



Are you feeling too **Responsible** at work or at home?

Release your **Inner 'Too Responsible Gremlin'** which makes you feel you have to do it all when **OTHERS** need to do their bit

Work with me to find your inner competence, transform your approach and maintain a positive mind-set

**TRUST** you are finding a happy way forward for yourself

# Follow these 12 steps to a competent you

Step 1. What are you going to call the 'too responsible' part of you - it's your 'too responsible gremlin'  
Be real with how you feel



Would you like to simply sit with this gremlin and find out more about it?  
Is it a big bear which has got too big for its boots or a timid mouse?



This gremlin is a small part of you which has had too much power over you for yonks. It needs to be listened to at last

What is this gremlin showing you about your inner needs and desires?  
***Allow yourself to cry; let the bear roar!***



What have you realised about this gremlin as you let it out and take a real look at it?



Can you possibly express this gremlin? After all you are safe here aren't you?



Go to a safe place away from everyone



**Step 2. The Gremlin** Write down what the gremlin is telling you about your feelings and desires eg I feel angry about... I don't like it when ... happens, What I really want is ...

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Is there a part of your childhood where you think the gremlin may have come from?



Can you remember anyone saying something to you which has lurked within you ever since? Don't know why it affected you it just did. *There's no blame*



**Are you ready to change this message?**



How does this inner message relate to your life now? How is this message making you REACT within your work or at home?



Write down below the inner message which you heard. NOTE: this is probably not a logical message yet it ended up being a strong message

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### Step 3. Your positive message

Here are some clues telling you how to create the best positive message for you

It's always in the present  
...I choose to be .. I know  
... I trust

Decide what the important words are... I am .. Competent  
...decisive ..valued .. and responsible for my own wellbeing

Become your own hero  
Feel strong rather than pushed around  
Know what is right for you

A positive message has a real effect on our body and our mind.

Cut down on the adrenaline spikes  
Calm the immune system  
Soothe your nerve responses  
Slow down release of stimulating hormones

Is this positive message REALLY what you are calling in now? Repeat it 10 times out loud to yourself to check this out and keep tweaking it until it's right

How does this help me?

This positive message replaces the negative message from the gremlin

*when you are saying this positive message the mind cannot be thinking anything negative*

**Step 4.** Now you know what the inner gremlin is you can identify what you are looking for at work or at home - what exactly is your ideal outcome in order to transform your approach to life ?

**Step 5.** Find the best way for you to relax and be in your body rather than your head = mindfulness/massage/ listen to music/the sense of touch/lovely smells/nature

**Step 8. *Be clear and express what you have found out to yourself. It is important that your body and mind trust that they are safe at this stage***

**Step 6.** Create for yourself a safe place you can trust; both in your home and in your imagination. Go there regularly. Use your positive affirmation as often as you can

**Step 7.** Identify your values and realise where they are being compromised - and where in your past this compromise may have become an unsupportive automatic habit.

Trust your values; they don't need to be the same as those around you. They make you an individual

**Step 9.** Listen to what your body and mind are saying to you - and NOT what you think they are saying to you. Let them show you how your attitude to work/home affects you and ask how a compromise can be reached



**Step 10.** Go back to the steps above and reassess where you are and what you have learnt about yourself. Keep being honest and trust the process



**Step 11.** As your clarity, honesty and trust are expressed the issues slowly unwind and it's important that you trust the process and don't revert back and think it's not working - it will be if you follow these steps

*Can you promise yourself that you will keep repeating these 12 steps?*

*What would it take to keep your promises to yourself?*

**Step 12.** Hold and keep to what you have learnt about you and the needs of your body and mind. Know it's important that you come first and are honoured, cared for and understood

This is just a small beginning - which may grow further with nurturing and a caring guide moving you forward

*Why is Fran different from the rest of those life coaches out there? What are her motives?*

She's different because she allows you to listen to the body as well as the mind using massage and the soothing sense of touch; the gremlin has nowhere to go when we work at both cliff faces

*"Over 28 years I have found out what works for me during my work with many people"*

Can you say that you have found what has worked for you?

*"It's simply my work to help people to become more the person they TRULY ARE"*

You are in safe professional hands  
If you live near Malvern, Worcester, Ross-on-Wye or Hereford visit me or I visit to you

If not let's Skype and I will send you a luxurious Aromatherapy blend to use at home

Read about how I have helped people on my home page

[http://coachingforwellbeing.co.uk/index.php?option=com\\_content&view=article&id=12](http://coachingforwellbeing.co.uk/index.php?option=com_content&view=article&id=12)



Review - what  
I have learnt  
and what I  
wish to create  
now

Step 1 Coaching -  
transformational  
strategies and  
positive mind-set

*Can you say that  
you have found  
what works for  
you?*

Mindfulness -  
bringing you  
back to inner  
stillness

Massage - find  
the places  
which store  
your tension

Aromatherapy  
helping you to  
relax better



Call Fran now for your **FREE 30 minute chat: 07974 400575**

or email me [fran@coachingforwellbeing.co.uk](mailto:fran@coachingforwellbeing.co.uk)

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