

SERENITY NOW

5 Simple Steps to:



Quiet Your Mind
Increase Calmness
Stop Feeling Overwhelmed

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YOUNGS

TURNING TROUBLES INTO TRIUMPH

Have you ever thought, “I’m so tired of trying to hold it all together”? If so, this might be the most important report you read all year? Here’s why...

HAVE YOU EVER SAID ANY OF THESE THINGS?

- I wish I could reduce the stress and chaos in my life...
- I wish I wasn’t so worried and anxious.
- I need to stop snapping at people I care about.
- I wish I could quiet down these racing thoughts in my head.

If you can relate to any of that, then this special report is going to be life-changing for you.



WHAT YOU'RE GOING TO GET...

In this report you are going to discover the top 5 ways to

- Break free from anxiety without medication.
- Feel Confident and stop second guessing yourself.
- Quiet your mind and step into serenity.
- Reduce the chaos in your life.
- Say No without feeling guilty

Before I unpack the specifics, I want you to consider for a moment, the results of doing nothing. Ignoring a problem, doesn't make it go away. It makes the problem worse!

How bad could it get? Well, if you ignore how overwhelmed you are, there are the long-term results you are very likely to:

- Have increased exhaustion and anxiety attacks.
- Experience conflict in your relationships.
- Need medications to treat your mental health.
- Turn to alcohol, drugs, food, shopping or gambling to medicate your mood.
- Experience negative health consequences e.g. auto immune disease, cardiac issues, IBS, Sleep disturbance, chronic pain, weight gain associated with increased cortisol (the stress hormone).

WHY SHOULD YOU LISTEN TO ME?

Over the past 22 years, I have worked with over 1000 people, shining light in their darkness, helping individuals and groups transform their pain to power and turn troubles into triumph. My life has been far from dull. Today I am a confident, successful entrepreneur with a successful rewarding marriage. I meet the various challenges life throws at me head on, with faith and a positive attitude. This was not always the case. I had a rough start in life as a result of early childhood abuse. For many years, I suffered with anxiety, depression, alcoholism, self-loathing, hopelessness and failed relationships. There was a time, I could not say the word vulnerable without shaking and having tears streaming down my cheeks. I compared myself to everyone and always felt inadequate. I was pretty good at masking the pain with a smile, a joke and a cocktail but inside I was dying.

My journey from pain to power was powerful. I've experienced a radical transformation from troubled and terrified to joy-filled and confident. This journey was a combination of a spiritual transformation as well as a psychological one. My transformation resulted in me leaving the corporate world, getting my Masters in Human Relations to work in the mental health and human relations field. I turned my pain into power and so can you. Let me show you how.





BREAK FREE FROM ANXIETY FAST

Let Go of Outcomes

Anxiety and riding on the worry wheel is both mentally draining and exhausting. It also causes people to overly control situations so they can feel safe. A funny thing about life is that people don't like to be controlled, so this control causes chaos and resentment in relationships.

Rhonda* thought she was doomed to live a life feeling anxious and worrying all the time.

After all, her mother and grandmother were both anxious. She thought it was her only option and that she was doomed to live the same way. She was so anxious that it made her feel uncomfortable in her own skin and needed to take medicine to calm her nerves, even though she knew the medicines could be addictive. She also needed a few glasses of wine every day to make it through the day. Her anxiety caused her to be controlling and her family would get frustrated with her because she was so uptight so much of the time. After meeting with me and implementing my anxiety busting system, she was able to think more positively, let go of the outcomes and easily control her anxiety without the use of medication. She was happier and was able to relax and feel comfortable in her own skin.



FEEL CONFIDENT IN YOURSELF

Compare Yourself to No One

You probably have heard the saying “What you think about, you bring about.” Many people I work with say they would never talk to a stranger as mean as they talk to themselves. How we think about ourselves and the story that plays quietly in our mind really matters.

Rachel* is a recently divorced professional, single mother who was feeling overwhelmed by the pressures of balancing work and personal responsibilities. She felt inadequate, overwhelmed and had a hard time saying no because she had a ton of negative beliefs about herself which she kept well-hidden behind her smile. She compared herself to others to see how she measured up. When I met Rachel on a Step into Serenity Strategy Session she was at the end of her rope and thought she would always feel less than others and never be able to solve the problem. She second guessed every decision.

Rachel almost didn’t reach out to me because she did not think she could afford it. In talking to Rachel, I discovered that her top constraint was her inability to advocate for herself and I made three simple recommendations. Rachel implemented the plan and began feeling better about herself and was able to stop comparing herself to other people and live her best life. Now Rachel feels empowered to let others know what and how she feels without fearing judgement because she finally has a set of tools to communicate her needs in a way that she can be heard.



QUIET YOUR MIND

Empower Others and Delegate

Randy* was an executive working in a fast-paced, high intensity brokerage firm. Randy loved the job of managing the staff and the client's business yet at the end of the work day there didn't seem to be an off switch for the thoughts running through the mind. "I keep snapping at people. I'm tired of people telling me to chill and improve my time management. I've taken every course out there and I still can't shut my mind down. At the end of the day there doesn't seem to be anything left for me or my family." It's almost impossible to have serenity with all of those racing thoughts running through your mind. It's important to quite the internal chatter to make room for serenity. I was able to help Randy delegate some of her work tasks to her staff. This empowered her staff to make decisions and allowed Randy to free up some time during the day to address her own "to do" list. These simple yet effective adjustments helped quiet her mind and make space for laughter and serenity in the office and at home. Her staff and family were thrilled to have a more peaceful Randy.

REDUCE THE CHAOS IN YOUR LIFE

Activate Your Boundaries

Often, I meet with people who say “There is so much going on in my life that my head spins. I sometimes find that people take advantage of my good nature.”

When I met Crystal*, she described herself as having a big heart and felt the emotions of others. She felt compelled to carry their burdens because she “felt their pain”. I met Crystal during a Step into Serenity Strategy Session where I meet 1-on-1 with professional women to help them identify the root cause of their stress and pain, identify their #1 obstacle to achieving their goal, and map out a 3-step action plan to help them turn their pain into power.

Crystal almost didn’t reach out to me because she had been in therapy on and off for years and figured she was going to have to accept feeling burdened. In talking to Crystal, I discovered that her top constraint was lack of healthy boundaries. I helped Crystal develop a blueprint and a step-by-step plan for increasing balance and setting limits for herself and others.

Previous therapists had told her she had poor boundaries but they never showed her how to fix them. Together Crystal and I developed a step-by-step boundary action plan. She implemented the plan and reduced the chaos in her life. Crystal now feels empathy without feeling overwhelmed. In addition, she now has much less chaos in her life and enjoys her serenity

GUILT FREE LIVING

Put Your Needs on Your "To Do" List

We live in a fast paced world filled with opportunity. Many of us juggle careers, family, friendship, religious and volunteer commitments. Many which are rewarding and many that are draining and taxing. It is important to assess what is most important to you and devise a plan on how much you can realistically accomplish in a specific time frame.

When I met Alison*, she was frazzled. She was a successful professional yet felt emotionally exhausted and felt as though she was going to snap. She had so much on her plate and felt pressured to meet everyone's expectations and had left her feeling depleted. I connected with Alison on a Step into Serenity Strategy Session where I meet 1-on-1 with successful women to help them get clarity, identify the #1 obstacle to achieving their goals, map out a 3-step action plan to help them conquer anxiety without the use of medication, set guilt free limits, and reduce the chaos in all areas of life.

Alison almost didn't reach out to me because she was so busy and never seemed to have any extra time for herself. In talking to Alison, I discovered that her top constraint was putting everyone else's needs before her own and I prescribed a specific course of action. Alison implemented the plan and was able to reduce her sense of pressure and anxiety. Now Alison feels calm, confident and content because she finally has freedom from anxiety, guilt, racing thoughts and the heavy weight of expectations. If you want to increase your serenity, reduce the chaos, feel confident and have balance, follow these five steps. If you want to get these results even faster, I invite you to book a free 1-on-1 Step into Serenity Strategy Session with me. On this fast-paced call we'll look at your background, experience and current situation, and we'll see what's possible for you in terms of increasing your serenity while we help you claim your joy in the next 1- 3 months. We'll examine what you're doing now and find out what's working and what's not. We will identify the #1 thing holding you back from having the life you have always deserved but have been afraid to imagine. It is important to for you to map out a plan to get you where you want to go and a strategy to get there. You'll leave the call feeling clear, confident and excited about taking your journey to the next level.

To schedule your free “Step into Serenity” Strategy Session with me, click [here](#).

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* The names were changed for confidentiality purposes.

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Turning Troubles into Triumphs