Frazzled To Stick 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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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

	0	Career?
	0	Relationship with Significant Other?
	0	Health?
	0	Finances?
	0	Moving/transferring?
	0	Over-commitment?
	0	Children issues / parental issues?
•	How	are you dealing with your stressors?
•		methods do you employ to help manage the stress, deal with it, and use it to help you grow and
		e forward?

What's going on in your life right now that you would consider a source of stress?

Stress p2

Anxiety/Worry

What aspect of your life has you feeling worried or anxious most often?

- Do you have any control over that area? It's okay if you have more than one area, just write it down.
- When is your anxiety/worry at its highest? Any particular time of day?
- How do you deal with it?

•	What physical symptoms do you have when you're most anxious/worried/ How do you relieve your physical symptoms? Hint: eating, drinking, sexting, shopping?

Anxiety/Worry

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?

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

Complaining - 10 Day Challenge p2

Holding Onto Grievances/Events of the Past

Take some time now to consider what grievances or events from the past you're holding onto. Continue with these statements until you've filled at least two pages, even if you're repeating yourself or searching for things to say. Sometimes the deepest secrets don't come out until you've exhausted all the overlying ones.

I still resent	for
I still blame for	for
I'm still angry at	for
	for
I'm still hurt about	
	for

Grievances/Events of the Past p2				

Blame

Continue on with these statements until you've filled at least two pages, even if you're repeating yourself or searching for things to say. Sometimes the darkest thoughts don't come out until you've exhausted all the nicer, friendlier ones.

I blanca	Co	
I blame	for	
I		and it's all your fault
Ι		and it's all your fault
Ι		and it's all your fault

Blame p2

Anger/Rage

Take a good look at what you experience when you're angry.

- What is it that set you off?
- Is anger the usual or common response to this type of event?
- Are you in control of yourself when you feel angry?
- Do you point your anger at someone else to dispel it? Raising your voice? Saying things you'd never say if you weren't angry?

How do you feel after you've had an angry outburst? Relief? Despair? Guilt? Blame? Martyrdom?

Anger/Rage p2

Guilt

Continue on with these statements until you've filled at least two pages, even if you're repeating yourself or searching for things to say. Sometimes the deepest feelings of guilt don't come out until you've exhausted all the overlying ones I'm so upset with myself because_____ and it's all my fault. I'm so upset with myself because______ and it's all my fault. I'm so upset with myself because_____ and it's all my fault. I'm so upset with myself because______ and it's all my fault.

Guilt p2

Martyrdom

Continue on with these statements until you've filled at least two pages, even if you're repeating yourself or searching for things to say. Sometimes the deepest secrets don't come out until you've exhausted all the overlying ones.

Pay close attention when you talk about how bad something is. What words do you use? How often do you talk about it? Do you only talk about it with certain people or when you're feeling a certain way? Try to determine any patterns that you might have around this one.

- Pay close attention when you talk about how bad your life is.
- Pay close attention when you talk about how bad your job is.
- Pay close attention when you talk about how bad your spouse is.
- Pay close attention when you talk about how bad your boss is.

•	Pay close attention when you talk about how bad your parent/sibling/relative is.

Martyrdom p2

Victim

Pay close attention when you talk about how upset or angry you are with someone or about something.

- What words do you use and with whom?
- Do you complain about how unfair life or a particular situation is?
- Are there certain situations that make you particularly upset or angry?
- Do you only talk about it with certain people or when you're feeling a certain way? Try to determine any patterns that you might have around this one.

Victim p2

Shame

	There are physical expressions and interpersonal behaviors that can be an indicator you're harboring				
inter	nal feelings of shame.				
0	Hunched shoulders				
0	Stooping				
0	Not making eye contact, looking at the ground				
0	Not speaking up for yourself				
0	Not being able to say no				
0	Not having good personal and physical boundaries				
0	Not choosing lovers/partners who are respectful and treat you well				
	o				

Shame P2

Hatred

Look for subjects or people where your feelings of dislike are so intense that you'd call them hate.

- What do these subjects/people represent to you?
- When you think about them, do you have a physical reaction? If so, try to determine what kind of physical reaction you're having. Is it fear? Disgust? Jealousy?

•	Be aware of how many times you use the word "hate" during the day. If you notice yourself using it, start to keep track and see how many times. Notice the circumstances where you use the term. You may start to notice a pattern. Take notes and write about it in your journal.				

Hatred p2

Jealousy

Look for people you may be jealous of or situations that may ignite your feelings of jealousy. Think of some examples from your life where jealousy may be lurking, especially look for areas and circumstances where it may be chronic. Then, look to see if that area is going well for you, look to see if your feelings of jealousy are a contributing factor in keeping you from having what you want in that area.

For example:

- Someone who you think is better looking than you are.
- Someone who appears to have more money than you do.
- A house that is bigger, newer, grander than yours.
- A person working in the job you think you should have.
- A profession that makes a lot more money than yours and doesn't deserve it.

Jealousy

Greed

Look for:

•	Areas where you'll stretch or break the boundaries of your honesty and integrity to get what you
	want

- Situations where you take something or feel tempted to take something that isn't yours
- Situations where you indulge in a sexual relationship with someone even though you're in a committed relationship.

Greed p2

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?

Health and Fitness p2

Relationships

- Fighting/arguing
- Resentment
- Jealousy
- Rage
- Estrangement

What is your current state?		
What do you want to create in this area?		

Relationships p2

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?	

Inner Landscape p2

Job/Career

- Loss of focus.
- Loss of concentration.
- Poor timing.
- No or poor Project Management skills
- Missed promotions
- Missed deadlines
- Poor performance ratings
- Missed raises

What do you want to create in this area?	What is your current state?	
	What do you want to create in this area?	

Job/Career p2

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?							

Finances p2

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.

Commitment

•	What is	your	definition	of c	ommitment?
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- How do you express your commitment currently?
- Do people in your life, especially your loved ones, believe you when you make a commitment to them?

commitments often? nmitments you make t	o yourself?	

Commitment p2

Honesty, Integrity, Truth

•	On a scale of 1-10, 10 being the highest level attainable:
	You're level of trustworthiness is?
	You're level of honesty is?
	You're level of integrity is?
•	Do you think others believe you would do the right thing in a vital situation?
•	Do you readily trust others?
•	Do you trust too quickly and without real awareness, getting yourself into situations that don't serve
	you well?
•	Would you do the right thing even if you knew you could do whatever you wanted and no one would
	ever find out?
•	Do you do the right thing when no one is looking?
•	Do you keep your promises to your Self? To others?

Honesty, Integrity, Truth

Courage

- Think of the last time you did something even though you were afraid to do it.
- How do you react when someone approaches you with something new to do, an activity or a team they want you to join?

•	Do your responses help you move forward or keep you standing still?

Courage p2

Discipline

- On a scale of 1-10, 10 being the highest, what is your level of Discipline?
- Do you have a set ritual that you perform everyday/morning/evening?
- Do you currently have an exercise regimen you perform regularly?
- Do you find it difficult to get up in the morning or to go to bed at a particular time?
- Do you have any preconceived notions about the word "discipline"? Does it bring up any unpleasant memories or situations?

 Does the thought of being disciplined bring you any physical or emotional 	discomfort?

Discipline p2

More Tools for Your Journey

Active Listening

- What kind of a listener are you?
- Do you know what you're going to say before the other person finishes their sentence?
- Do you interrupt people?
- Do you have arguments, disagreements or misunderstandings often?
- Do people come to you for advice?
- Do you pay close attention to what the other person is saying, making eye contact as often as possible?

Active Listening p2

Release Unnecessary Expectations

The following questions will help you see where you're holding expectations of others that are probably going to cause you stress, anxiety, worry or anger/frustration of some sort.

• Do you think other people should behave a certain way? Do you get upset when they don't?

Do you expect yourself to be perfect? Do you expect perfection from others, especially

- Do you think your spouse/children/co-workers are pulling their weight? Do you think they should be doing something differently?
- Do you believe that there are a lot of people who just don't have "common sense"?
- Do you decline to participate in new activities because you don't think you'll be good at it? Believing
 that you should know how to do something even though you've never tried it before is an expectation
 of yourself.

spouse/children?

Release Unnecessary Expectations

Goals That Propel You Forward

- Do you purposefully set goals for yourself?
 - Are your goals well thought out and planned?
 - O Do they have a start and end date?
 - o Do they cause you to stretch and go beyond what you've achieved in the past?

Look through your life for unmet goals or dreams that you've continued to hold onto even though

- 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?
- they are no longer possible to achieve and/or would no longer serve you in the grander scheme of your life.

Goals That Propel You Forward

Celebrate Your Victories, Milestones, and Accomplishments

- Look through your life and notice where you've moved past a perceived obstacle, accomplished a
 goal, achieved some for of success and list them out in your journal.
- Write down 3-5 items from the day that you can celebrate as an accomplishment, a victory over the
 past, a milestone or some reason for you to feel excited about your achievement
- Repeat this process at the end of every day and include in your journal
- On a regular basis, take time to focus your attention on your achievements, acknowledge them and feel the satisfaction of attaining them

•	Realize that every day you have several achievements you can claim.

Celebrate Your Victories ... p2

Volunteer, Give, Be Generous

- Have you ever volunteered before?
- Have you made regular donations to a charity or church?
- If you've never volunteered to help at a local charity, church, hospital, soup kitchen, elderly facility, or something similar, schedule a time to do so. Make note of how you feel before, during and after.
- Pay it forward do something kind for someone without any expectation of receiving acknowledgement or reciprocation whatsoever. Note how you feel about it, the feeling of giving unconditionally, no strings attached.

•	Make giving and helping others a habit in your	life.	

Volunteer, Give, Be Generous

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!

Meditate

In your journal ask yourself:

•	When you think of this method, do	you have any phys	sical reaction, pleasar	it 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?

Meditate p2

Pray

- 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?

Pray p2

Smile

- 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?

for now and come back to it later?							
	 						
	 						

Smile p2



- 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?

for now and come back to it later?							
	 						
	 						

Laugh p2

Reiki

- 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?

for now and come bac		

Reiki p2

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 asid for now and come back to it later?

Gratitude Journal p2

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?
	-

Mirror Work p2

Ho'oponopono

- 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 asid for now and come back to it later?

Ho'oponopono p2

Forgiveness Writing

- 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 asid for now and come back to it later?

Forgiveness Writing p2

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

Part 4 Creating Your Plan

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

— Peter F. Drucker

Morning Ritual

30 - 60 minutes

What you do first thing in the morning sets the tone for the rest of your day. It's essential that you set yourself up purposefully for optimum aliveness and joy.				

Evening Ritual

20 - 30 minutes

Having a ritual at the end of your day helps you sleep peacefully and clears the slate so you can wake up with control over your thoughts.

Weekly, Monthly, Annual Ritual

Daily Journal

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.