

Kathryn Davis Coaching

THE RESET GUIDE



Welcome!

I'm so glad you're here. I'm Kathryn, a recovering perfectionist and over-functioner (as Brene Brown puts it). You're probably here because you resonate with this struggle as well, but something inside you wants more. God is calling you towards change and you are saying yes.

Let me guess: When you feel anxious, you tend to do more, you're the first one to say "yes" to other's requests thinking that that will relieve the anxiety, but you end up feeling more anxious and burnt out, and sometimes resentful. You are a mover and a shaker, but inside you know you're really exhausted and just want to REST. You are efficient, highly organized, and task-oriented, yet deep down you wonder who you are outside of what you do.

You feel like life is whizzing by and you're barely hanging on. You get to the end of your day and find all the ways you didn't measure up as a wife, mother, friend, and in your work. Then you see pictures and wonder how it is that 10 years have passed? You wonder if you're missing it. Missing this life you've been given. And you have a deep sense of regret and shame.

You think: What's wrong with me? Why can't I get it together? Why haven't I figured this out by now? Here I go again.

You want a life of peace and balance but feel weighed down by:

- Constantly judging yourself, others and your circumstances
- Having to "fix" or improve everything
- An inner critic
- Perfectionism
- Black and white thinking
- High expectations
- Keeping up with "success" as you define it
- The image you feel like you have to present to the world
- Being the "best" in your roles
- Avoiding "failure" at all costs

- Not letting others help you and rarely asking for help
- Being overly independent
- Saying “yes” too much and being everything to everyone else, but not taking care of yourself
- Comparison
- Fear of what others may think of you
- Imposter syndrome
- Fear that there’s nothing behind your accomplishments, successes or ability to make things better

You may even tend to buffer your emotions by scrolling on your phone, shopping, drinking alcohol, eating, busywork, keeping a full calendar, and taking on more and more projects.

If you’re really honest with yourself, all of your striving is coming from the root of fear, shame or anxiety, but you don't want that to be a driving force in your life.

You want to live a more intentional, balanced and present life.

You want to show up for the things that *really* matter. You deeply want to live your daily life from a vibrant and connected relationship with Jesus. You want to be truly seen, known, and loved for who you really are.

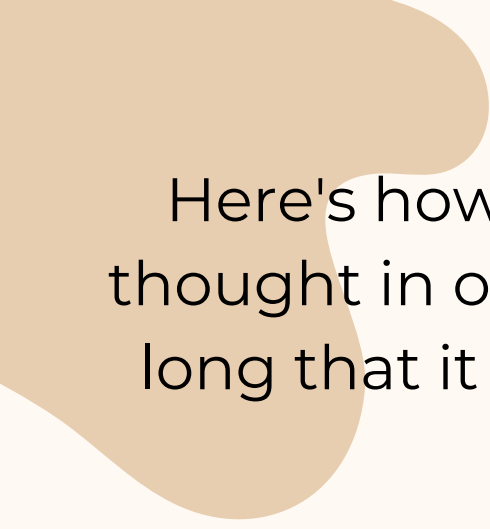
Tell me about one area of your life you most want to change:_____

Now tell me WHY you want to change it:_____

Great! It's so important to know your WHY because your brain is going to resist change (we'll talk about this in a bit), and knowing your why is fuel to your fire!

One of the amazing things about being a human being made in God's image is that we have the ability to THINK about our THINKING.


And I want to show you how your thinking is actually a big factor that is keeping you stuck in this area you want to change.



Here's how it works. Oftentimes we get a thought in our head and we practice it for so long that it creates a well-worn path in our brain.

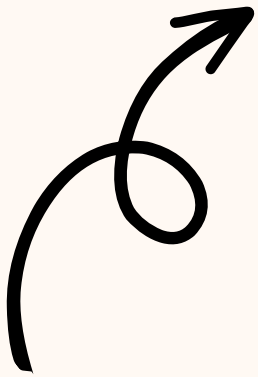
For example, perhaps in childhood you started believing the thought "I get a lot of praise for what I do, so I must be loved more for what I do/how I perform/what I achieve than who I really am," or "I have to be perfect or else I've failed." We pick up messages from our families, cultures, early life experiences, and many other places that seem to "stick" with us.

Over time these thoughts turn into beliefs, and then they create emotions, which are followed by actions that actually reinforce the original thought, giving us the results we are currently experiencing. And this happens so many times that we think it's just true!
But it doesn't have to be true.

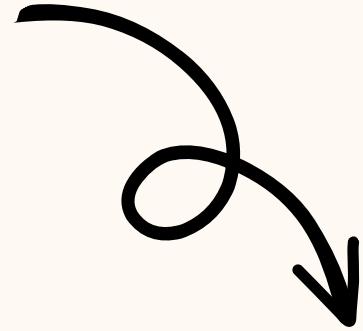


Example:

Thoughts



"I have to achieve/be successful/be perfect in order to be loved."

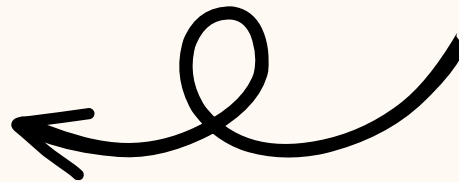


Actions

- Hide true self
- Have a hard time resting
- Workaholic
- Constant Striving

Feelings

- Anxious
- Shameful
- Sad
- Burnt Out



Results: living a life of constant striving and achieving, and not experiencing true intimacy in relationships because you're actually hiding who you really are

The incredible part is that as an adult you can choose whether the thoughts that are running the show are helpful or not, and then choose to change them.

Your brain's main job is to keep you safe, conserve energy, and make sure you stay alive, so you will usually meet resistance when you try to change. Change requires energy and can be uncomfortable and your brain doesn't want that, so it will default to the patterns of thinking it's used to (even if they're negative).

Yet God gave us a higher thinking part of our brain called the Prefrontal Cortex that helps us change. It's the beautiful part of our brain that can see the big picture and endure the discomfort of change because it will lead to something better.

Romans 12:2. says "be transformed by the renewing of your mind."

So let's go back to what you want to change.

3 Steps to create change:

Step 1- Wake up to the thoughts that are keeping you stuck. Write them down. Dig a little deeper and ask "what am I making that mean about me?" and "what do I create with this thought?"

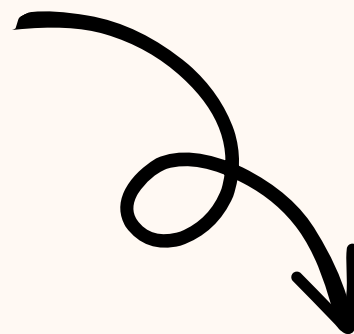
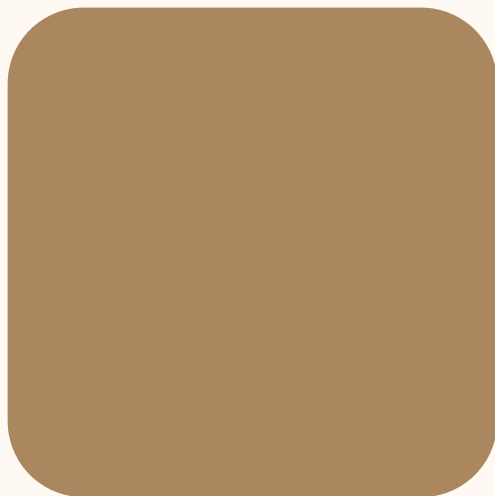
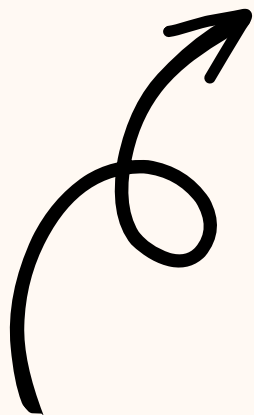
Step 2- Process the emotions that those thoughts are creating for you. You may have spent years buffering from the emotion of shame, resentment, anger, disappointment, and my friend I'm here to tell you the only way through is through. You have to process that emotion in your body physically (walking, tapping, exercise, yoga, stretching, praying out loud etc) in order to release it.

Step 3- Take 100% ownership of your life, and if things aren't how you want them to be, decide to make some changes. The *only* thing you can control is how you think, feel and act based on what's happening outside of you. So begin with thinking a new thought that will create the result you want. Then make it a daily practice to meditate on that.

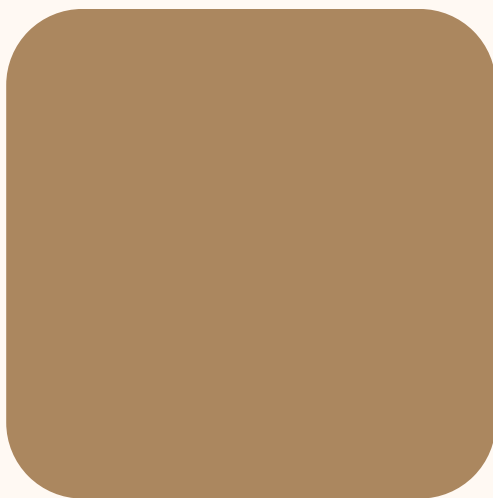
*Below are a few practice sheets to help you apply this to the area of your life you want to change.

Current Thought Download

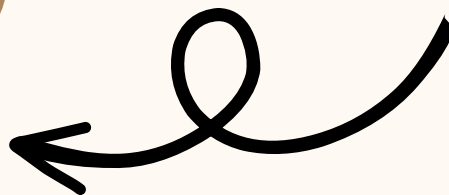
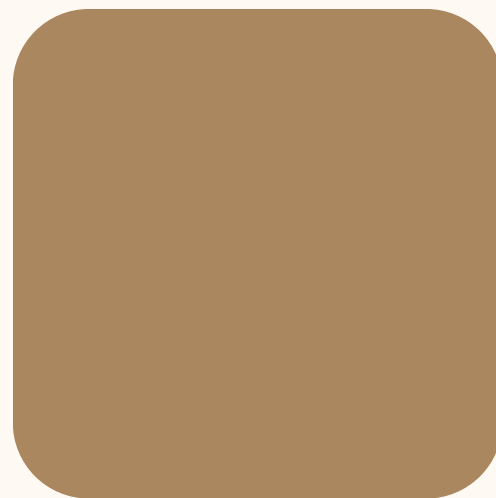
Thoughts



Actions



Feelings

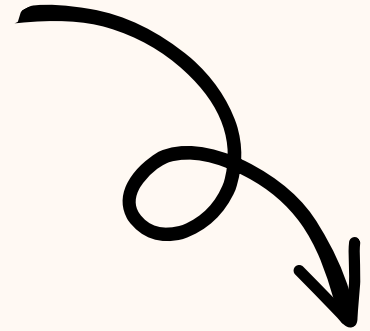
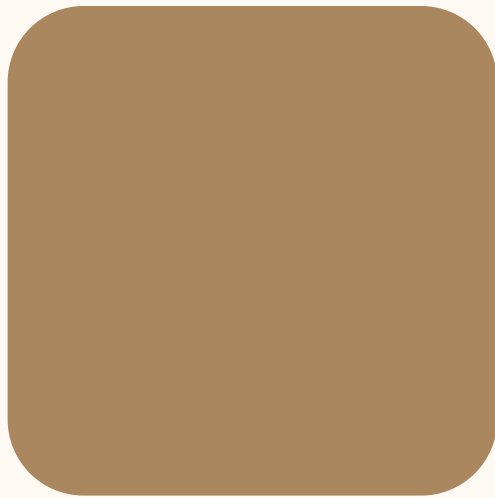
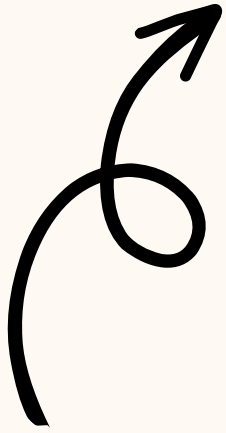


Results: _____

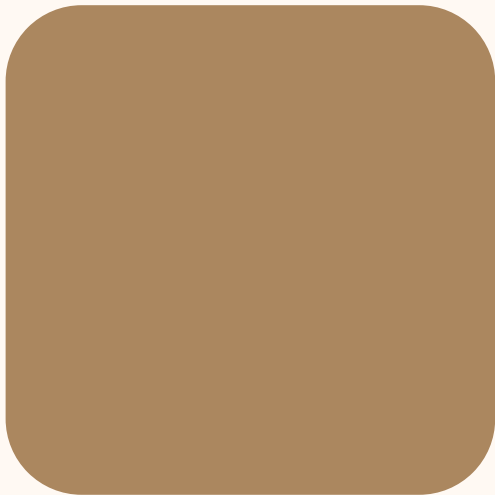


New Thought Download:

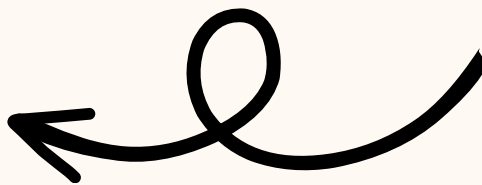
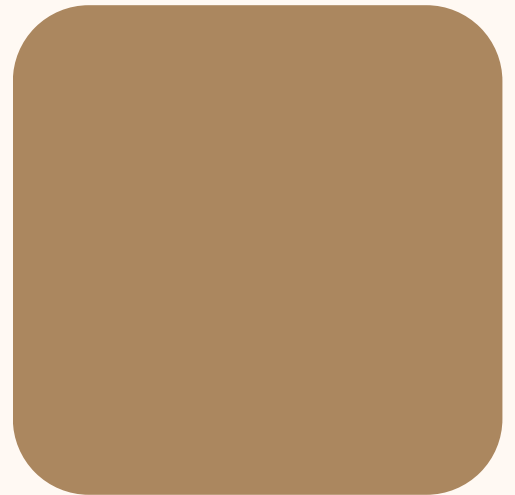
Thoughts



Actions

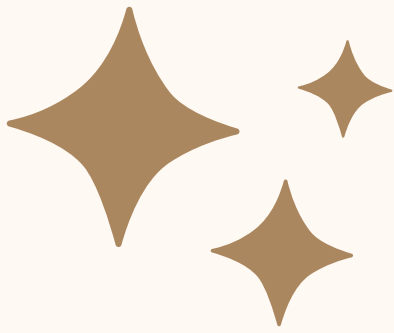


Feelings



New

Results: _____



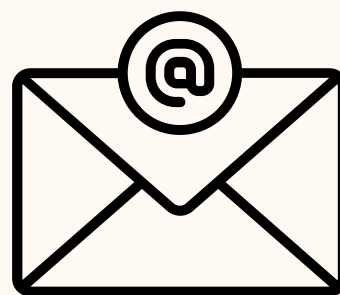
BONUS TIPS

- If you're a Christian, you have the power of the living God within you. Ask the Spirit what thoughts He wants you to think about in the area you're struggling in, and invite Him into the process.
- If you're having a hard time thinking of new thoughts, just pretend for a moment you are already the woman who is living in the results you want. What would she be thinking?

I spent years in negative cycles like the one above and it was with the help of counselors, coaches and my faith in God that I have been able to break free from those and live a more awake, intentional and present life.

It's my privilege to be able to help other women do that now. I have been in the pit, and I know how to get out, and how to help you out.

Will it be easy? No, but it will be so worth it. If you want to explore coaching for your own journey, email me today to set up a free discovery call.



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