOSING A LESS PAINFUL THOUGHT

| THE TURNAROUND

8. When you think this new thought, how do you feel?

Write down at least two feelings this new thought causes you to feel.

9. When you experience these feelings, how might you act?

Write down the actions you might take with these feelings.

10. If you act this way, what will be the result?

Write down what happens if you behave in this new way.



STAYING ANCHORED & MOORED

LEADIN' & TALKIN' TO YOURSELF

Watch your spiraling stories. *[how & what ya think]*



Low Energy Words

vs

High Energy Words



STAYING CONNECTED

Free tools: amyk.com/mojo

www.amyk.com - coaching, consulting, training

LinkedIn @AmyKHutchens

Instagram @AmyKHutchens

Women Leaders: www.shegetsit.com/mojo



A BRILLIANT BACKPOCKET ONE LINER = GOLD

MAGICAL PHRASES



#1. _____

#2. _____

#3. _____

#4. _____

#5. _____