

**Nicole's "4 Hours to Fit" Elite
Daily Transformation Guide**

“Transformational Statement for 4 Hours to Fit”

“I want to go from feeling conflicted socially with my goals, overwhelmed, not accepting of my situation, or blocked in some way **around** reaching my physical potentials with my workouts, food, time and mindset **to** consciously connecting with my **HEALTHY SELF** **so that I can** follow through on my goals with a greater ease around socializing, time management, consistency and self acceptance, hence reaping the benefits of the successes and increased self confidence within this challenge.

Light introduction into IFS:

The basis of his model is that we all have a **Healthy Self (HS)** that has been Untouched by the trauma's or negative circumstances that life has created and **he/she always knows what to do**, we feel spacious and generally good in our body when we are being led by our healthy self whom we can **summon at any point in time.**

Healthy SELF Led

8 C's : *Compassion, Connectedness, Creativity, Calmness, Clarity,
Curiosity, Confidence, Courage*

5 P's : *Playfulness, Perspective, Presence,
Patience and Persistence*

Now here is the JAM:

What ultimately gets in the way of meeting our goals, sets us off track and makes it very hard to be consistent is our **EXILES and Protector Parts!** When life gets hard or we get triggered the exiles, our **feeling little inner children** whom really need love and compassion and some attention get Protected by our Protector Parts, none of whom are bad by the way. We are afraid to feel pain so we then Protect. So we must instead emotionally attune with them- I will teach you how to do that and get back to Healthy Self.

So what are Exiles:

Body Sensations,
Actions and Urges,
Impulses,
Emotions, and
Beliefs

Locked in a Time Capsule: FROM CHILDHOOD
They are our wounded inner feeling little children!

Then we have Protector Parts (PP)

Whom often feel like a healthy self but are there to protect our Exiles so we could deal with our childhood problems or pain, they had a major purpose.

There are 2 types of Protectors called
Managers and Firefighters

Managers

are proactive strategists to escape from uncomfortable feelings ahead of time and deal with our current life.
They are Functionally Dysfunctional.

They can include:

**People Pleasing,
Control,
Perfectionism,
Sabotage,
Procrastination,
Care-taking,
Overachieving.**

Firefighters:

Reactive strategists to escape from uncomfortable feelings immediately and deal with our current stressors.

They can include :

**Anger, and
Addictions of many types such as
over eating,
restricting food,
drugs and alcohol,
social media or any media binges,
gambling,
overspending and
pornography.**

Now how does this work in the context of our current goals?

So we can focus on just being able to notice if we are in Healthy Self meaning you are embodying the traits of the HS which will get us to our goals much more efficiently and effectively or if you are feeling a lot such as the Exile and then go into a Protector Part.

So for example, if a PP comes up such as standing front of the fridge waiting for something to jump out at you and you don't even know how you got there in the first place, or you find yourself in a cupboard pounding chocolate chips back like it's your last meal out of your baking supplies then you may be in Firefighter Mode and need to step back and first ground yourself.

Grounding may include aligning your spine, taking 3 deep breaths and counting backwards from 10.

Then look at your phone to read **8 C's 5 P's** and pick one like curiosity and get curious about what triggered the exile and the protector.

Then gently ask your protector if they will let your HS steer the ship out of the kitchen and into the living room where your journal and Daily Transformation is to complete the next task below.

Then we have 2 options.

We can review the Daily Transformation that we are going to create today for your trouble spot or you can do a journaling dialogue between your HS, PP and EX. Like a script with the 3 of them having a conversation. Ultimately your HS should win out and be followed.

In order to start a Daily Transformation I will help by giving some patterns I noticed from the last Elite group that were common struggles.

So, some examples of Protector parts that might be common were (Inconsistency, for example, with workouts) (Saboteur, eating off the menu at a social event when you could actually plan ahead and eat more in line with your personal goals to stay loyal to yourself not the pressure of others) (Food soother or restrictor- so deal with mile coming up and the trigger) or (Critic, being aware that you are judging yourself instead of being curious and compassionate)

AND Exiles such as (Shame) (Not good enough) (anxiety) and (overwhelmed).

Look to next page for Daily Transformation worksheets and then Example

Daily Transformation BLANK FORM to FILL IN

Take the protective part that is blocking your growth and write out how you would like it to show up in your life alongside your healthy self. SO..... for you that is

1) You must be Be clear about what you want your outcome or declaration to be:

2) What are my new cognitions?

3) What will it look like behaviourally?

4) How will it make me feel emotionally?

5) How does that show up spiritually in my life?

6) Are there any other Limiting Beliefs that will stop me from working towards this desired outcome?

7) Once you have written the limiting beliefs then turn them into powerful manifestations.

8) How am I going to trust the process

9) How do I Raise my optimism?

10) What is my daily plan to work on the changes with integrity and commitment?

11) How will I see my successes in a tangible way?

12) How will I show radical kindness to myself during the journey?

13) Do I have Gratitude for the knowledge and change?

Nicole's "4 Hours to Fit" Elite

Daily Transformation Guide with Full Examples

Take the protective part that is blocking your growth and write out how you would like it to show up in your as your Healthy Self. SO..... for you that isCONSISTENCY as the Example.

1) You must be Be clear about what you want your outcome or declaration to be: **State exactly what you want to have happen in your life. EXAMPLE:** I will consistently show up for myself by sticking to my personally empowering goals even when I am hijacked by my Protector Parts or have a very full plate, I will get back into the ring as soon as I can by bringing myself back to my healthy self over and over again.

2) What are my new cognitions? **They must be supportive thoughts for the Healthy Self. EXAMPLE:** I am a successful healthy self led human being who is trying their best and I have self compassion when things go sideways, or I try to learn from the situation, and still see the positive things I have done today through my Healthy self lens.

3) What will it look like behaviourally? **What will you actively do in your life to stay in the Healthy Self. EXAMPLE:** I will keep coming back, I will make a plan to stay consistent to the challenge and then follow through or take action back to the goal through self reflection, self compassion and curiosity and connection even if my goals become delayed or changed a little.

4) How will it make me feel emotionally? **State all feelings. EXAMPLE:** I will feel more at peace and contented with myself because I keep coming back to my Healthy self and then my goals even if derailed a little and the outcomes daily and long term results will also bring me some joy.

5) How does that show up spiritually in my life? **Having a plan to stay connected to my Healthy self that is an ambassador in this world, surrendering to your Higher Power or Nature or the universe when things don't go your way, having faith in yourself, trusting in a higher plan that is never a straight path. Using spirituality or religion to increase your faith or learnings.** **EXAMPLE:** I will surrender the spontaneity of my life to my higher power when things go sideways or I am in a Protector part and have faith in myself to get back to healthy self and in the saddle, I will use my journal as my biggest tool or Chakra cards to provide support and inspire me.

6) Are there any other Limiting Beliefs that will stop me from working towards this desired outcome? Once you have written the Limiting Beliefs then turn them into powerful manifestations.

EXAMPLES:

(A) I can never maintain perfect consistency so I give up after I fall off.

Manifestation: I am perfectly imperfect and I am doing the best I can, of which I can celebrate my Health self's amazing ability to keep coming back day after day.

(B) I am never going to be able to complete a challenge. **Manifestation:** I have completed a challenge as my authentic self and I feel great about it.

(C) I had a dessert so now I will eat 5 more because I already screwed up. **Manifestation:** Having a dessert is ok and I am going to check in with my Healthy Self as to whether I really want it or if it is a protector part trying to protect me from my feelings. And after my first dessert I will stay curious about my desire for another one so I stay in line with my empowering personal care goals of nurturing my body with healthy and tasty food when I am hungry and nurturing my soul by being gentle and understanding with myself and getting back into my Healthy self of the 8C's and 5 P's.

(D) I can't say no to my friends when they want me to indulge in alcohol or food that I don't want to eat. **Manifestation:** I have loving, and

understanding friends who will support my goals and self care and if they do not know about my goals or are not supportive in the way I need I can just say "No thank you" and leave it at that. This is my business.

(E) That workout sucked it was a waste of time. **Manifestation:** A workout is always better than no workout- you stayed true to your empowering goals and showed GRIT because you showed up even when you did not feel like it!

8) How am I going to trust the process? **I am going to look at the evidence of my past successes as individual successes that could add up if I keep coming back. EXAMPLE:** I trust myself to take action and evolve in my ability to be aware of and emotionally attune with my Healthy Self, Protector parts, and Exiles.

9) How do I Raise my optimism? **EXAMPLE:** I am going to listen to or read inspirational stories, podcasts, books and quotes, do a gratitude journal, and accept and clean up my messes in life as I encounter them through staying connected to my healthy self.

10) What is my daily plan to work on the changes with integrity and commitment? **EXAMPLE: Read my Daily transformation every morning** or when I am feeling like I want to quit. I will journal using the simple tools prompts to get back into Healthy self and other tools, and I will follow the structure of this challenge to the absolute best of my ability at this time in my life.

11) How will I see my successes in a tangible way? **EXAMPLE:** I will see the tangible outcome of my consistency with all of life's interruptions by tracking quickly in my phone or journal a wins list.

12) How will I show radical kindness to myself during the journey? **EXAMPLE:** By naming and offering a break to my protector parts that critique me for not being good enough or a failure and instead get back

into Healthy self to be able to clearly see what I am doing and how far I have come or successful I have been. I will have self compassion and curiosity and stay in my 8C, 5 P's.

13) Do I have Gratitude for the knowledge and change? Yes! (I hope!)

Ok, so I hope this has been helpful and these tools will help bring you closer to your goals not just around your Body but will Bring you more peace in your life along with the 8C's and 5P's.

I wish everyone the best.

If you need to reach out because you have questions or concerns you can contact me at erin@drmantis.com

If this topic interests or intrigues you, please reach out and we can set up a time to speak about whether you may be a candidate for my on line course launching in the Fall called "Harmonious Integration." Thank you for listening, participating and giving yourselves the gift of mind, body and spiritual health.

Recommended Readings:

"No Bad Parts"

By Richard Schwartz

"Chakra Wisdom Oracle Tool Kit"

and

"Chakra Oracle Wisdom Cards"

by Tori Hartman

