

the **BOLD** MOMS

be STRONG



be HAPPY



be **BOLD**



be YOU

Stephanie Lambert

BOLD * **MOM** * **Mentor**

w w w . t h e **B O L D** M o m s . c o m

S t e p h a n i e @ t h e **B O L D** M o m s . c o m

be STRONG



be HAPPY



be **BOLD**



be YOU

Are you feeling like your life and your kids' lives are so intertwined that it's hard to see where you end and they begin?

Do you feel like your children's habits, attitudes, behaviors and moods affect the quality of your day?

Do you feel frustrated, irritated etc. when your kids are misbehaving, having fits, acting out?

Do you feel powerless at times to your schedules, your kids' schedules, your kids' behaviors, your life circumstances?

I FEEL YOU! Now, answer this...

Would you like to maintain calm in the midst of your kids' emotional storms? *(And there are and will be LOTS of those storms!)*

Would you like to be the ticket taker with your feet firmly on the ground as your kids are on their emotional rollercoaster?

Would you like to more fully enjoy not only motherhood, but all the facets of your life?

The GOOD NEWS? There is a clear path. It starts with YOU.



The information I have to share can help you start to navigate your CLEAR PATH where YOU take control of YOUR thinking and develop the power to create the mindset YOU want and where everything else will fall into place.

Are you ready? Let's get started....

The **M O D E L**

is a tool to use to think about what we are thinking about.

Once we can pay attention to our brain and our thoughts, we can be in control of our life and not feel as if our life is controlling us.

Download a copy of the **THOUGHT DOWNLOAD worksheet HERE** before going on...

T h e M O D E L

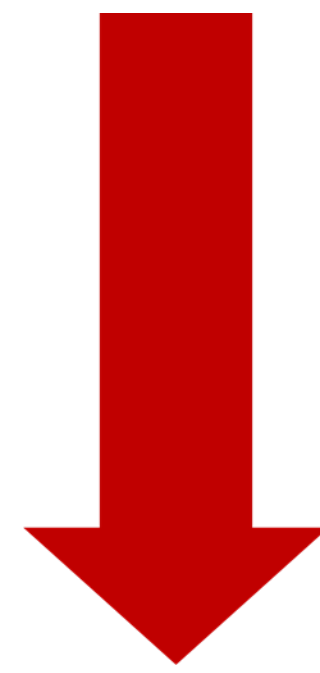
**Your THOUGHTS about
CIRCUMSTANCES**

Drive YOUR FEELINGS

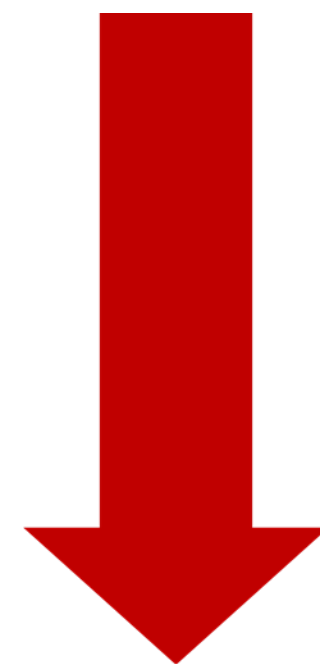


**Which drive YOUR
ACTIONS**

**(Action, Inaction or
Reactions)**



Which determine
YOUR RESULTS



Our experiences in life,
including motherhood, are
directly linked to

the way we think

T h e M O D E L



CIRCUMSTANCES: things we can all agree on

– neutral facts

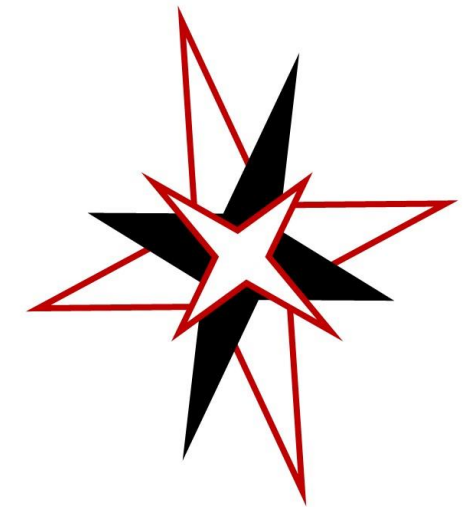
- our past

(Our past has no control over us. Nothing that we've done or said, nothing that was done or said to us, has any power over us UNTIL WE HAVE A THOUGHT ABOUT IT.)

- other people's behavior

- what's going on in the world

- facts of our lives



These are all NEUTRAL UNTIL we have a thought about them.

THOUGHTS: mind-sentences

- include subjective & descriptive terms

Look at those mind sentences individually, see if they have any subjective terms, any descriptive words. If there are adjectives/descriptors, they are THOUGHTS and not NEUTRAL FACTS.

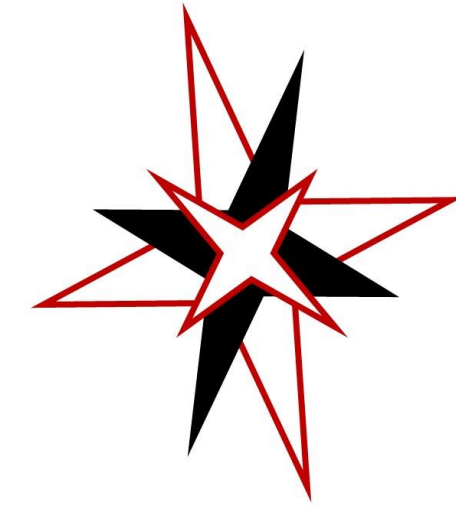
Difference between THOUGHTS & CIRCUMSTANCES:

Circumstances are NEUTRAL until we have a thought about them.



*Examples: “That is a white door”. “That person said this.” “This happened in my past.” When you start adding, “This HORRIBLE thing happened in my past,” or “That person said this WONDERFUL thing.” That is when you’ve moved into the THOUGHT section of your **THOUGHT DOWNLOAD Worksheet** – it is no longer a neutral CIRCUMSTANCE.*

FEELINGS: a one word descriptor



- THOUGHT drives the FEELING

When you choose a THOUGHT to have about something, that's when you're going to determine HOW YOU FEEL.

- This is a ONE WORD DESCRIPTOR

*So often, we'll ask someone how they're FEELING and they give us their THOUGHTS. In your **THOUGHT DOWNLOAD Worksheet**, we want the FEELING box to just include: happy, sad, mad, anxious, fabulous, wonderful, loving, caring, etc. – (you get the picture)*

The **FEELING** box should just be a one-word feeling that's describing how you're feeling in this moment **BECAUSE of the THOUGHT** you're having.

ACTIONS: includes actions, inaction or reactions

- based on what you are feeling

Example: When you're feeling CARING - what you might do, versus when you're feeling ANGRY - what might you do?

Those actions are going to be very different based on what you are feeling.

- **YOUR ACTIONS** will always determine **YOUR RESULTS**

RESULTS: What happens once the action is taken?



The **M O D E L**

A RUN THROUGH...

(Get out your **THOUGHT DOWNLOAD Worksheets!** (click **HERE**)

Life happens –**CIRCUMSTANCES**, **FACTS** happen

You have a **THOUGHT** about those **CIRCUMSTANCES**

That **THOUGHT** is always going to create a **FEELING**

The **FEELING** is always going to create an **ACTION** (Action, Inaction, Reaction)

That **ACTION** will create a **RESULT**.

THOUGHT DOWNLOAD

You have a THOUGHT about the CIRCUMSTANCES -> that THOUGHT drives your FEELINGS -> which drives your ACTIONS -> which determine your RESULTS

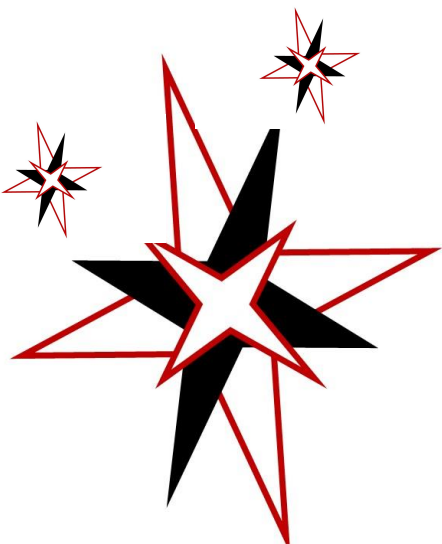
CIRCUMSTANCES: (Neutral statements, things that happen outside of our control ex: our past)

THOUGHTS: (Sentences in our minds, includes judgments & descriptors. You have thoughts about your circumstances)

FEELINGS: (One-word descriptor ex: happy, sad, anxious, excited, etc. Your thoughts drive your feelings.)

ACTIONS: (What you do based on how you feel. Action, inaction or reaction)

RESULTS: (Your actions create results)



Mom Example for

The **M O D E L**

Mom client says,

“I can’t stop yelling at my kids!”

This would be an **ACTION**.

She would put it into the **ACTION** box of the

THOUGHT DOWNLOAD Worksheet

THOUGHT DOWNLOAD

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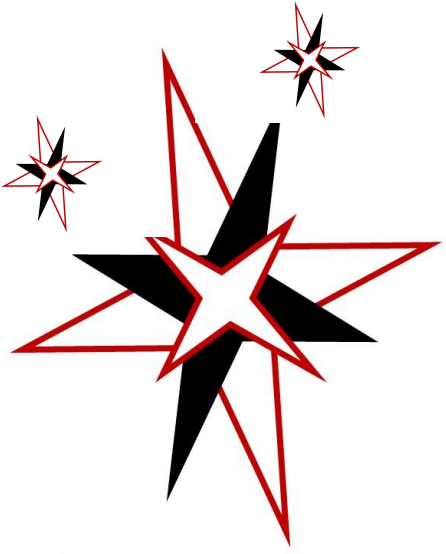
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YELLING AT MY KIDS. (Usually after I've asked them repeatedly to do some task or get ready to get out the door.)

RESULTS: (Your actions create results)



Mom Example for The **M O D E L**

Continued...

Now we can work from that **ACTION**.

What are the **CIRCUMSTANCES/FACTS** surrounding why/when you are yelling at your kids?

“Because we are consistently running later than planned in the mornings.”

You can measure this. If you are trying to get out the door at 8 am and you are consistently leaving at 8:05, 8:10, those are FACTS.

Put these **CIRCUMSTANCES/FACTS** into the **CIRCUMSTANCES** box of your **THOUGHT DOWNLOAD Worksheet**.

THOUGHT DOWNLOAD

You have a THOUGHT about the CIRCUMSTANCES -> that THOUGHT drives your FEELINGS -> which drives your ACTIONS -> which determine your RESULTS

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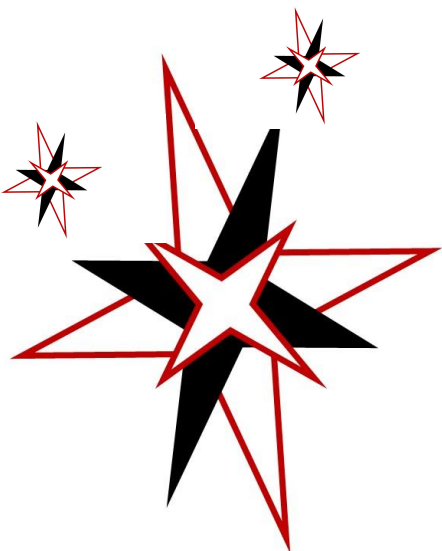
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Mom Example for The **M O D E L**

Continued...

Let's move down to the **THOUGHT** you are having about this **CIRCUMSTANCE**. This will be a sentence and will include descriptives.

“My kids ignore me, resist me and are so slow to get ready before school!”

This **THOUGHT** has some negative descriptors (ignore, resist, slow).

Put this **THOUGHT** into the **THOUGHT** box of your
THOUGHT DOWNLOAD Worksheet.

What are you **FEELING** if this is the **THOUGHT** you have in your head?

THOUGHT DOWNLOAD

You have a THOUGHT about the CIRCUMSTANCES -> that THOUGHT drives your FEELINGS -> which drives your ACTIONS -> which determine your RESULTS

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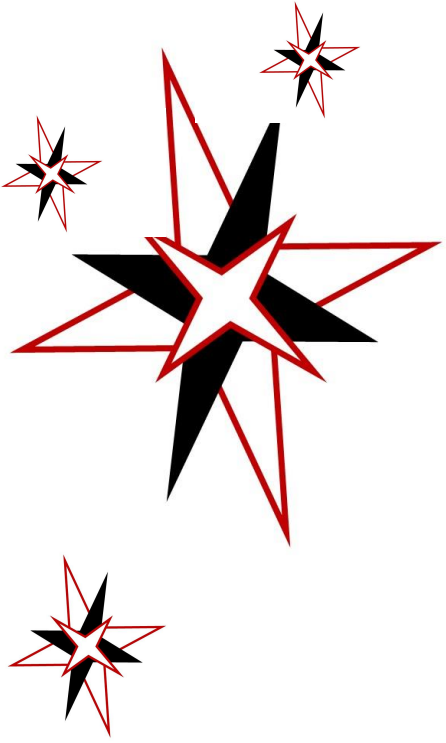
"My kids ignore me, resist me and are so slow to get ready before school!"

FEELINGS: (One-word descriptor ex: happy, sad, anxious, excited, etc. Your thoughts drive your feelings.)

ACTIONS: (What you do based on how you feel. Action, inaction or reaction)

YELLING AT MY KIDS.

RESULTS: (Your actions create results)



Mom Example for The **M O D E L**

Continued...

What are you **FEELING** if this:

“My kids ignore me, resist me and are so slow to get ready before school!”

is the **THOUGHT** you have in your head?

FRUSTRATED!

Put this one word **FEELING** into the **FEELING** box of your
THOUGHT DOWNLOAD Worksheet.

THOUGHT DOWNLOAD

You have a THOUGHT about the CIRCUMSTANCES -> that THOUGHT drives your FEELINGS -> which drives your ACTIONS -> which determine your RESULTS

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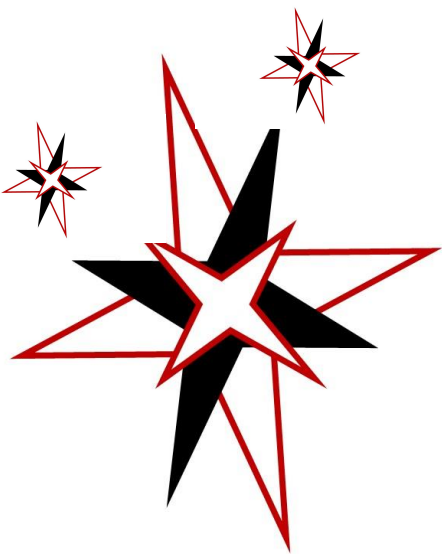
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FRUSTRATED!

ACTIONS: (What you do based on how you feel. Action, inaction or reaction)

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RESULTS: (Your actions create results)



Mom Example for The **M O D E L**

Continued...

We know what the **ACTION** that **FEELING** leads to...

YELLING AT THE KIDS *(We ALREADY put that in our worksheet at the start)*

Next is the **RESULT**.

What happens after yelling at the kids? What is the **RESULT**?

Kids may cry or yell back and the morning ride to school is filled with stress and negativity or stormy silence.

Put this **RESULT** into the **RESULT** box of your
THOUGHT DOWNLOAD Worksheet.

THOUGHT DOWNLOAD

You have a THOUGHT about the CIRCUMSTANCES -> that THOUGHT drives your FEELINGS -> which drives your ACTIONS -> which determine your RESULTS

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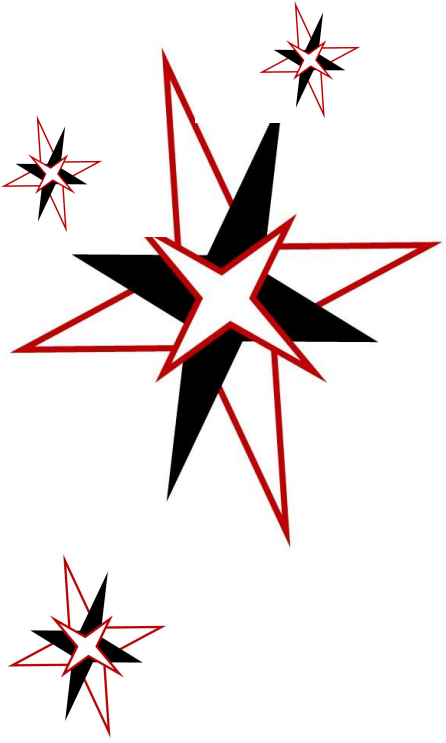
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ACTIONS: (What you do based on how you feel. Action, inaction or reaction)

YELLING AT MY KIDS.

RESULTS: (Your actions create results)

Kids may cry or yell back and the morning ride to school is filled with stress and negativity or stormy silence.



T h e M O D E L

Use it!

Once you've categorized whatever it is you're dealing with,
you can plug it into

T h e M O D E L

And see the cause of it.

There's nothing that becomes too overwhelming to talk about or figure out
because we don't know what to do with it.

You can use your knowledge of **T h e M O D E L** to understand why...

You **FEEL** the way you do. You are **ACTING** the way you are.

And the **RESULTS** you are getting

By understanding this:

The cause of all of our **FEELINGS**, **ACTIONS** and our **RESULTS** is
always going to be a **THOUGHT**.

Take a moment.

Think about something challenging you are facing.

Think about some **ACTION** you are taking that you want to change.

Think about something you are **FEELING** that isn't serving you.

Think about some **RESULT** that you are getting that isn't what you desire.

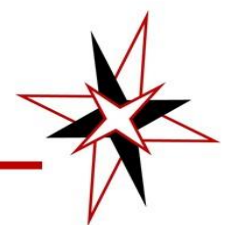
Take a crack at using **T h e M O D E L**

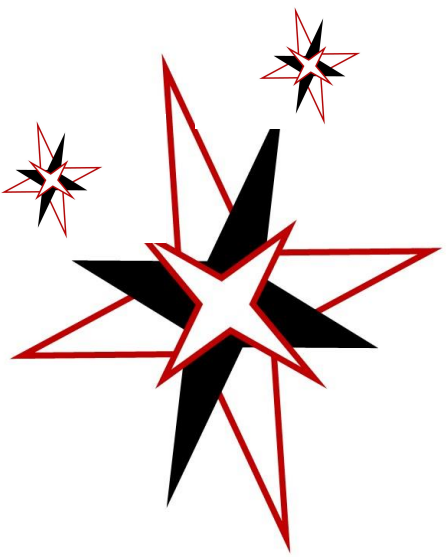
And start plugging in your **CIRCUMSTANCES, THOUGHTS, FEELINGS, ACTIONS**
and **RESULTS** into it.

You can start at any box on the **THOUGHT DOWNLOAD worksheet**.



JUST GET STARTED





Once you start analyzing your **THOUGHTS**,
you can start to change them.

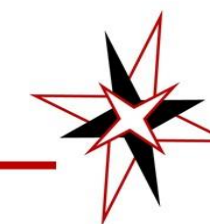


You are in charge of what you think

What you **THINK** creates how you **FEEL** and
how you **ACT** which determines your **RESULTS**.



Ask yourself:



“How can I change my **THOUGHTS about this challenge
that will help me **FEEL** and **ACT** the way I need
to get the **RESULT** that I want?”**

Need more support?

VISIT:

www.theBOLDMoms.com

Email Me:

Stephanie@theBOLDMoms.com

