



# S.E.A.L.



*Zette Harbour CPC, CBHC, ELL-MP, P-NLP*

# S.E.A.L.

I see you.

I embrace you.

I appreciate you.

I love you.

Say these four statements to yourself whenever you notice feelings of stress, fear, or pain. It's probably easiest to start with stressful feelings where the stakes don't seem as high. You're speaking to your feelings, not the person or situation that caused them.

## **'I see you.'**

When you tell yourself that you won't turn away from your unpleasant or even unacceptable feelings, you're letting that part of you know she's worthy. You're acknowledging that she matters. This creates trust and reduces the tension around whatever is causing the feelings.

## **'I embrace you.'**

Now, you're letting her know that she's a welcome guest. You're not shaming or blaming her to get her to disappear. You're letting her know that she's home where she belongs.

## **'I appreciate you.'**

Here's where you move beyond recognition and acceptance to gratitude for the wisdom she's holding for you. She's doing the unpleasant job of bringing your attention to some hidden, limiting story. Thanking her eases friction around receiving the gifts of your experience.

## **'I love you.'**

Finally, you let her know that she's a cherished part of your inner self. Even more, you're communicating your desire for her to keep letting you know when something needs to be tended to. You're more whole and your presence in the world is more powerful.

# S.E.A.L. Journal

*Once a day, sit and write what you observe about each instance when you recite them to yourself in response to those moments when you feel stress, fear, or pain.*

*Notice any thoughts that you have believed to be true but that have created limiting feelings. Notice any shifts in your thoughts about yourself in response to saying the four statements. Enjoy a Virtual Coffee Date with me and share your experiences and results, or have your questions answered.*

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## *Your Next Step*

Completing this 7-Day S.E.A.L. Challenge will have shifted your mindset and with it, your results. If you're curious to learn how more so you can make a difference without losing yourself, reach out and arrange a Virtual Coffee Date. We'll chat for 20-minutes so you can share your observations and get your questions answered.

*Zette Harbour CPC, CBHC, ELL-MP*



ZETTE@ZETTEHARBOURCOACH.COM

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