

HOW TO GO FROM  
**Frazzled**  
TO  
***Fantastic***

**WORKBOOK AND JOURNAL**

A **step-by-step** guide to  
*manage your stress*  
*stop your worry* and  
**feel fantastic** everyday

BY  
**GIA CILENTO**

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For information or bulk purchases:

Mad Hatter Publishing, Inc.,

P.O. Box 20973

Ferndale, MI 48220.

[MadHatterPublishingInc.com](http://MadHatterPublishingInc.com)

Cover image by Miroslav Ambruš-Kiš hosted on [Unsplash.com](http://Unsplash.com)

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# Thank you!

Hi! Thank you for downloading my “Go from Frazzled to Fantastic” Workbook and Journal. I’ve created this workbook and journal to be used alongside the book (Available on Amazon: [Click here to get your copy.](#)).

As you work through the behaviors, thoughts, and beliefs take note if you feel a particular aversion, nonchalance or aggravation towards any particular item. That may be something important to investigate even if your initial impulse is to skip it. It may indicate something that lurks in the background of your consciousness, unknown to you.

Make as many notes as possible, especially of any “aha” moments. I’ve noticed that these discoveries have a way of going into hiding again if they’re not documented and available for a second (or third, or fourth) look.

This is especially true for those that run in the background or that we turn to when on autopilot.

# Part 1

## Self Assessment

The future can be reprogrammed in this moment.  
— Marianne Williamson

# Stress

- What's going on in your life right now that you would consider a source of stress?
  - Career?
  - Relationship with Significant Other?
  - Health?
  - Finances?
  - Moving/transferring?
  - Over-commitment?
  - Children issues / parental issues?
- How are you dealing with your stressors?
- What methods do you employ to help manage the stress, deal with it, and use it to help you grow and move forward?

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# Complaining - 10-Day Challenge

In this experiment you will discover:

- How much you complain verbally and internally
- What are your biggest areas of complaint
- If you complain about things you can or cannot control
- What it feels like to be free of complaints

For the next 10 days, consider your mind and your mouth to be a Complaint Free Zone. If you find yourself voicing or thinking a complaint, stop and shake your head. Complaining has no place in your joyful world.

- Each morning, set the intention of steering clear of complaints and record in your journal anything that may have occurred to you about making this intention
- Each time you notice you've complained, either in your thoughts or out loud, pause for a second,
- Realize that the complaint had you just put a stop to the flow of happiness within you
- Notice if your pulse or breathing has changed or if there are any other physiological changes
- Take a moment to become fully present to what you just said or thought, then shake it off and replace it with a thought that finds something positive
- Each evening, take note of your experience during the day
  - How often did you find yourself complaining?
  - Did you complain more today than yesterday? Less? Didn't notice?
  - What did it feel like when you realized that you'd stopped your flow of happiness?
  - How was your overall experience throughout the day?
- At the end of the 10-days, examine what changes you've had or made in your day-to-day experience. Do you feel more uplifted? Have you made adjustments in the way you view things? Did you enjoy creating this level of self-awareness?

Let me know how you did with this experiment. Write me @giacilento on Instagram, Twitter or Facebook and let me know what you discover.

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# The Impact

# Health and Fitness

- Fatigue
- Stress related illnesses – high blood pressure
- Chronic depression
- Dis-ease
- Loss of stamina
- Loss of endurance
- Loss of strength
- Decrease in overall ability
- Lack of adaptability
- Loss of sexual desire and diminished performance

What is your current state?

What do you want to create in this area?

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# Inner Landscape

- Loneliness
- Worsening state – downward spiral
- Recreating the same type of event/turmoil over and over
- Some emotions getting out of control
- Abuse
- Addiction
- Lack of enjoyment of events
- Lack of happiness
- Little or no feeling of fulfillment

What is your current state?

What do you want to create in this area?

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# Finances

- Poor investments
- Slow bill paying
- Impulsivity
- Spending to feel good
- Gambling (to feel good)
- Inability to save
- Poor credit rating

What is your current state?

What do you want to create in this area?

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# Part 2

## Creating a Fantastic Life

*We are the creative force of our life, and through our own decisions rather than our conditions, if we carefully learn to do certain things, we can accomplish those goals.*

– Stephen Covey

# Creating Your Fantastic Life

Cleaning up your habitual thoughts and subsequent behaviors or your “way of being” is imperative and foundational to purposely create the kind of life you really want. A life you may not have known was available to you. The kind of life you may have thought was a fairy tale where your relationships go well, even through tough times and disagreements. Where you have a supportive circle of friends and family. Your career is satisfying, fulfilling and moves along at a desirable pace. Your body looks and feels the way you know it should, vibrant, energetic, bouncy, frisky, sexually satisfying and able to handle what comes up in life. And, you wake up in the morning feeling refreshed, happy and excited about what lies ahead.

## A New Inner You - Gratitude, Love, and Appreciation

Creating a new inner landscape, setting yourself up so you're a responsive, powerful, fulfilled and joyful human being isn't a linear process. I've put together a set of practices, attributes, and behaviors that have helped me Go from Frazzled to Fantastic. I may still have moments where I step back into an old habit of behavior or thought but I don't stay there. Once I recognize it, I pull myself out and realign myself.

As you look through the methods I've laid out, choose what feels right to you in your life, in your mind and heart. Today, that may be a list of two or three and tomorrow or next week, you may add in some and subtract others. There's no right answer on how you get there, as long as you make the commitment to keep reaching for it.

If you can commit to spending time with your Self on a regular basis, whether it's through meditation or journaling or just some alone time taking a bath, you'll send a message to yourself and your family that this is a sacred time. This time you spend focused on your own well-being is incredibly important.

At the foundation of unconditional joy and your peaceful, joyful, happy and fulfilling inner world lies the trifecta of gratitude, love, and appreciation. These three inner states, when chosen and practiced and instilled within you, create your ability to maintain your desired state. You can't complain while you're focused on finding the things you appreciate about something or someone and what you love and are grateful for regarding them. The two things just don't occur together.

Remember, All is Well.







# Honesty, Integrity, Truth

A series of horizontal lines for writing.





# Courage p2

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# More Tools for Your Journey











# Goals That Propel You Forward

- Do you purposefully set goals for yourself?
  - Are your goals well thought out and planned?
  - Do they have a start and end date?
  - Do they cause you to stretch and go beyond what you've achieved in the past?
  - Are they within the realm of possibility to achieve?
- Do you have any active daydreams that occupy your attention?
- Do you have a vision for your life that you're actively moving toward?
- Do you actively seek to identify and address problems in your life by creating a plan?
- Look through your life for unmet goals or dreams that you've continued to hold onto even though they are no longer possible to achieve and/or would no longer serve you in the grander scheme of your life.

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# Celebrate Your Victories ... p2

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# Part 3

## Inner Preparation

*To forgive is to set a prisoner free and realize that prisoner was you.*

- Lewis B. Smedes

**Let It Be  
Easy!**















# Laugh

- **In your journal ask yourself:**
- When you think of this method, do you have any physical reaction, pleasant or unpleasant?
- Do you have any prior experience with this method? If so, can you set aside that past experience and have a fresh look at it?
- Take a few moments to contemplate this method and consider if you'd like to try it now or set it aside for now and come back to it later?

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# Gratitude Journal

- **In your journal ask yourself:**
- When you think of this method, do you have any physical reaction, pleasant or unpleasant?
- Do you have any prior experience with this method? If so, can you set aside that past experience and have a fresh look at it?
- Take a few moments to contemplate this method and consider if you'd like to try it now or set it aside for now and come back to it later?

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# Mirror Work

- **In your journal ask yourself:**
- When you think of this method, do you have any physical reaction, pleasant or unpleasant?
- Do you have any prior experience with this method? If so, can you set aside that past experience and have a fresh look at it?
- Take a few moments to contemplate this method and consider if you'd like to try it now or set it aside for now and come back to it later?

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# Self Care

Make Your Self Important or Nurture Your Seedlings or Provide Sunshine and Rain to Your New Inner Garden

Taking care of your *Self* is vitally important. It's the foundation for making your life work. It's the foundation for making sure you can be there for your loved ones. When you make your *Self*-important, you send a message throughout your body, mind, and soul that you matter. You also send a message to everyone in your life that you are important, that you have boundaries, and that you're going to do whatever it takes to make sure you meet your inner needs.

This creates a different relationship with people. Some people will love this change you're making and others will squawk that you're being selfish. They squawk because you've probably always done for them at your own expense.

Choose what items you want to try first. Describe how you feel about them and what you expect to gain from incorporating them into your regular care.

- Sleep – Co-#1 most important self-care item
- Hydration – Co-#1 single most important self-care item (the symptoms are so vast that I can't list them all here). I have 1 oz. water for every 2 lbs. of my body weight and I always feel better when I meet this requirement.
- Nutrition – Co-#1 – eat good, clean, wholesome, from-scratch food and eliminate the processed items that fill you full of extra chemicals and non-nutrients that add more stress
- Spend time in nature – the woods, the beach, a country field (this resets your natural rhythms and cycles)
- Exercise/movement – perform some type of movement every day, walking is an essential. Next, add in movement that helps you slim, align, build strength and perform at your optimum like Pilates, Yoga, Tai Chi, sprints, Paleo workouts, CrossFit, or a sport that requires full-body motion
- Bath time – water is both invigorating and relaxing. Indulge with a glass of wine or other refreshment, some candles, soft music, something to read and keep that door shut and locked. For some, this is the only time you get alone
- Massage – there is a healing power in therapeutic touch
- Mani/Pedi – probably the only time you're the one getting pampered (mostly women go for this but it's just as healing for men)
- Pets – cuddling and loving on them decreases stress
- Relaxing with friends and loved ones
- Get creative: painting, drawing, pottery, woodwork, mechanics, welding, forging, gardening, etc.
- Start a hobby that gets you out of the house >/ once a week (like choir)
- Delegate – ask for help, don't "do" everything, especially in your home. Everyone should have a set of tasks they're responsible for
- Say "NO" and mean it – It's a classic but it bears repeating. If someone asks you to do something and you feel a pull in your gut, that's a sign to say no.

# Self Care p2

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# Part 4

## Creating Your Plan

*If you want something new, you have to stop doing something old.*

— Peter F. Drucker









# Daily Journal

# Habit Journal - Day 1

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# Congratulations!

You made it through the book and workbook. This is just the beginning of a brand new life, a brand new way of thinking and feeling and being in the world. Keep going, find what else works for you and incorporate it in gentle, easy steps.

Remember to be kind to yourself as you continue on your path. Life is full of twists and turns and having a solid foundation within will help you navigate whatever comes your way.

I wish you peace and joy and a life filled with love and laughter.

Until we meet again.