

# THE FEELINGS WHEEL

Hey There! I'm Michele Jamison, Self-Improvement Coach and Mentor. My mission is to Empower You To Create Positive Change as I have lead 1000's to design their life and live to their full potential. Many years ago, I was introduced to The Feelings Wheel and grew to understand the power of not only recognizing what stage I was in but in taking action to move through each stage faster and faster.



\* I would recommend printing out the wheel and posting it where you will see it daily.

I promise it will help you be more PROACTIVE, rather than reactive.

- When you go through this cycle, go through it fast! Continue to show up & implement training & education made available to you. Share your feelings with the support system made available to you as well as those who have successfully gone through it themselves.

- Remember to ALWAYS "REACH UP" when in need. For example, share your frustrations with your coach or mentor, NEVER your family or friends who are not where you want to be. SUCCESS WILL FOLLOW. There is NO GAIN without PAIN.

Expand your comfort zone. Frustration ALWAYS precedes GROWTH or retreat.

- It is your CHOICE - only one thing will get you out of Stage 4 - ACTION!

Read motivational books, study your onboarding/1st steps material when you started.

Listen to positive audios & podcasts and call someone positive. AVOID NEGATIVITY!

- I am here to help, but I cannot if I don't hear from you. Remember, you will start to SUCCEED just when you most want to quit. Hang in there, and you too will be among the ranks of the most successful.

**YOU CAN DO IT!!**

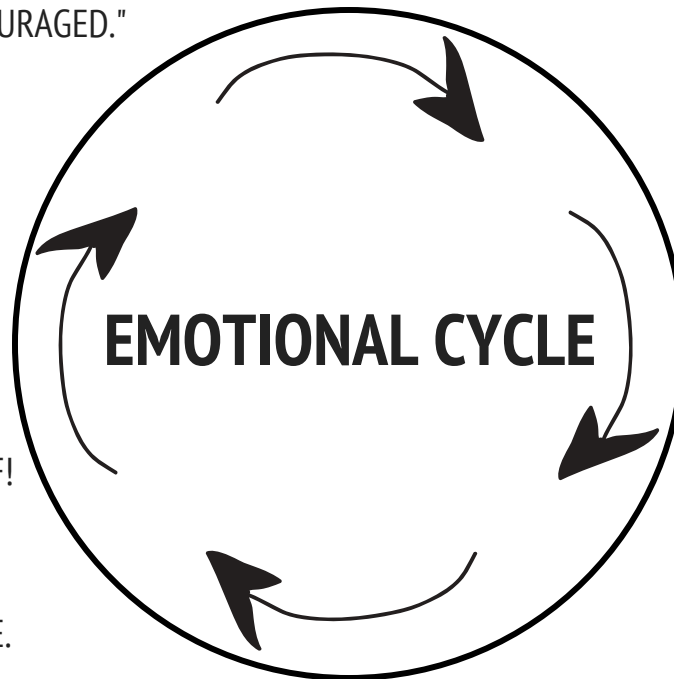
- INDICATES CHARACTERISTICS OF STAGE

## STAGE 8: LAST STAGE

- BACK TO STAGE 1. AND STAY THERE!!
- BE REALISTIC!
- "IT'S NOT LIKE ME TO NOT REACH MY GOALS AND TO BE DISCOURAGED."

## STAGE 1: EXCITED!

- DIVE INTO ALL TRAINING (VIDEOS, AUDIOS, ETC)
- READ EVERYTHING, BEGIN TO IMPLEMENT STEPS OUTLINED
- SEND POSITIVE FEELINGS TO THE BRAIN..."I CAN DO THIS!!"



## STAGE 7: ANGER #2

- GET ANGRY AT YOURSELF!
- ADMIT AND RECOGNIZE YOUR FEELINGS. YOU ALONE ARE RESPONSIBLE.

## STAGE 2: FRUSTRATION

- OBSTACLES
- FRIENDS & FAMILY NOT SUPPORTIVE

## STAGE 3: SHOCK

- "I CAN'T BELIEVE IT!"
- "THEY SAID IT WOULD BE EASY"

## STAGE 6: ANGER #1

- "WHY DIDN'T THEY TELL ME!"
- "THEY LIED TO ME"
- BLAME PROGRAM OR PEOPLE - EVERYONE BUT YOURSELF!

## STAGE 5: FEAR

- "I CAN'T DO THIS"
- "MAYBE THIS ISN'T FOR ME"
- "I LIKE ME THE WAY I AM"

## STAGE 4: DENIAL

- WITHDRAWAL
- PROCRASTINATION
- AVOID TRAINING
- COOK
- SLEEP A LOT