

A hand is shown from the right side, with the index finger pointing upwards, balancing a stack of four smooth, rounded stones. The stones are stacked vertically, with the top one being light beige and the others transitioning to darker brown and grey tones. The background is a clear blue sky with some light clouds. In the foreground, there is a lush green grassy field with some small white flowers. A semi-transparent pink rectangular box is overlaid in the center of the image, containing the title text.

THE
P.O.W.E.R.
FRAMEWORK

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WWW.PHYLLISWOODFINE.COM



PHYLLIS WOODFINE

The Resilience Coach

I listen and hold space for YOU totally!

Using over 30 years of experience as a complementary therapist, Osteopath, lecturer, local govt. surveyor supporting vulnerable people, coaching and mentoring women, therapists and students.

I support women who feel they have lost their identity, purpose and feel stuck and are unable to move forward. I help them to feel empowered to make changes and choices with clarity which in turn enables them to live the life they truly deserve and want!

CONTENT

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SUCCESS & YOUR P.O.W.E.R

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P - PRESENCE/PRESENT -
FOCUS ON THE INNER YOU

3

O - OWNERSHIP

4

W - YOUR WHY

5

E - EQUANIMITY - CALM
MINDFULNESS

6

R - RESILIENCE - LACK OF FEAR

7

HOW CAN YOU STAY IN YOUR
POWER

CONTENT

8

HOW CAN YOU CONTINUE TO
GROW YOUR SUCCESS

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NOTES

SUCCESS & YOUR P.O.W.E.R

Success is defined as the accomplishment of aim or purpose. It is, importantly, what you want it to be! You define your success and you can refine and redefine it in the way you want to using your P.O.W.E.R!

Your success, which can be determined by you, and can be in your control using your P.O.W.E.R.

There are a number of things that are essential to building and maintaining resilience and success. There is only one constant and that is nothing stays the same and change happens.

I have created the P.O.W.E.R framework to enable you to truly work toward your own definition of success!

YOU DEFINE YOUR P.O.W.E.R

Your mindset is key throughout your journey in life and business. A growth mindset is essential with your goals that will define how you move forward .

Use visualisation to see your power and your success.

Imagine yourself in the place, date, time with the success you want!

There is no traction without action!

You want to take action to move forward with your goals and dreams. We can all manifest but the success will not occur if we do not actually take action.

What is the visualisation giving you are there more things you need to include to ensure that you can see and truly believe in your ability to gain that success.

Using your POWER you can!





**"A woman is
the full circle.
Within her is
the power to
create, nurture
and transform"**

Diane Mariechild

P

Present/presence – be present in your life. Where you are now, what's going on with/for you. Have a presence in your life be a leading participant. Focus on one thing at a time. If you are present you may well dwell less on or be enveloped by the negatives and able to move forward positively!

List the steps or goals or information that will help you



Ownership - take ownership of your thoughts & behaviours.

Practice looking inwardly, being present with you and looking less at the external events and forces. What do you want and need from you and for you?

List some of your thoughts and ideas below to help you

A large, empty rectangular box with a light gray background, intended for the user to write their thoughts and ideas.

W

Why- what is your why, your reasons and purpose for doing what you are doing. Work on knowing your why, your higher purpose! Continue to revisit your why - it can change.

List your reasons and feelings below

E

Equanimity - this is not an easy one but practice calmness and mindfulness to enable you to deal with situations. Start where you are and take sure confident steps to reach your goal and move forward with your success.

List ways you can gain a calmness and mindful state of being

R

Resilience – you will get knocks and pushbacks but do not be afraid of them. Learn from them and bounce back. Work on your self-belief continuously. Model yourself on people you admire – use them as inspiration to maintain your resilience and bounce back spirit!

List all the ways you have been and can be resilient especially in times of adversity!

WHAT OTHER THINGS CAN YOU DO TO HAVE SUCCESS USING YOUR P.O.W.E.R

Change your perspective - it can have a powerful effect on your attitude and your ability to manifest your success.

Remember to practice self-compassion reduce the negative self talk!

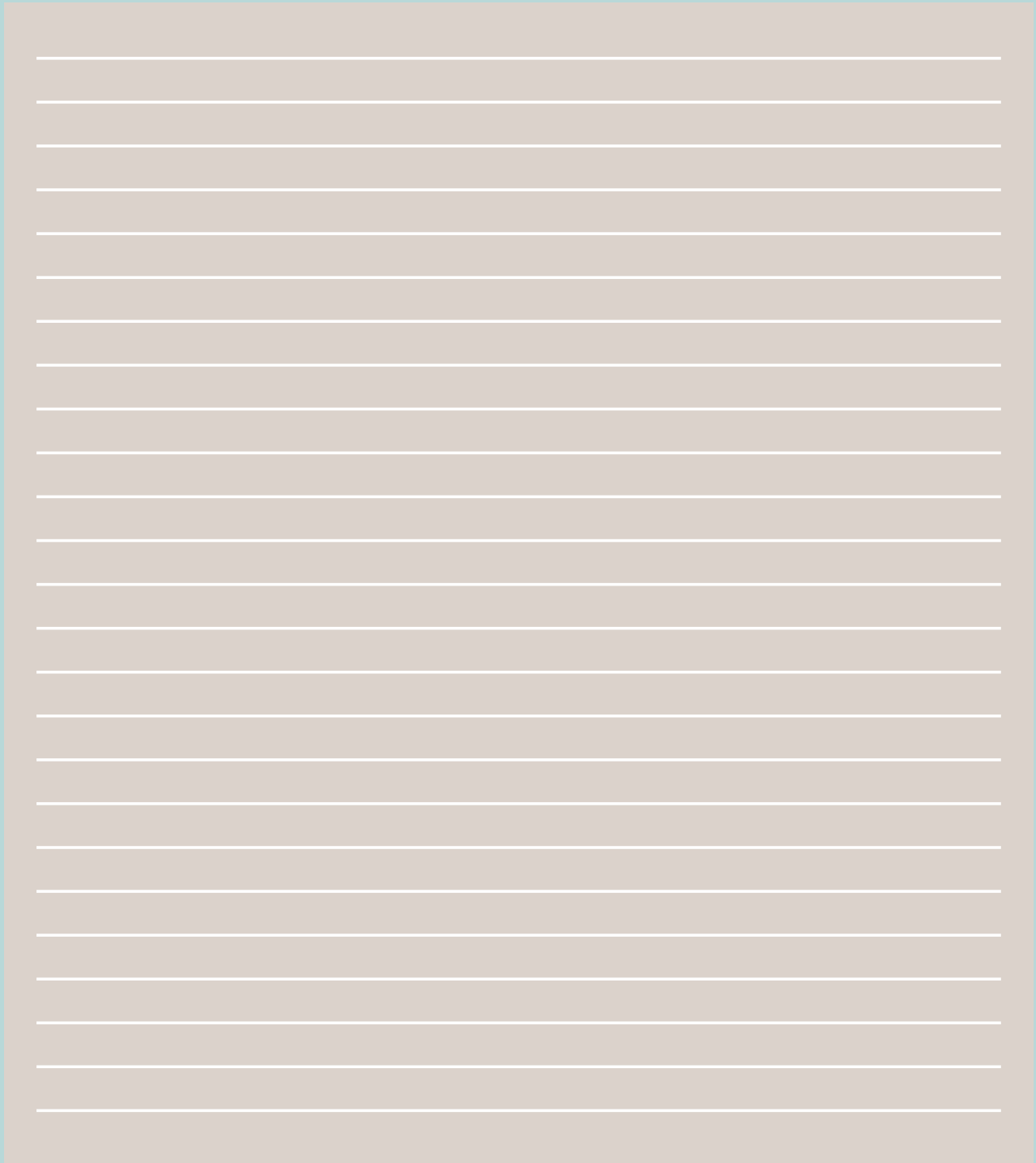
Create an online file or jar of positive actions and happy events that you can access when you are feeling low!

Journal or meditate on what is going on for you and how you want to see it change!



Daily gratitude, mindfulness, and journaling:

Use these pages to journal or list what you are grateful for and how you can continue to work on your POWER steps

A large, light beige rectangular area with horizontal white lines, intended for journaling or writing. The lines are evenly spaced and run horizontally across the entire width of the rectangle. The rectangle is centered on the page and occupies most of the lower half of the image.

Seven days of mindfulness - weekly planner

List daily mindfulness practices for you. Eg - sit and meditate for 10 minutes, 10 minutes of walking barefoot on grass, listening to soothing music for 30 minutes or walking meditation

SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

NOTE:

SELF-CARE - I WILL DO FOR ME

MON

TUE

WED

THU

FRI

SAT

SUN

Hey there

I hope you have enjoyed /gained some insight from my talk/ this PDF. Feel free to Email me your thoughts or questions if you wish. phyllis@phylliswoodfinecoaching.com.

LET'S KEEP IN TOUCH

Phyllis x

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