

A woman with long brown hair, seen from behind, is wearing a bright yellow, sleeveless, flowing dress. She is standing in a field of tall sunflowers under a clear blue sky. The sunflowers are in various stages of bloom, with some showing their dark brown centers. The woman's dress is blowing in the wind, and she appears to be looking towards the sunflowers.

Sue Raffam
COACHING

Switch the Narrative

JOURNAL



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Hello Beautiful Soul

I am excited for you to go on a journaling journey with me. It may not be your first time journaling or perhaps it is ... regardless of your experience, I welcome you. I am Sue Raffan and my passion is to bring more sunshine into your world.

I love yellow because it's the colour of sunshine, sunflowers and the solar plexus chakra - the energetic seat of Empowerment and Wealth and I love both of these! Yellow is the symbol of enlightenment, optimism, joy and carries the promise of a positive future. It sparks creative thoughts, open communication and instils energy.

Now can you understand why I am yellow-obsessed and have been since stepping into the light of mindful awareness?

My intention for you is to close out this journal feeling more empowered, inspired and in love with yourself than ever before. You are already magnificent, perfect and whole and, if you don't already, I hope that you believe every word of this by the end of your journey here.

WARNING: It's going to take work though.

Please know that, as an empowerment coach, I am a lighthouse rather than a lifeboat. I do not rescue, but instead help others to find their way to shore. I cannot do the work for you. Your power is, and always has been, in your hands.

It will take courage and a willingness to explore.

However, I have already been where you are going and I know what's on the other side so I am privileged to guide you along the way, trusting that my hero's journey will become your own.

So just as sunflowers keep their faces to the sunshine, stand tall and follow the light to your empowerment.

Shall we begin?





**Life is a choice,
in every moment,
so choose wisely**

Sue Raffan





The 10 Step Transformational Journal to Rewrite Your Story because you are the author of your life.

We all desire feeling happy and enjoying our lives to the full.
And we ALL deserve that desire!

Journaling (expressive writing) is an incredibly powerful tool for getting out of our head, into our heart and down onto paper. We have 60,000 thoughts daily and 93% of our thoughts today are the same thoughts that we had yesterday because we are creatures of habit and patterning.

When we journal and write our thoughts out, we increase our effectiveness in helping identify and accept our emotions, gain clarity of our thoughts and we shed 67% of our stress. Journaling works!!

Five of it's greatest benefits are:

1. It reduces stress. Excessive stress damages our physical, mental and emotional health – fact! Stress is the biggest killer of humans. Journaling can lessen the impact of physical stressors on our health, create a healthy way for managing stressful experiences and journaling can be a pre-bedtime mediation habit to de-stress and unwind from the day that was.
2. It improves immune function by boosting immunity and decreasing our risk of illness.
3. It boosts our mood to allow more sunshine into our life and allows us to feel a greater sense of overall emotional well-being and happiness.
4. It keeps our memory sharp by boosting memory capacity and comprehension and improves cognitive ability
5. It strengthens our emotional functions by helping us become more connected to our inner needs and desires. Mindfulness is improved by being more present and maintaining perspective while writing. It allows the brain to regulate emotions and improves self-confidence and self-identity. Journaling assists in times of change by unlocking and engaging right-brained creativity allowing for full brainpower and thereby fosters growth!

This journal encourages mindful living, by providing journal prompts centered around thoughts and feelings, self talk, gratitude, affirmations, insights and intentions. It also includes information for more mindful living by raising our awareness.

Use this journal, sustainably, as a digital resource and simultaneously write in a notebook / journal so that you are not confined by space to flow. Journaling is best done with handwriting rather than typing because the slowness of writing allows for more thoughts and feelings to be downloaded as we access and gather our thoughts. Do not judge what you write, or even attempt to understand it. Feel free to doodle, draw, list. There are no rules and different pens and colours add energy to the pages.

Simply flow ... Know that your thoughts can change your life and the deeper you go in answering the questions and the more you arrive at your own answers, the faster your life is going to change and improve. Journaling allows for a deeper consciousness of self. Trust it ...

Ensure that you have plenty of water as your neurology will be shifting and take your time to complete this work over several days. Do not rush it. Please dive as deep as you can, for maximum effect. Now breathe, relax and be kind to yourself because you deserve to live your best life and to step fully into your sunshine!

Sue Raffam

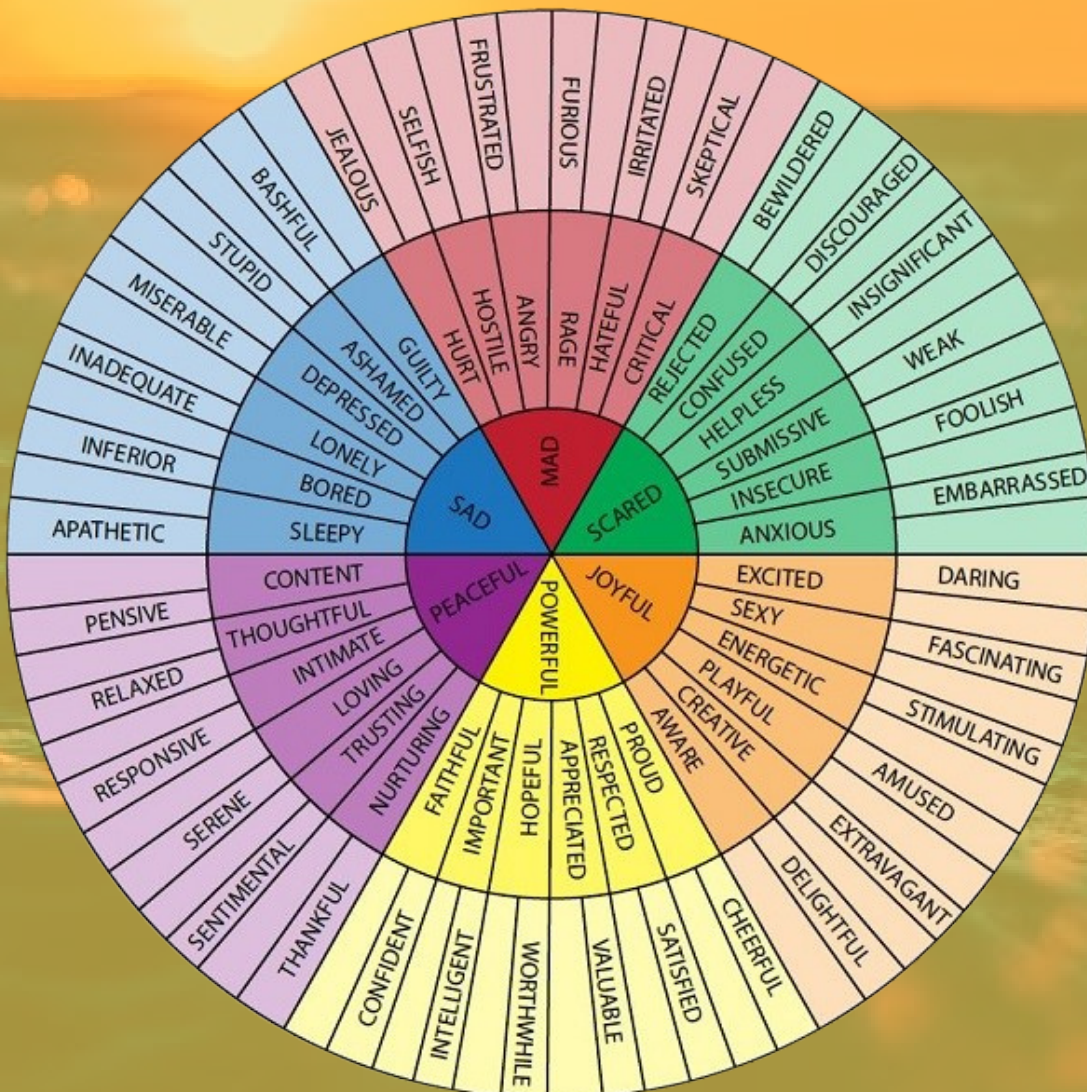
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Tools

We experience a range of emotions daily and every emotion is valid. Positive or negative, our emotions let us know what matters to us, in any given moment. Acknowledging them and observing them allows us to find the lesson behind them.

Use the wheel below to identify and understand how you truly feel.

By identifying our emotions more specifically, we can develop a greater self-awareness, understanding and insight and a greater sense of self-acceptance.



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1. Square Breath Work

Breath work has been the cornerstone of meditation practice for millennia.

We may think that we know how to breathe however watch a baby sleeping and notice how their tummy rises and falls. Over time, we learn to shallow breathe, into our chests, and shallow breathing feeds our stress levels.

Before you begin this journal, let's do some mindful breathing.

Before we start, score yourself between 0 and 10 how relaxed you currently feel within your body?
0 = couldn't feel worse
10 = couldn't feel better

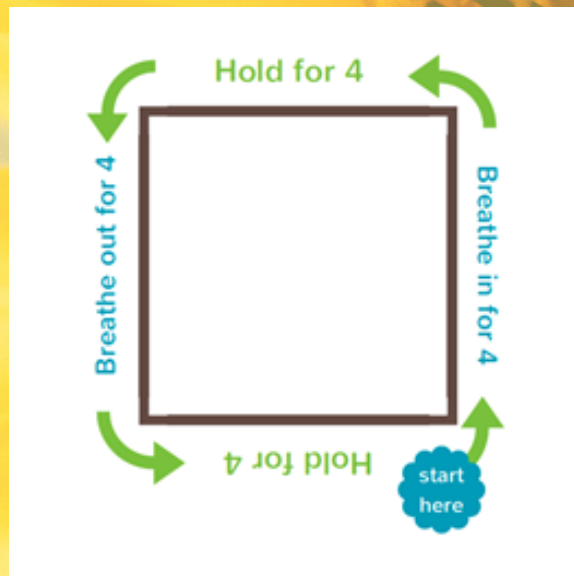
Place your right hand on your chest and your left hand on your tummy.
When INHALING, expand your tummy to the point where you can feel your right hand move. Notice how your chest and left hand do not move.
When EXHALING, suck your tummy towards your back.
Do this as slowly as possible and notice the conscious effort that goes into it.
When you feel ready, inhale for 4 counts, hold your breath for 4 counts, exhale for 4 counts, hold for 4 counts

Do this for 4 rounds of breath.

By counting, we assist and support our concentration and attention to be fully present.

How do you score now, between 0 and 10, for how relaxed your body feels?

You can apply this exercise whenever you feel stressed or overwhelmed by difficult emotions. Reconnecting with our breath helps us to feel balanced in the present moment by feeling more anchored.



Anxiety lives in the future, depression lives in the past, it's why the NOW is called the present. Presence is a gift!

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2. Vision

As children, we were often misguided in being told to stop day-dreaming yet the power of our thoughts creates our reality. Through the Universal Law of Attraction, we can quite literally manifest our heart's desires simply through our imagination.

If time, money and the opinions of others never mattered, what would your dream life look like? Dream BIG since you're just dreaming ... right? The more detailed and specific, the better!

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What drives your "Why" for desiring this dream and who else will be impacted when you achieve it?

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Do you have any other big goals in mind?

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3. Self Talk

A beautiful day begins with a beautiful mindset

In every moment of every day, we are talking to ourselves. We'll call it our personal "Itty Bitty Shitty Committee" because, in most cases, it's the voice that second guesses us, that talks us down, that gets us to play small, stay quiet, and avoid standing out. It feeds us with thoughts that do not encourage and support us.

It's our ego keeping us "safe" in our comfort zones and avoiding change as much as possible. Complete this picture of yourself with some detail - hair, eyes, mouth, nose, clothes.



Around your picture, write the words that you often say to yourself, in your mind? Think of your personal qualities, appearance, your intelligence, your relationships, your health, your wealth, your current lifestyle? Write at least 10 words and don't judge them

How do you know that you are not good enough? And how do you feel when you read that?

Who's voice do you hear when you access this question above?

If you spoke to others as you speak to yourself, would you have any friends?



3. Self Talk (continued)

This exercise can be very unsettling when we become aware of how we speak to ourselves.

How do you feel right now about this?

Now take three deep breaths, into your tummy, not your chest.

Picture yourself when you were a 3 year old toddler – a gorgeous little child with self confidence and self love, free-spirited, fun-loving, loud and care-free. Know that they live within you still. This is your inner child and life wounds them over time. Only you can heal that inner child with kindness and compassion and they are deserving of your love and compassion. Answer the following questions as that small child, seeing your current life through their eyes:

How do you know that you ARE good enough?

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What are your strengths? Go crazy and write a list of at least 10 things because there are way more than 10

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What have you achieved over your lifetime? Don't be harsh on yourself ... still being here IS an achievement! Doing this work, is an achievement!

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What are you most proud of yourself for?

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4. Affirmations

The best way to practice positive thinking and self-talk (and it does take practice) is to start repeating daily affirmations.

Affirmations are a POWERFUL tool of I AM statements.

Our brains have 4% conscious thoughts (thoughts that we are aware of) and 96% unconscious thoughts, where all our deep programming and patterns of behaviour are stored (and we are not aware of). When we start saying affirmations, it may feel weird and uncomfortable however, I AM is the most powerful statement because our 96% unconscious brain believes anything that we tell it. So, for example: "I am so stupid" ... becomes our belief over time when we repeat it over and over because the 96% unconscious brain believes what it's told.

In the same way, a positive statement can become our truth when we repeat it daily. While brushing your teeth, morning and night, repeat the statements below to yourself or even better ... out loud.

Write them on your bathroom mirror with whiteboard marker.

What qualities would you want to strengthen in your belief system, about yourself?

Write these qualities in the petals of the flower.

EXAMPLES: I AM enough
I AM lovable
I AM confident
I AM a great friend
I AM worthy



The word IMPOSSIBLE = I AM Possible

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5. Self-Care

Self-care is the practice of doing whatever serves us to preserve or improve our sense of well-being.

It's about knowing when we are running low and our personal cup needs to be filled again.

It is not selfish, it is essential so that others get the BEST of us, rather than what's left of us!

It allows us the time and space to re-charge and to care for ourselves and we all deserve it! Make it a non-negotiable appointment for YOU!

Schedule it, set reminders if necessary and select from the categories below, if a prompt is required.

Physical	Physical self-care centers around your body and the well-being of your overall health. EXAMPLE: nutrition, exercise, yoga, holidays, massages, baths
Social	Social self-care is about spending time with the people that matter to you and who you choose to be around because they lift your spirits. EXAMPLE: regular phone catch up, meals out, dinner party, game night, date, writing a letter
Mental	Mental self-care involves activities that help to de-clutter your mind and reduce your stress levels. EXAMPLE: hobby, declutter, reading, creative outlet, playing a game, dancing
Emotional	Emotional self-care is about identifying your emotions and rather than avoiding them or attempting to fix them, sitting with them, feeling into them and honouring them before moving forward. EXAMPLE: crying if it feels right, laughing, cuddling a pet, punching a pillow, yelling in your car, positive affirmations, watching a "feel-good" movie
Spiritual	Spiritual self-care is a meaningful activity that ignites a sense of sacredness within you. Focus on something that you desire on some level – the need for connection, purpose, happiness. EXAMPLE: meditation, prayer, yoga, being in nature, acts of kindness, volunteering, spiritual community
Professional	Professional self-care is about work-life balance as well as feeling fulfilled in your career. EXAMPLE: not eating at your desk, taking breaks, work-free holidays, healthy boundaries and saying "No", switching off after hours

Consider all areas of self-care above and write goals addressing the areas which would benefit most from improvement and list ideas for activities that are exciting for you.

Make Yourself A Priority

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5. Self-Care (continued)

PHYSICAL SELF-CARE GOALS:

SOCIAL SELF-CARE GOALS:

MENTAL SELF-CARE GOALS:

EMOTIONAL SELF-CARE GOALS:

SPIRITUAL SELF-CARE GOALS:

PROFESSIONAL SELF-CARE GOALS:

Do what you love ... a lot!

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6. Perspective

Every person has their own perspective of their reality based on their personal experiences, culture, gender, beliefs, values, thoughts etc We can NEVER see the world as someone else does because we see the world, as we see ourselves. Negative people see a negative world because their brain's reticular activating system (RAS) seeks evidence, within the world, to verify their beliefs and what they know to be their truth. It's only when we are willing to LISTEN to the perspective of another that we can start to effectively communicate, with compassion.

When ego butts ego, trying to convince another that their perspective is right, communication breaks down and chaos ensues.

Over our lifetime, we create a narrative of our life's journey ... a story that we buy into and believe. However ... if the narrative does not serve you and you desire greater happiness, YOU have the power to rewrite your story because you are the author.

What 3 events in your life would be the MOST emotionally charged for you?

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What 3 important lessons did you gain from each experience?

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6. Perspective (continued)

How does focusing on the negative of a traumatic experience serve you?
Unconsciously, we can experience a secondary gain by being the victim of our circumstances which feeds the ego's needs. Do not judge yourself here, simply be open to an answer.

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How can your needs still be met, in a way that serves you positively?

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Life is happening FOR us, not TO us – it is all within our perspective to choose to be the victim or the victor of our circumstances.

YOUR ATTENTION PLEASE: No-one is coming to save you. This life of yours is 100% your responsibility and change lies within your hands and nobody else's.

***Everything we hear is an opinion, not a fact.
Everything we see is a perspective, not the truth
Marcus Aurelius***

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7. Comfort Zone

If nothing changes, nothing changes and the comfort zone is our current life experience and where we feel safe however nothing ever grows in the comfort zone and it's not actually comfortable. If life was perfect, all of the time, we would soon grow bored and seek chaos because we are not growing or being stretched in any way. Life is the thrill of the highs and lows of the rollercoaster – chaos, bliss, events, circumstances, challenges, celebrations and when we resist change, life forces it upon us. By the universal law – what you resist, persists!

Our current life experience may or may not be how we'd like however we know and understand it so it's "safe" to us. Our ego aims to keep us here as CHANGE is terrifying because it's RANDOM EXPERIENCE and unknown and we lose our sense of control in the unknown. Our comfort zone is based on the lessons that we have learnt from past experience hence we feel safer in the KNOWN.

Many think that intuition is a way to see the future and outrun fate by avoiding loss of money or heartache. It's not that at all. Our intuition is our sense of knowing – a deep gut-feeling that doesn't require logic. It tells us either when something is wrong and we need to change or if it's right and worthy of pursuing.

For what reason/s do you not have your big dream now?

What do you feel really needs to change in your life? What is missing?

***Life is a balance between holding on and letting go
Let your intuition be your guide***

Sue Raffan



7. Comfort Zone (continued)

How do you know this?

What have you learnt from past attempts at changing it?

What would a great outcome look like?

What are your beliefs in relation to achieving this goal?

What 3 small steps can you take in that direction?

How could you hold yourself accountable? Whose support would you like?

***Good decisions come from experience
Experience comes from making bad decisions
Mark Twain***

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8. Gratitude

Gratitude unlocks the fullness of life and turns whatever we have into enough. Gratitude helps us to live in the present and acknowledge the positive in everything. There is always something to be grateful for and embracing this mindset by expressing gratitude has the power to change our outlook for the better.

Interestingly, you cannot hold onto a negative emotion and feel gratitude at the same time – it's emotionally impossible.

We practice gratitude because it leads to greater happiness. It helps us feel more positive emotions, relish good experiences, become more resilient and build stronger relationships. It is also associated with better health and reduced stress.

Surprise yourself and write a list celebrating the things in your life that make you feel appreciated: all the people, places, experiences, your qualities and things in your life that you are grateful for. Find at least 20 or go for 100!

Draw, add colour, be creative and be free with this exercise ...

How do you feel as your list grows? What do you notice?

Now add your affirmations and strengths to the list. You will be surprised at how uplifting it is to simply turn your attention to the positive aspects of your life.

An attitude of gratitude turns a frown upside down

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9. Taking action & making change

Perfectionism is a weakness!

There, we said it. Unfortunately, it's often glorified and worn like a badge of honour however ... it keeps us stuck in fear because we fear failure or anything less than our best. It keeps us playing small and taking NO ACTION over imperfect action. We sit in our comfort zone and play it "safe". We procrastinate like professionals.

Do you consider yourself a perfectionist?

If so, where did this come from?

What are you holding yourself back from wanting to do?

What small step can you take towards accomplishing this?

Whether you are surviving or thriving, depends on the choices that you make for yourself

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10. Celebrating Me!

How are you feeling about yourself and your future?

When we stop to celebrate and acknowledge how far we have come, we set a new standard of excellence for ourselves and it is incredibly powerful! The power of celebration is severely underestimated and even the small wins count.

Congratulations on working through this journal! Life is a choice and you chose YOU!



Complete this picture of yourself with some detail – hair, eyes, mouth, nose, clothes.

Around your picture, write the words that you now say to yourself, in your mind? Think of your personal qualities, appearance, your intelligence, your relationships, your health, your wealth, your current lifestyle? Write at least 10 words

Do you notice a shift between before and now?

How are you feeling about yourself and your future?

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10. Celebrating Me! (continued)

Do you notice a shift between before and now?

How are you feeling about yourself and your future?

I love myself, I accept myself, I forgive myself

Celebrate every win, no matter how small

Sue Raffan

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Sue Raffan is an Empowerment Coach and the founder of Sue Raffan Coaching.

As an ICF accredited coach, a master practitioner of NLP and the past trainer of one of Australia's largest life coaching colleges, she has worked with hundreds of clients and students, over the years, focused on igniting the magnificence within each. She has been featured in local newspapers and youth magazines, delivers keynote speeches and powerful workshops to schools and communities to inspire and uplift others to not only recognise their inner power but to OWN IT!!!

She now helps visionary, success-driven women and entrepreneurs, through her coaching and online business platform, to not only own their personal brand but to create a lifestyle by design that allows them the time, wealth and inner freedom to do more of what they love, with those they love most, by stepping into their sunshine.

A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you've always known you could be.

Tom Landry

By working with a coach, you can uncover much deeper blocks through their powerful questions. We don't know what we don't know until a coach helps us to explore new perspectives of our life that we haven't considered.

If you feel that you would be interested in exploring investing into your personal development further and reach greater heights, please visit my website at www.sueraffancoaching.com.au or reach out in my social media platforms.

I am proud of you for the work that you have completed and the time investment that you have made in yourself.

Massive Congratulations

Sue



I am a lighthouse rather than a lifeboat. I do not rescue, but instead help others to find their way to shore.

“ Sue Raffam

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I AM Enough

Perception is a
projection of self

Trust the
unfolding
of your life.



If nothing changes,
nothing changes

Personal
Development =
Finding Me!

Grow through what
you go through

Pressure Creates
Diamonds

Be kind and
compassionate
... first to
yourself and
then towards
others

