



BORN TO FLOURISH

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CERTIFIED FLOURISHING COACH

I'm glad you are here...



Nicki Straza



My name is Nicki, and I am so glad you are here. Today you made the choice to explore what could be different about your future. You made the choice to invest in yourself and take another step to greater flourishing. THANK YOU! The world needs what is in you, more than ever before.

I am hoping this workbook will set you on a trajectory of growth, awareness, and finding your power to make a difference for yourself and those around you. You are starting from a place of enough, everything from here on is only making things better!

WHAT'S INSIDE

Current State Analysis:

- 5 Pillars of Empowerment
- Mindset Quiz
- Are you leaking?
- Mind Map

Future State Strategy:

- One Degree
- Imagine It
- Say It
- Embody It



STRAZA
SOLUTIONS

CURRENT STATE

"The degree to which a person can grow is directly proportional to the amount of truth he can accept about himself without running away."

— Leland Val Van De Wall



5 PILLARS OF EMPOWERMENT

Understanding the keys to unlocking your personal power.



MINDSET QUIZ

Where are you at?
Understanding where you start gives you the power to see how far you've come.



ARE YOU LEAKING?

Where your attention goes, your energy flows. Where are you giving away your power?



MIND MAP

Use this simple tool to check in on yourself and explore strategies for finding your power

Finding your power...



Intention with Urgency:

If you want to make a change, do something different within 24 hours, then repeat it. Acting on our will for a better future empowers us to do it again, and again.

Vision with Hope:

Things will not go perfectly, but when we see a vision of whom we want to become, it gives us hope that these changes can indeed be made. A positive and patient vision of who we can be makes change possible.

Here are some key principles that when paired together move us from victimhood to empowerment.

Awareness + Responsibility:

Awareness on its own can lead to self-loathing, but awareness when paired with responsibility becomes self-actualization. We must ask what do I notice? What can I do about it?

Attention with Discernment:

Not everything we spend our attention on is valuable. When we can learn to discern where to place our attention so that it serves us, we find we have more control over ourselves and our responses.

Action with Self-Compassion:

Our brain requires action and evaluation followed by revised action and repetition to learn and grow. When we learn to appreciate the discovery process vs measuring ourselves against perfection we find our power.



5 PILLARS OF EMPOWERMENT

Understanding the keys
to unlocking your
personal power.

Knowing your mindset...

1. Do you feel: (check which ones apply)

- ☐ You are just surviving?
- ☐ You can't focus?
- ☐ You are frozen not able to think clearly or take action?

2. Do you feel: (check which ones apply)

- ☐ You can't trust others?
- ☐ You have to do everything yourself?
- ☐ You are not performing as you would like to?

3. Do you feel: (check which ones apply)

- ☐ You're missing something in life?
- ☐ You're struggling to find contentment?
- ☐ You are always having to work just a bit harder to catch up?

4. Do you feel: (check which ones apply)

- ☐ You are able to move forward despite setbacks?
- ☐ You have weaknesses but you also recognize your strengths?
- ☐ You see life as a beautiful opportunity?



MINDSET QUIZ

Where are you at?
Understanding where you start
gives you the power to see
how far you've come.

Results...

See which grouping you scored the most checkmarks

Here are what each group of 3 questions reveals. You may find that you have checkmarks in all four categories and that is ok. These are clues to areas where your mindset may be working against you, rather than for you. (A certified flourishing coach can support this journey if you want to dig deeper!)

1. Surviving Mindset

The Surviving mindset says, "I can't do this"

You need a connecting approach, that focuses on trust and respect.

2. Protecting Mindset

The Protecting Mindset says, "I'm not sure"

You are in need of inspiration and a focus on vision and aspiration.

3. Striving Mindset

The Striving Mindset says, "I might be able to do this."

You need a building approach, to be able to explore new stretching opportunities, focusing on building skills outside your comfort zone.

4. Thriving Mindset

The Thriving mindset says, "I've got this".

You need an empowering approach that focuses on building on your strengths and continuing to stretch past your comfort zone.



Write your thoughts

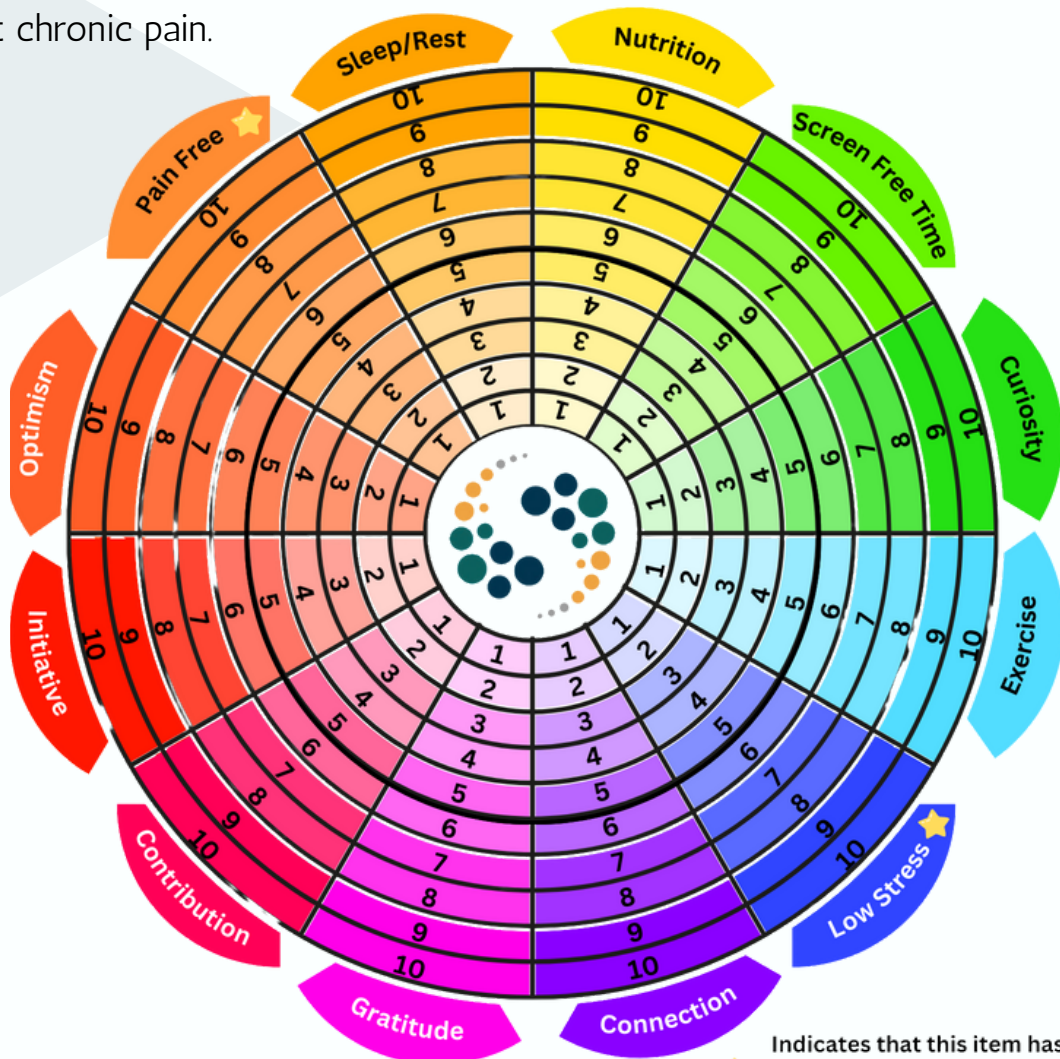


MINDSET QUIZ

Where are you at?
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Energy Audit

For each slice of pie, determine the average level of each item in the past month. For example, 1 means you do not have much of this in your life, 10 means you have lots of this in your life. So if you scored a 10 on "low stress" that means you have almost zero stress in your life. If you score 3 on Pain Free, this means you live with significant chronic pain.



Results:

1-5 - These areas may be draining your energy.

6-10 - These areas may add energy to your life

These areas drain energy because we aren't taking stock of it. Being intentional about our energy management is key to flourishing. This takes practice, but the things we practice in the trivial become muscle memory in the trial.

★ Indicates that this item has external influences that may be beyond your control.



ARE YOU LEAKING?

Where your attention goes, your energy flows. Where are you giving away your energy?

Write your thoughts

Mind Map

Using a mind map allows you to investigate the sub-conscious connections to your present conscious experience. This increases awareness and understanding of ourselves. (See mind map on next page)

1. Dominant Idea

What negative/toxic/intrusive thought or experience is dominant right now?

2. Feelings

Write down all the feelings that come up for you around this thought.

3. Thoughts

Write down associated thoughts. What else do you think when this thought comes up?

4. Assumptions

Do you see any assumptions in this collection of insights?

5. Behaviours

What behaviours (small and big) happened before, during, or after this experience?

6. Expectations

Do you see any expectations being expressed?

8. History

When was the first time you experienced this?

9. Anything else?

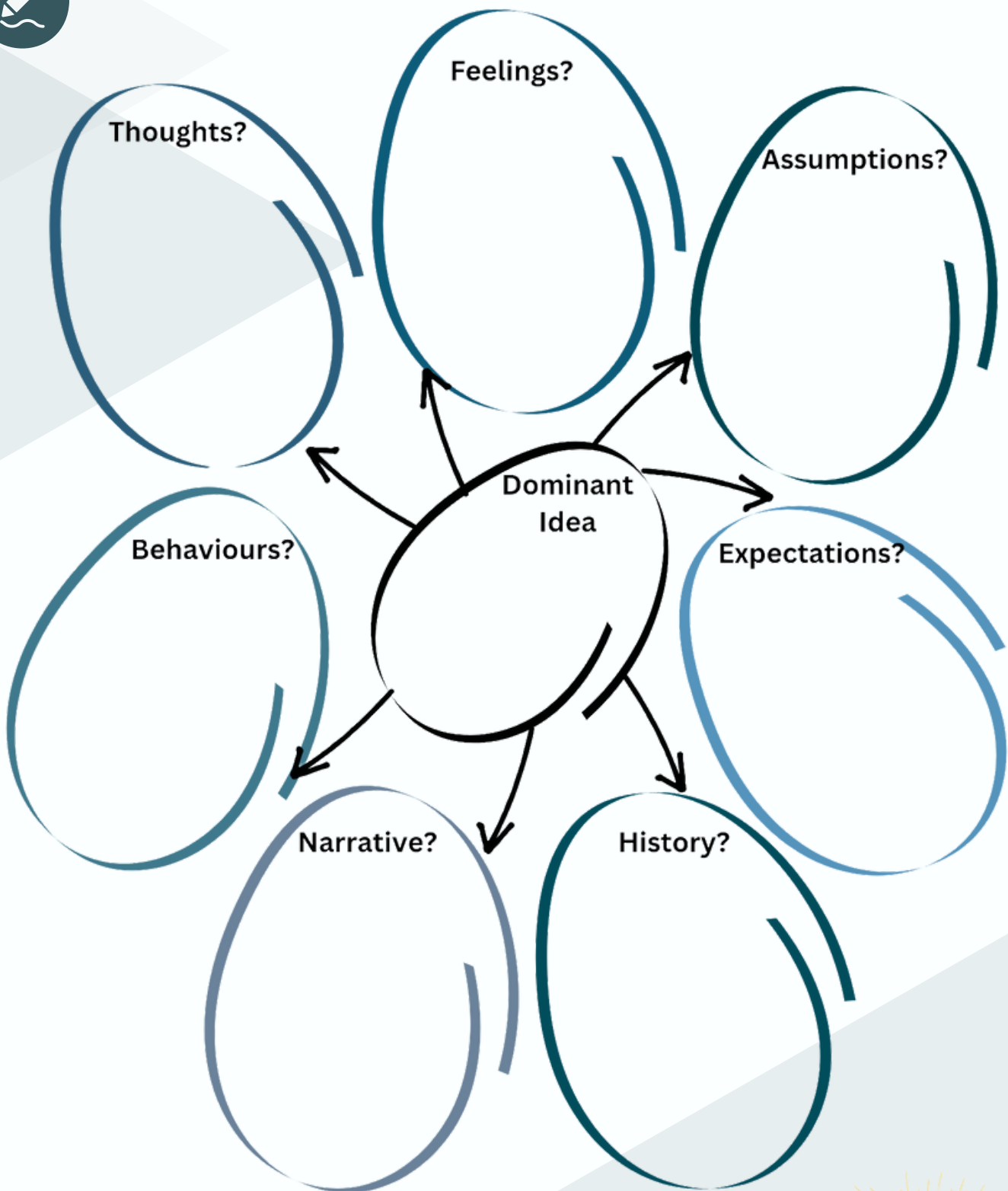
**This zone is
judgment
-free.**



MIND MAP

Use this simple tool to check in on yourself and explore strategies for finding your power

Mind Map



- 1) Dump all your insights around this dominant or toxic thought, (imperfectly).
- 2) Review and edit what you wrote, and look for patterns and connections.
- 2) Identify a way to become more aware of the thought when it shows up.
- 3) Plan a **small action** to practice when the thought occurs that puts you in a virtuous cycle vs. a viscous one. Practice this at least 7 times each day.

FUTURE STATE

"The secret of change is to focus all of your energy not on fighting the old, but building the new."

- Socrates



ONE DEGREE

The power of moving the needle one degree.



IMAGINE IT

When we envision our behaviour we rehearse it before we ever practice it.



SAY IT

Our brain listens to our words and takes them as literal instruction.



EMBODY IT

When we connect our mindset, and mantra with movement we teach our body.

One degree

"Making a choice that is 1 percent better or 1 percent worse seems insignificant in the moment, but over the span of moments that make up a lifetime, these choices determine the difference between who you are and who you could be. Success is the product of daily habits—not once-in-a-lifetime transformations." **James Clear, Atomic Habits**

First Degree	2nd Degree
• Get your shoes on, yoga mat out, or pick up that weight. • Add 3 carrots sticks to your lunch • Journal one sentence of gratitude • Take your dishes with you • Make one sales call first thing	• Move for 5 minutes • Add veggies to every meal • Recite a one-sentence mantra • Do a few dishes while you make your coffee or tea. • Make 3 sales calls first thing

One degree is about permission to start small. It is about building the habit of showing up consistently to a small adjustment that is easy, rather than committing to a big change that is disruptive and hard to do. Focus on systems and patterns and your big dreams and goals become achievable.



What is your one degree commitment?



ONE DEGREE

The power of moving the needle one degree.

Imagine It

"Hold a picture of yourself long and steadily enough in your mind's eye, and you will be drawn toward it." **Napolean Hill**

When we take a moment to visualize, we practice thinking on purpose. We can visualize who we are becoming and what behaviours we want for ourselves we begin the rehearsal of those things in our minds. Visualization can include behaviours, emotions, attitudes, and communication. This is how we shape and reshape our mindset. This is attention with discernment in practice, you are thinking on purpose. Try some of these visualizations to get you started:



Imagine:

A place that makes you feel calm and safe. Can you remember the smells, the sounds, and how it feels?



Imagine:

See yourself doing your next task successfully. Feel the courage! Watch yourself do it well! Listen to your calm breaths.



Think on purpose and write your thoughts...



IMAGINE IT

When we envision our behaviour we rehearse it before we ever practice it.

Say It

"The repetition of personally meaningful words can actually turn on stress-reducing genes." **Andrew Newberg, M.D. and Mark Robert Waldman from Words Can Change Your Brain**

Your brain believes what your mouth says. How you talk to yourself matters profoundly. What you say to yourself silently and audibly shapes the story you believe about your life. Does this mean that we aren't honest about the difficulties of life? No. All emotions need expression, but not all emotion needs rehearsal. Say it once, write it out, cry it out, express what you need to express, and then help yourself turn the corner to moving forward. (Awareness plus responsibility)

Create a Flourishing Life Mantra

A mantra can include:

- a description of who you are becoming
- a commitment to the rhythms, habits, or disciplines that are important to you.
- an expression of your values
- an embracing of self-compassion and grace for your journey
- a reminder of your worth, strengths and gifts

A mantra can be one or two sentences, a paragraph, or even an audio recording. It's not about doing it right, but creating something that serves to support the growth and change you want to see in your life. Write it, change it, and rehearse it!

Samples of a Short Flourishing Life Mantra:

I am becoming a person of courage. I can do hard things and I challenge myself to try without judgment or comparison. I have good things to share with the world and I do this generously.

I can learn, grow, make mistakes and try again. I am worthy of good things.



Write your mantra...



SAY IT

Our brain listens to our words and takes them as literal instruction.

Embody It

"Movement turns knowledge into insight and mindsets into muscle memory." **Nicki Straza**

Beliefs are embodied truths. When we believe something, our mindset, mantra, and movement are in agreement around that topic. When we are making a change in our lives we have to retrain our mind, mouth, and body to embrace something new. Practicing them together with intention speeds up this process. We want to think on purpose, speak to ourselves kindly - on purpose, and add movement on purpose.

Fun ways to experiment with embodiment:

- Need to memorize something?
 - Visualize yourself saying it successfully (Think on purpose)
 - Repeat it out loud while doing squats or holding a lunge (Speak on purpose & add movement)
- Preparing for a difficult conversation or meeting?
 - Review your notes and remind yourself of your values (Think on purpose)
 - Process your thoughts out loud to yourself while going for a while walk or run. (Speak on purpose & add movement)
 - Practice opening your hands as you mindfully open your heart to listening. (Think on purpose & move)
- Feeling stressed?
 - Think about a safe space. and take 5 breaths with a long exhale (Think & Move)
 - Coach yourself out loud towards peace and calm. (Speak on purpose)
 - Use tapping techniques or neurovascular holds while you talk. (Speak & Move)



Create your own ritual...

Spend one minute on mindset, then add your mantra for one minute. Lastly add movement for one minute.



MINDSET



MANTRA



MOVEMENT



EMBODY IT

When we connect our mindset, and mantra with movement we teach our body.

Next Steps

Awareness, when paired with responsibility (your sense of agency and power) is the thing that transforms your life. What you do with the insights you have gained in this workbook in the next 24 hours will determine whether this information becomes a passing idea or the beginning of change. We step forward into this uncertainty with courage, self-compassion, and a boatload of kindness toward ourselves.

Book recommendations:

- Cleaning up your Mental Mess - Caroline Leaf
- Emotional Agility - Susan David
- Chatter - Ethan Kross
- Mindset - Carol S Dweck
- How do do the Work - Nicole LePera

Work with Nicki:

- Book a Discovery call at nickistraza.com
- Book a customized training or workshop for your team
- Check out Mind & Body Intentions and other resources on the next pages



My next step...

ONE SMALL STEP
COULD CHANGE
THE TRAJECTORY
OF YOUR
FUTURE!

Work with Nicki



BOOK A DISCOVERY CALL

www.strazasolutions.com

Has this been helpful? Ready to take the next steps in your flourishing life journey? Reach out today to explore some new opportunities!



MIND & BODY INTENTIONS

<https://www.teacherspayteachers.com/Store/Strazafaction>

Find our Mind & Body Intentions resource and more at our TPT Strazafaction Store.



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THANK YOU

When you flourish internally, your life, relationships, finances, and work begin to flourish too.

The world needs what is inside of you. Reach out today if you are ready to level up!

