

Take Control of Your Life

7 ways to start living
life on YOUR terms



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First published by Nicola Hayley in Australia in 2017.

This third edition published in September 2023 by Nicola Hayley.

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This guide is for educational purposes only, and is designed to help you take control of your life and create a life of your choosing.

It is not intended to replace financial, legal, medical or any other professional advice and should be used to supplement the advice from your regular professional advisers.

Please consult your professional advisers before making decisions or engaging in actions that may affect your personal situation or outcomes.

If you believe that you have a serious issue or emergency situation, please immediately seek help from a suitably qualified professional.

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If you have any questions regarding the content of this guide, please contact me at nicola@wisdomstirring.com

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Take back control!

It's all too easy to feel totally out of control when we're dealing with making a big change in our lives, or resolving a challenging situation.

We hand over our power to professional advisers or other "experts" and then wonder why we're not making the progress we want to make, or feeling the way we want to feel.

And it's at that moment that we need to take back our power and remember that we're the ones in charge of our life.

But how do we do that? How do we take charge when we're feeling so, confused, overwhelmed and helpless?

In the following pages you'll find seven simple strategies that you can use to put you back in the driver's seat.

So go through the list, understand why each one is important, and try out the suggestions.

The more of them you can do, the more powerful the impact will be, especially as their effects start to combine.

But importantly, don't feel like you have to do everything all at once, because that will just lead to overwhelm, which is the complete opposite of what we're trying to achieve here.

Just focus on the things that feel easy, doable and **right for you**.

And remember that it's consistent daily action, no matter how small, in whatever way you can manage, that will create the best results.

Let's get you back in control!

1. Ask lots of questions

One of the fastest ways to take control of any challenging situation in your life is to ask lots and lots of questions.

Why it matters

- ▶ You educate yourself about your options and what's really going on.
- ▶ You show that you're an active participant in the situation and you have needs and opinions that need to be included and respected.
- ▶ You show yourself that there are things you can do to contribute to the solution.

How to go about it

- ▶ Ask everyone you interact with to explain unfamiliar terms and concepts, as well as the the purpose and effects of any actions or decisions you don't understand. Don't worry that your questions might seem silly. This is your life that you're dealing with, so keep asking questions until you completely understand the situation.
- ▶ Keep a notepad handy and immediately write down questions that occur to you. Take them with you everywhere, so you can get answers as soon as the opportunity arises, whether that's from another person, books, online or other reputable sources of information.
- ▶ Record the answers to your questions in a notebook or a word processing document, and refer to them later to reinforce your understanding.



Keep asking questions until you understand

2. Pick your team

Surround yourself with people who respect you, support you, listen to you and nurture you.

Why it matters

- ▶ Research shows that having a strong support network around you can make a huge difference to your quality of life.
- ▶ You don't have the time or energy to deal with people who drag you down or make you feel bad.
- ▶ You need only the best people on your team.

How to go about it

- ▶ Choose professionals who listen to you, answer your questions and show you respect. If they won't do this, find someone who will. Start seeing your advisers as people who work for you, as part of your success team, and accept nothing but the best.
- ▶ Write down a list of people you can turn to when you need a shoulder, an ear or a helping hand, and call on them. Regularly.
- ▶ Join a support group. Sometimes you need to be around people who know exactly what you're going through.
- ▶ Remember to ask your loved ones for support, and tell them exactly what you need.
- ▶ Minimise the amount of time you spend with anyone who is negative or unsupportive.



Build a strong team

3. Choose your focus

Be deliberate about the things you spend your time and energy on.

Why it matters

- ▶ There's always going to be more going on around you than you can personally process or handle. By staying focused, you significantly increase your ability to cope with whatever arises.
- ▶ When you're deliberate in your focus, you don't get swept up in things that make you feel bad or overwhelmed, so you maintain your balance more easily and feel better more of the time.
- ▶ You end up spending more time and energy on the stuff that actually makes a difference, so you make progress much faster.

How to go about it

- ▶ Stay focused on the things that you can control, instead of all the things you can't. No matter what's going on, there are always things you can do that will move you in the direction you want to go, so keep your focus firmly fixed on them.
- ▶ Evaluate everything through a filter of relevance. Asking "Is this my problem?" or "Does this actually affect me?" are two great ways to eliminate distractions.
- ▶ Find things to appreciate in every moment. Sometimes it's tough to see the silver lining in what's going on, but you can find something of value in any situation. Find it and feel gratitude for it, even it seems like the tiniest, most trivial thing in the world.



Stay focused on what matters

4. Break it down

Break everything you're dealing with into much smaller pieces.

Why it matters

- ▶ It's incredibly easy to feel overwhelmed and powerless when problems are big and poorly defined.
- ▶ Seeing obstacles broken down into smaller chunks makes them feel much more achievable.
- ▶ You need small successes at every step of the way to give you the strength to keep moving forward.

How to go about it

- ▶ Practice taking everything one step at a time, and dealing with only the things that are right in front of you. Long-term plans are useful, but trying to deal with everything at once, including things that haven't happened yet, is a recipe for overwhelm and frustration.
- ▶ No matter what you're trying to do, see if you can break it down into smaller steps and smaller goals. Not only does this make it easier to actually start taking action, but it also gives you that lovely buzz of success when you can tick something off your list.
- ▶ Remember to celebrate every small win at every step along the way. Sometimes we're so focused on what's left to be done that we lose sight of everything we've already achieved. Celebrate every success and every sign of progress, no matter how small.



Break everything into smaller pieces

5. Deal with your feelings

Find ways to accept and process your emotions about what's going on.

Why it matters

- ▶ Runaway emotions like fear or grief can make it almost impossible to see things clearly or make good decisions about our situation.
- ▶ Ignoring our feelings only makes them worse, and they can start to affect every part of our lives.

How to go about it

- ▶ Start by acknowledging and accepting your feelings, no matter how unpleasant they seem. It's natural and normal to have strong feelings in difficult situations, and they're nothing to be ashamed of.
- ▶ Find healthy ways to process your feelings, whether that's writing in journal, using a technique like EFT (Emotional Freedom Technique), dancing around the kitchen to your favourite music or talking to a trusted friend or counsellor. Get that energy moving!
- ▶ Take a time out. Sometimes we just need to step out of a situation to find our equilibrium, so take a break and do some deep breathing, meditation or just sit and be still.
- ▶ Make an effort every day to find things to feel good about. No matter what our mind tries to tell us, we actually get to choose our thoughts, so pick ones that make you feel better. It's almost impossible to feel bad and good at the same time.



Embrace your feelings

6. Listen to your gut

Start listening to that small quiet inner voice of yours.

Why it matters

- ▶ No-one else has the same experience and knowledge as you, or knows what matters most to you. Your situation is truly unique.
- ▶ You're the only person who has to live with the results of your choices, so you want to make sure you're making the decisions that are right for you.
- ▶ You have access to an inner knowing that can help to guide you towards the best choices for you. Make use of it!

How to go about it

- ▶ Practice listening to the cues that your body gives you at every meal, about how full or hungry it is, what it wants to eat, and how the food you're eating makes it feel. It's a fun, easy and safe way to start hearing that inner voice.
- ▶ Stay very aware of the sensations in your gut when you're in an uncomfortable situation or being presented with a difficult decision. And then trust them!
- ▶ Find a quiet, peaceful place to reflect on events and make important decisions. You're more likely to notice any subtle nudges you get from your inner knowing.
- ▶ Trust that you really do know yourself better than anyone else, and that you're the only person who knows what's best for you.



Listen to your inner knowing

7. Take care of you

Take the time to care for yourself and make sure your needs are met.

Why it matters

- ▶ Now that you're the one in charge of your life, it's even more important to take good care of yourself, so you have the energy and resources you need to take the lead.
- ▶ You'll actually achieve a lot more in your situation if your "tank" is full. So it's even more important than ever before to take time to recharge, refresh and reboot.
- ▶ It's impossible for anyone other than you to make you their number one priority, so make sure that you are putting you first.

How to go about it

- ▶ Make a list of things that you can do that make you feel good, whether that's going for a walk, having a meal with friends or reading a good book, and do at least one thing from your list daily.
- ▶ Be willing to be flexible, and accommodate your changing needs and energy levels. Even if you're tempted to tackle everything at once, try to pace yourself. You'll make less progress if you get overwhelmed and need to take a time out.
- ▶ Remember that you are so much more than your current situation, so don't let it define you. Do things that allow you to forget about it, even for a short while. This will help tremendously because you've had a break and can return with fresh eyes.



Do things that make you feel good

7 ways to take charge of your life

- ✓ Ask lots of questions
- ✓ Pick your team
- ✓ Choose your focus
- ✓ Break it down
- ✓ Deal with your feelings
- ✓ Listen to your gut
- ✓ Take care of you

**"The most difficult thing
is the decision to act,
the rest is merely tenacity.**

**The fears are paper tigers. You can
do anything you decide to do.**

**You can act to change and control
your life; and the procedure, the
process is its own reward."**

- Amelia Earhart

It's time to take charge!

Well done for making it to the end of this guide.

You now have seven strategies that you can start using right now to take control of your journey, so that you can feel more empowered in every moment of every day.

Start wherever you are, with whatever you can do, and know that anything you can do will make a difference.

And remember, if you try something and it doesn't seem to work, don't get discouraged.

Just try something else, and keep trying things until you find the ones that work for you. And then keep doing them!

I recommend that you print out the list on the previous page, and put it somewhere that you'll see often, to remind you to keep doing whatever you can to step up and be in charge of your life, every single day.

When you're ready to take even more control, make different choices and create life on your terms, please visit my website for more tips and resources.

And may you have a wonderful day!

Nicola

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About me

I believe...

- ▶ That we all have an inner guidance system that gently pushes us towards the things that are best for us, if we only take the time to stop and listen
- ▶ That information is useless if it doesn't allow us to take practical, relevant action to change our lives
- ▶ That there is no ONE right answer to any question, situation or problem, but instead we each need to discover our own unique answers
- ▶ That the world is in serious need of upheaval, and that innovation and courage is what's required to create the beautiful world our heart knows is possible
- ▶ That learning to trust the Universe is absolutely essential if we're ever to make the kind of difference we want to make
- ▶ That the status quo is boring and yesterday's news, and that the promise and potential of tomorrow is the most intoxicating and exhilarating thing in existence!



Hi, I'm Nicola

I've been exploring my spiritual side since I was a young child. I want to share what I've discovered along the way to empower you to take control, think for yourself, live authentically and create a more meaningful life on your terms.

You can find out more about me and get in touch here:

Website <https://wisdomstirring.com/about/>

Resources

If you want to learn more about creating a deliberate, fulfilling life that's right for you, here are some of my favourite books that have helped me along the way:

- ▶ [Finding Your Way in a Wild New World](#) by Martha Beck
- ▶ [Decisive](#) by Chip and Dan Heath
- ▶ [Upstream](#) by Dan Heath
- ▶ [Work the System](#) by Sam Carpenter
- ▶ [Will It Fly](#) by Pat Flynn
- ▶ [Instantly Directed Manifestations](#) by Richard Dotts
- ▶ [Rich Dad Poor Dad](#) by Robert Kiyosaki
- ▶ [Psycho-Cybernetics](#) by Maxwell Maltz
- ▶ [Astrology for the Soul](#) by Jan Spiller
- ▶ [Sick to Fit](#) by Josh Lajaunie and Howard Jacobson
- ▶ [The Pleiadian Workbook](#) by Amorah Quan Yin
- ▶ [Human Design](#) by Chetan Parkyn
- ▶ [Energy Medicine](#) by Donna Eden
- ▶ [How Not to Die](#) by Michael Greger
- ▶ [The Body Keeps the Score](#) by Bessel van der Kolk
- ▶ [The Big Leap](#) by Gay Hendricks
- ▶ [The Emotion Code](#) by Bradley Nelson
- ▶ [Milk the Pigeon](#) by Alexander Heyne

It's an eclectic mix, and not every book will be a fit for you right now, but hopefully you'll find something in there that sparks the next step towards a more meaningful life.

I wish you all the best on your journey to a better future.