

THE MENTORING EFFECT
RESULTS BASED MENTORING



PRACTICAL REPORT

THE 5 STEPS

TO DESIGN LIFE-STYLE
AND SUCCESS ON YOUR
OWN TERMS

THE 5 STEPS TO SUCCESS

Now we will talk about success principles that were studied by authors and psychologists for years. Finally, they have decided on 5 major principles that every successful person embodies.

▶ 1. AWARENESS

The foundation of any transformation begins with awareness. In this step, we focus on becoming aware of our limits, identifying limiting beliefs, and understanding the emotional home from which we navigate life. Dive deep into recognising how you are connected to your environment, understanding attachments, boundaries, and emotional patterns that shape your reality.

▶ 2. SELF-AWARENESS

Building on awareness, self-awareness is the key to unlocking personal growth. Explore unhealthy boundaries and assess how often you operate in fight or flight mode. Measure and observe yourself without judgment. Gain insights into your thoughts, emotions, and actions, laying the groundwork for intentional living.

▶ 3. COURAGE

True transformation requires courage. Shift from autopilot to the next level of being. Have courage to see our shortcomings and strengths clearly and build up on the awareness. Make courageous actions that align with your newfound awareness and self-awareness. Embrace change from a space of authenticity, stepping out of comfort zones into a realm of possibility.


▶ 4. CONFIDENCE

As courageous actions accumulate, confidence in abundance and energy exchange mindset naturally grows. Learn to trust the process and believe in your ability to manifest your desires. Confidence becomes the bridge between your current reality and the limitless potential of the future you envision.

▶ 5. MEANING

The culmination of this journey is the realisation that every action holds a deeper purpose. In this step, meaning emerges from the alignment of your awareness, self-awareness, courage, and confidence. Discover the profound significance behind your choices, creating a life rich in purpose and fulfilment.

REFLECT AND TAKE YOUR LIFE WITH MEANING QUIZ

1. Do you often find yourself feeling physically and emotionally drained, almost to the point of burnout? YES/NO
 2. Have you noticed a struggle in truly enjoying your free time without work-related thoughts or tasks creeping in? YES/NO
 3. Would you describe yourself as a workaholic, where work seems to dominate a significant portion of your life? YES/NO
 4. Do you feel like the joy and satisfaction you used to derive from your career or business has diminished over time? YES/NO
 5. Have you experienced a notable decline in your motivation and inspiration levels in recent times? YES/NO
 6. Are you currently at a crossroads, where you have achieved a certain level of success but find yourself questioning the purpose and direction of your endeavours? YES/NO
 7. Have you noticed a shift in your ability to identify what truly brings you happiness and fulfilment? YES/NO
 8. Do you often feel overwhelmed and find yourself constantly racing against the clock, struggling to find enough time in a day? YES/NO
 9. Have you come to realise that you've been wearing a metaphorical mask for much of your life, potentially leading to a sense of disconnection from your authentic self? YES/NO
 10. Do you feel like you've lost touch with your inner self, resulting in a feeling of disconnect or even a sense of 'floating' through life? YES/NO
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YOUR RESULTS

30%
(STRESS ZONE)
SAID 'YES' 1-3 TIMES

30%

- You find yourself operating in a stress zone, where stress dominates about 60% of your time, largely influenced by your amygdala.
- It's a crucial juncture to focus on building awareness, especially self-awareness, as a preventive measure.
- This is the moment to pause and address emotional and thinking patterns before they become automated and overwhelming.

60%
(REFLECTIVE PHASE)
SAID 'YES' 3-6 TIMES

60%

- You're spending more than 60% of your time in a stress mode, where the fight or flight response is almost constant.
- It's time to take a step back and examine your life, identifying what's missing and what you're suppressing or expressing.
- Prioritize bringing awareness to these emotions and patterns that require transformation.

80%
(DANGER ZONE)
SAID 'YES' 7+ TIMES

90%

- You're teetering on the brink of burnout, with stress consuming about 80% of your time, predominantly driven by your amygdala.
- Your decisions and choices are being made from this state, and your professional life may lack authenticity.
- Urgent action is needed to reconnect with your true self and purpose, as each day brings you further from these vital aspects of your life.

YOUR RESULTS

Interpreting Your Results:

The statistics and graphs you see are not just numbers; they're windows into your emotional landscape. They reveal how often you might be operating from a place of stress, where your amygdala dominates decision-making. Understanding these patterns is the first step toward change.

Applying Your Learning:

So, what can you do with this newfound awareness? The beauty of self-improvement is that it's a journey of small, intentional steps. You can apply your learnings by recognizing moments of stress and seeking strategies to manage them differently. This could involve mindfulness, emotional regulation techniques, or simply taking a step back when needed.

A Path to Further Growth:

But here's where the journey can truly deepen. If you find value in understanding your emotional landscape and want to explore further, there's a world of support and guidance available. Experts in the field can help you navigate the complexities of your mind and emotions, guiding you toward a more balanced and fulfilling life.

WHAT YOU CAN DO TODAY TO FEEL BETTER?

3 STEPS that helped me to feel more in ease and inner balance:

1. **Take yourself outdoors**, outside of the office is enough. Seek out a peaceful park or any grassy area outdoors. The goal is to choose a location away from the hustle and bustle, providing a calm environment. Take your shoes off and stand **bare foot** on the grass with closed eyes. Focus on your breathe. Direct your attention to the sensations in your feet. Feel the texture of the grass or soil, noticing its coolness or warmth. Be present in the moment. Take slow, deep breaths, syncing your breath with the natural surroundings. Inhale the fresh air and exhale any tension or stress. Listen to the sounds of nature around them—birds singing, rustling leaves, or distant sounds of water. Be fully present and receptive. As you spend this time in nature, express gratitude for the moment, the natural surroundings, and the opportunity to connect with the Earth.

2. **Structured Breaks and Mindful Breathing:** Incorporate structured breaks throughout the day. During these breaks, engage in mindful breathing exercises. Slow, deep breaths to activate the parasympathetic nervous system, promoting relaxation. This simple practice can be done in just a few minutes, making it feasible even during busy workdays.

3. **Mindfulness meditation and visualisation:** If you would like to start now you can use my short mindfulness meditation you can use anytime during the day to deepen connection within, relax and revitalise.

Here are your meditation links:

[Mindfulness Meditation](#)

[Mindfulness and Visualisation in oasis](#)

NOTES

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Want to maximise your performance, achieve extraordinary results, and create a life of choices, time & self-confidence, so you can lead, inspire, and influence others?

**Book a high-impact
transformational session to
unlock your limits**

<https://thementoringeffect.com/strategy-session>



Alexandra Terrey

Transformational Coach and Mentor,
/ Founder of The Mentoring Effect /
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