

# *Are you an entrepreneur who wants to grow your business?*

DISCOVER MY **4 SIMPLE STEPS** SO YOU CAN GO FROM CHAOS TO CLARITY AND ACHIEVE THE RESULTS YOU WANT THROUGH CALM



*By using the CALM™ Method, you'll learn how to:*

- Replace fear & doubt with confidence, and start making empowered decisions that grow your business
- Attract new and prospective clients with ease
- Sustain your energy, focus and motivation even when you're not getting the results you want

*You can also apply this method to the other areas of your life. These 4 steps can be used to help you feel more empowered in virtually any situation, including:*

- Setting boundaries with the people in your life
- Getting motivated to work out and eat healthier
- Balancing work and personal life

### *The CALM™ Method...*

...is a quick and simple practice that you can use day to day to help you change the way you see and ultimately experience those situations in your life!

Learn more about my CALM™ Method Video Training Series by visiting <http://bit.ly/calmmethodvideoserries>.

If you have any questions, please email me at [nikki@mindfulmattersliving.com](mailto:nikki@mindfulmattersliving.com).

Enjoy using this simple, yet powerful process!

# CALM™ Method

## Conscious

**Become conscious of how you're feeling.**

*Example: I feel nervous.*

Cut out the card below and post as a reminder to yourself!

## CALM™ Method

**C** - Conscious of how you're feeling

**A** - Aware of the thoughts causing you to feel this

**L** - Lean into what else is possible

**M** - Make a new empowering decision

## Aware

**Tune in and become aware of the thoughts that are causing you to feel that emotion.**

*Example: What if this doesn't work out? I could make a mistake. What will people think?*

**Ask:** Is this true? If you had to put each thought into one category, fact or belief, which category would it belong in?

## Lean

**Lean towards what else is possible. What's another possibility? What else might be true?**

*Example: Maybe things will work out. I've done things right before.*

## Make a new choice

**Choose a new thought. You are the creator of your thoughts, so choose again.**

*Example: Right now in this moment, I choose to let this go.*

# CALM™ Method

## ***Conscious:***

Become conscious of how you're feeling. Now write down the emotion(s) that you feel.

## ***Aware:***

Become aware of the thoughts that are causing the emotion(s). Write down each thought that is causing that feeling(s).

## ***Ask:***

Is this a fact or a belief? Say each thought you wrote above out loud and ask yourself if it's a fact or a belief, worry, or projection from your past. Write down fact or belief for each thought.

## ***Lean:***

Lean towards what else might be possible. What's another option if the thought is not 100% true? Reframe each thought above and write down a thought that feels better to you.

## ***Make a choice:***

Choose a new thought, and write it down. This is your new empowering decision that will help you focus on what you want!