

THE STICK IT LIST



Diana Braybrooke/Life Coach/Spiritual Rebel

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Welcome Beauty

I'm Diana Braybrooke and I am a trained Beautiful You Life Coach, teacher and speaker. I'm also a spiritual adventurer and avid rule breaker. I help women who want to reconnect with themselves (their faith and spirituality) and with the collective sisterhood.

Recently I got sick of all of the self help fluff that kept coming into my inbox and wrote about it not just in my journal but online and it seems to have hit a chord with you all.

Is it because it seems soooo unobtainable? Or is it because it just reeks of being smarmy? Perhaps you may even feel like you have to do these IT girl things to fit in. (Chai latte in hand).

Sink in, relax I have brought you the stick it list where you can write down your frustrations and work through them. It helps so much!

Are you feeling exactly like me right now where no matter what self-help fluff you're reading you still feel like crap and stuck in the moment? I can help. Let's talk. (You can have your almond mylk chai during our complimentary skype session if you like). Shoot me off an email at: thebutterflyhouse@dianabraybrooke.com



THE STICK IT LIST

LET THAT FIRE IN YOUR BELLY
SURFACE!

Write down everything that is frustrating the heck out of you right now, in this very moment. Take 1-2 minutes to get it onto paper (or type, whatever suits you best). Some examples are on the next page.

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STICK IT.

BANK BALANCE FOR NOT
LOVING ME BACK!



STICK IT

CLIENT WHO WON'T PAY UP

STICK IT.

ANNOYING WORK
COLLEAGUE

STICK IT.

TO WORKING MY BUTT OFF
FOR NO RETURN

***If you read this and
think I wrote this
about you: Stick It!**





Journal Entry

CHOOSE 1 OF THE FOLLOWING

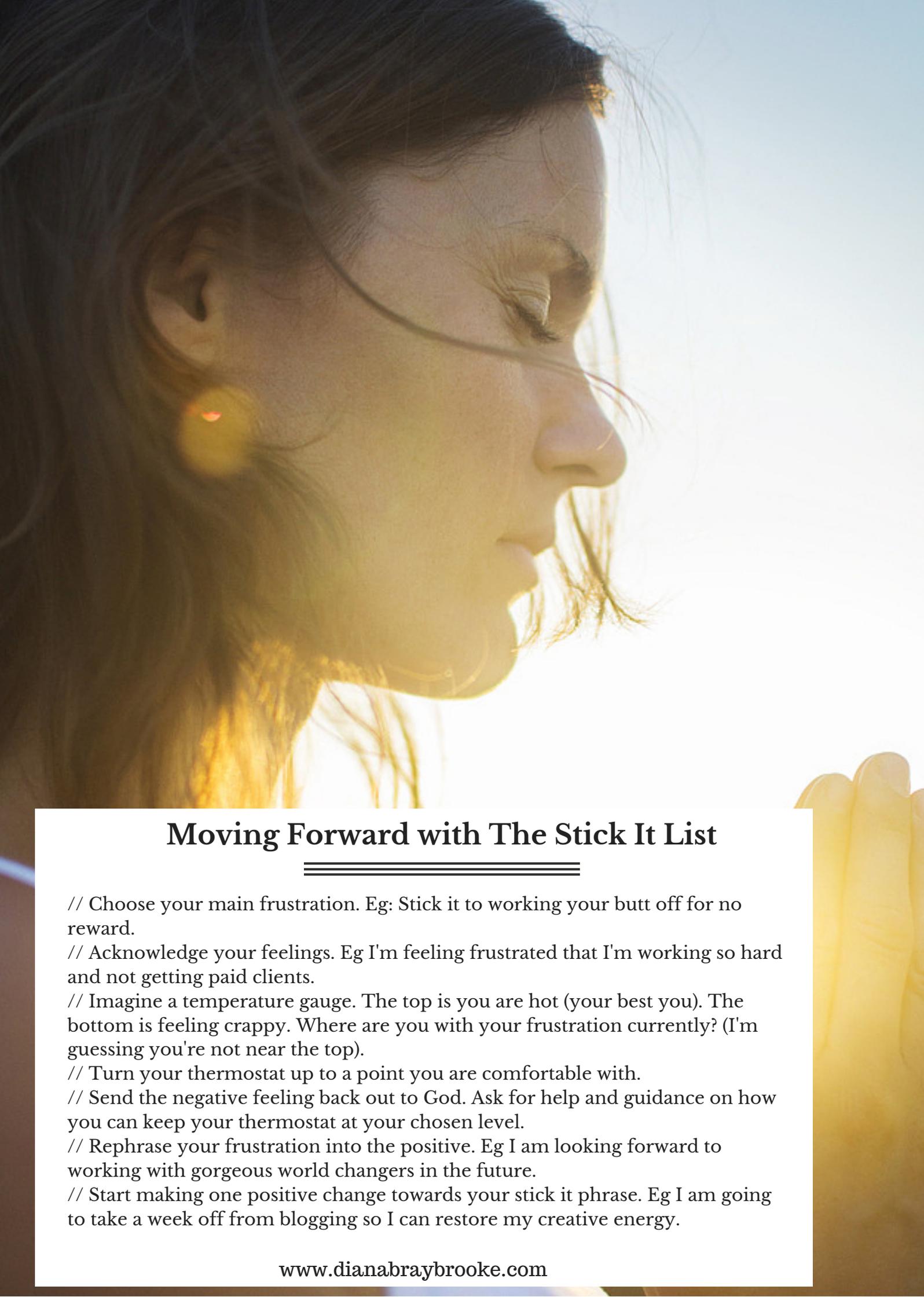
//WRITE FOR 5-10 MINS

//WRITE 3 PAGES

//DOT POINT YOUR ANSWERS

// COMMIT TO AN ARTISTIC RESPONSE (EG
DRAW HOW YOU ARE FEELING OR WRITE
WORDS THAT ARE COMING UP FOR YOU).

What did you notice about your stick it list?
What words/themes were coming up for you?
Which out of the list is the most frustrating for you?
What is the first step you can take to move forward in the
positive with this frustration? (See next page for helpful
tips).



Moving Forward with The Stick It List

// Choose your main frustration. Eg: Stick it to working your butt off for no reward.

// Acknowledge your feelings. Eg I'm feeling frustrated that I'm working so hard and not getting paid clients.

// Imagine a temperature gauge. The top is you are hot (your best you). The bottom is feeling crappy. Where are you with your frustration currently? (I'm guessing you're not near the top).

// Turn your thermostat up to a point you are comfortable with.

// Send the negative feeling back out to God. Ask for help and guidance on how you can keep your thermostat at your chosen level.

// Rephrase your frustration into the positive. Eg I am looking forward to working with gorgeous world changers in the future.

// Start making one positive change towards your stick it phrase. Eg I am going to take a week off from blogging so I can restore my creative energy.

A PRAYER FOR PEACE

+

DISCERNMENT

(If struggling with your frustrations, place this prayer some where you can see it. Read over it and affirm that you are safe in this moment and for wisdom with your next steps. Perhaps you may even want to write out your own prayer).

Dear God,

I am so frustrated right now.

I ask you to put a peaceful covering around me
right now.

Help me to see my part in the frustration,
Or the lesson you want to teach me.

I ask you to grow me like the trees planted by the
waters,

With my roots firmly planted into the ground,
solid in the knowledge of who I am.

I ask for wisdom and direction with what steps I
need to take to work through the frustration,
Even if that is to just be present in the moment.

In Your Name,

Amen



Want to feel less frustrated?



Feeling like you've had a gut full of self help fluff?

Feel stuck in your frustrations?

I can help!

A life coach can help you move closer to your goals.
They can help keep you accountable and encourage
you each step of the journey.

Want to know more?

I offer a complimentary discovery call for you to ask
questions and to see if we are the right fit.

Email enquiries to:

thebutterflyhouse@dianabraybrooke.com

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