



TAMMY RAMSEY TRANSFORMATIONAL COACH



IN A CLINICAL STUDY, THE GROUP ON THE OPTIMAL WEIGHT 5+1 PLAN LOST 10X MORE WEIGHT. AVERAGE WEIGHT LOSS ON THE OPTIMAL WEIGHT 5+1 PLAN IS 12 POUNDS.

1

JOINT IMPROV



+

o

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<h1>Where Am I?</h1>	Location, Location, Location
	Are you open and Curious?
	Are you Closed minded and defensive?
	There is no good or bad just where you are?

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Location is Key

OPEN
CURIOUS
COMMITTED TO LEARNING

COMMITTED TO BEING RIGHT
DEFENSIVE
CLOSED

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The Drama Triangle



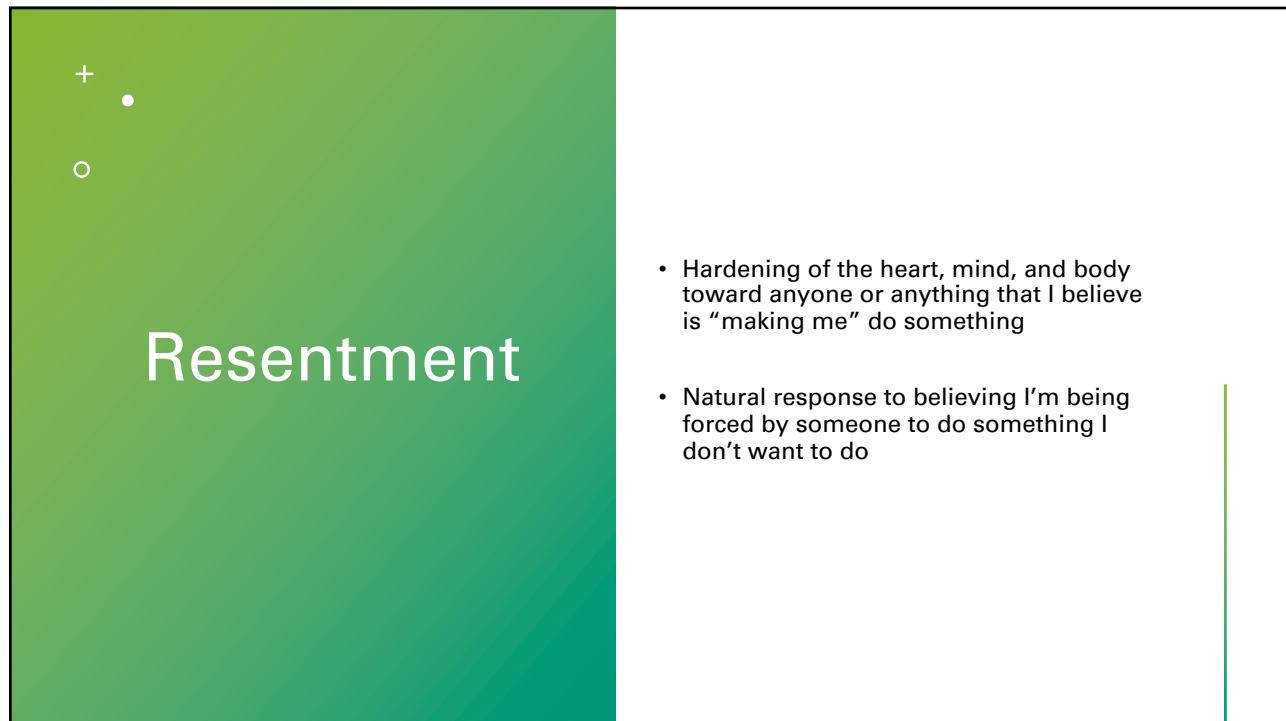
5

Obligation

- I need to.....
- I have to.....
- I Should.....

Navigation icons: +, •, ○

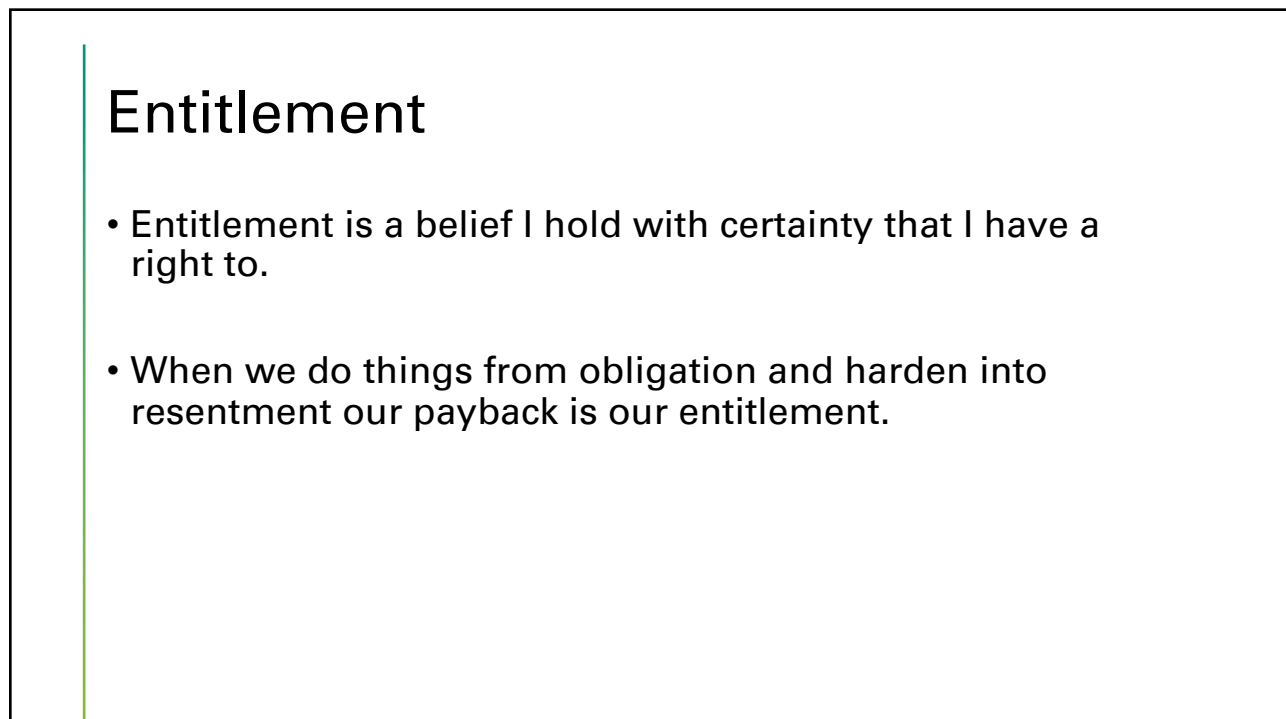
6

A slide with a green-to-teal gradient background on the left side. The word "Resentment" is written in white on the green background. To the right, on a white background, there are two bullet points. In the top left corner of the white area, there are three small symbols: a plus sign, a solid dot, and an open circle. A thin vertical green line is on the right edge of the white area.

Resentment

- Hardening of the heart, mind, and body toward anyone or anything that I believe is "making me" do something
- Natural response to believing I'm being forced by someone to do something I don't want to do

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A slide with a white background. The word "Entitlement" is written in black. To the left of the text, there is a thin vertical green line.

Entitlement

- Entitlement is a belief I hold with certainty that I have a right to.
- When we do things from obligation and harden into resentment our payback is our entitlement.

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The diagram shows a cycle of three concepts: Obligation at the top, Resentment at the bottom right, and Entitlement at the bottom left. Three white curved arrows connect them in a clockwise cycle: from Obligation to Resentment, from Resentment to Entitlement, and from Entitlement back to Obligation.


See The destructive Pattern

What am I currently doing from obligation?

Who/what am I resenting because they are “making me” do it?

How am I “getting back” at them by being entitled?

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The diagram features a large green circle with the text "The Shift" in white. To the top left of the circle is a small green plus sign (+), to the left is a small green circle (o), and to the bottom right is a small green dot (•).

The Shift

- First, we need to ask ourselves if we are willing to shift from below the line thinking to above the line
- We need to ask ourselves questions?
 - Am I ready to Take Responsibility for my actions and thoughts
 - What is happening?
 - What was I expecting?
 - What is next?

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Empowerment Triangle



When allowed: we feel alive, engaged, passionate, creative, clear, refreshed

When blocked: leadership is dampened, effectiveness wanes

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12

+ •

○

Flipping the script

- First, we must recognize that we have created our own story
- Next, we must choose to shift
- Ask yourself is the story you're telling yourself is serving you
- Now ask yourself what if the opposite could be true
- Then you choose to flip the script and tell yourself a different story

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Is it stress or excitement

Sometimes stress and excitement can feel the same

The story we tell ourselves is that we are stressed

We speak it out loud to friends, co workers and family

So Try flipping your script

Turn stress into excitement

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We Seek Growth
We embrace obstacles as the way

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Lao Tzu

"If you are depressed you are living in the past.

If you are anxious you are living in the future.

If you are at peace you are living in the present



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Being Present

Breathing is meditation; life is a meditation. You have to breathe in order to live, so breathing is how you get in touch with the sacred space of your heart.

-Willow Smith



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Positive external events work in the same way.
Acting for yourself means=you create for yourself

"You will never change your life unless you can think higher than you're feeling." Dr. Joe Dispenza

A circular inset image on the right side of the slide. It shows a man and a woman from behind, embracing each other on a rocky mountain peak. They are looking out over a vast, hazy mountain range under a cloudy sky. The woman is wearing a white long-sleeved shirt, and the man is wearing a red long-sleeved shirt.

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Mindfulness
SUPER SATURDAY EVENT
 SATURDAY JUNE 11 * 10AM - 2PM
 LEAN AND GREEN LUNCH IS INCLUDED
 Mill House Event Center
 2792 Pocatello Avenue
 American Falls, ID
 \$25 per person, \$40 per couple
 Mental Health Awareness/Being part of the solution/Your Why and How to Put Goals in Action/DREAM BIGGER
 Register: <https://forms.gle/7GtWu8vqCETnDWaG7>
 or call Tammy 208-221-0732

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Tammy Gilman Ramsey

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