

SHRINK YOUR STRESS PLAYBOOK WITH MINDFUL MOMENTS



DOREEN STEENLAND
LIVING FULL LIFE COACHING

WELCOME HERE!



ABOUT ME

*Doreen
Steenland*

As a Mindful Leadership Coach, and Registered Nurse, I have 30+ years of experience helping others reach their goals.

In some worlds, I'm a stress management coach. In my world, I'm a Reset Specialist who helps healthcare workers recharge on-the-job, so that they have energy left for life at home.

Imagine feeling calm, confident, courageous & anchored! It's possible to harness those runaway autopilot reactions!

You can change the patterns that no longer serve you & take control of your life again.

When I'm not coaching, I'm golfing, walking, biking, and everything outdoors! I'm happily married, and a Mom to three amazing young adults!



HAVE YOU EVER THOUGHT,
"IF I COULD JUST RETIRE, THEN, I'D BE HAPPY?"
OR
"IF I COULD JUST TAKE THAT VACATION TO.....THEN"

WELL, THAT'S WHAT I THOUGHT TOO! I LEARNED THAT
RETIRING, OR THE NEXT VACATION DOES NOT SOLVE
THE PROBLEM, IT ONLY CREATES NEW ONES WHEN
YOU USE THE THE SAME BRAIN AND TOOLS YOU HAVE
ALWAYS USED.

IF THIS IS YOU, PAY ATTENTION

HERE'S WHY...

HAVE YOU EVER SAID ANY OF THESE THINGS?

I feel like there's a battle going on In my mind & body and I'm losing the war. My mind keeps looping through all the problems and It can't shut It down--leaving my body exhausted.

I don't know how to resist losing my cool or shutting down when I feel triggered in at work. It feels like I'm on autopilot and I'm totally stressed out, exhausted and cannot enjoy your life.

I try to change my habits and but It's like I don't have the willpower to do It. Everything feels like a continuous tug of war and I'm being dragged through the mud. It's frustrating.

If you can relate to any of that, then this special report is going to be life-changing for you.

What You're Going to Get....

In this report, you are going to discover the **top 3 ways to successfully win the war in your mind & body to gain inner strength.**

Before I unpack the specifics, I want you to consider for a moment, the results of doing nothing. Ignoring a problem doesn't make it go away. It makes the problem worse!

How bad could it get? Well, if you ignore the stress patterns, overwhelm and self-sabotaging thoughts there are the long-term results you are very likely to get:

- Hours of wasted time spinning your wheels repeating the same scenes over and over with different people
- Living in "survival mode or a war zone" leaves you completely exhausted with nothing left for the things that are most important to you....#drained dry
- Increased physical ailments, shoulder, back, and neck pain from the chronic stress
- Total disconnect from your family, friends, and co-workers... #numbing out
- You will slip deeper into the blame and shame cycle without the proper tools
- You will strive for the next certification, the next vacation, the next (you fill in the blank), which still won't satisfy
- You will have regrets that you quit on yourself and didn't live by your values



Why Should You Listen to Me?

To make my point, I'd like to start with a personal story from home that I think you may be able to relate to your life. Different players, same principles in action. I remember the day like it was yesterday!

They came home from school, said hi, and walked right past me directly to their room.

I was angry! My blood was boiling and it was about to overflow!

I had been waiting for them to come home from school all day to give them the things they left incomplete. They were VERY IMPORTANT THINGS!

And they didn't even give me the chance to speak to them! My pride reared its ugly head like a groundhog on February 1st.

As I thought about it and looked around the house, my fury escalated. So I did what any unseen, unheard, and misunderstood mom would do, I knocked on their door and walked into their room to "share my heart" with them, (AKA: flip my lid).

After my tirade, the kid who historically showed no emotion turned to me in tears.

I felt the blood leave my face. I felt my stomach sink. My heart was pierced!

I remember them saying, “I come to my room to get away from you! I can’t stand it anymore! Every time you see me, you nag me to do something!

Mom, I can’t even Breathe!”At that moment, my world was shredded to pieces. They were right! It was the self-sabotaging and judging thoughts that sent me on the rampage. My own anxiety drove my words and actions! This low-level hum of anxiety was sucking the life out of all my relationships! I did not behave like myself.

Suddenly, I saw it differently. It was as if my kid had no safe place to come to recharge and rest, because of my underlying stress patterns. I thought, “I have to figure this out! My kids are getting ready to leave for college in the next few years and I don’t want to have regrets. I don’t want to drive them away. I want to be able to influence my kids. I want to leave a legacy for the things that matter most to me, and the dirty socks were not that legacy!

I began to look at things differently. I did some inner work with my coach. I studied and grew and over time, I was able to turn things around for my family. I've taken all that I learned about strengthening the three core muscles in my mind to help professionals make the same changes.

The funny thing is, the lessons I learned about managing my inner world with my teenager, were backed by breakthrough research in neuroscience, positive psychology, performance science, and cognitive-behavioral psychology, called Positive Intelligence.

This metric-driven research empowers you to increase the amount of time that your “brain acts like your friend instead of your enemy” (Shirzad Chamine), so you can tap into the superpower of your brain. For me, It was slowing down my Impulses and becoming Intentional about my words, thoughts, emotions, and actions. This muscle-building was working.

You see, mental fitness is your “capacity to respond to life’s challenges with a positive rather than negative mindset. This mental fitness impacts your peak performance, peace of mind, wellness, and healthy relationships.” Shirzad Chamine

By strengthening just three core muscles you can get to the root of your mental fitness. So hang tight and let’s get busy in the mental gym!



1

STRENGTHEN THE INNER CRITIC INTERCEPTOR MUSCLE

Activate Your Core.....

You know what I'm talking about. The internal enemies that keep you second-guessing yourself and generate all kinds of big emotions.

These internal enemies drive your fear, your anxiety, your anger, your disappointment, your shame, and your guilt. These internal enemies get really loud sometimes and can be destructive to your success and becoming the best version of yourself.

It's the loud voice that wakes you up at 3 am condemning you for what you did or did not accomplish the day before, it shakes your confidence about what you are about to do the next day, and it whispers lies that you somehow believe.

What I bet you didn't know is that this voice can be intercepted! It can be disrupted as you build the special interceptor muscle in your brain. (not a real muscle...put a pathway)



When I first met Liz, she had goals, she had great intentions, and she was frustrated. Liz discovered that she kept entering the same guilt, shame and anxiety cycle over and over again.

Every time she started to make progress, the internal enemies were hard at work convincing her to stay small. You see, your brain likes things to be comfortable, it sees change as a threat, so it makes sense that the voices would protest!

When we met 1-on-1, I was able to help her see the possibilities to the obstacles she was facing with her internal critic and then we mapped out a step-by-step action plan to help her implement the changes.

She almost did not reach out to me because she was certain it was all about her circumstances, #medicineisamess and not about her internal landscape.

The cool thing is that Liz learned how to build this muscle (pathway) to intercept the enemies, and call on the helpful areas of her brain.

This was a powerful move for her. It put her in the driver's seat for the first time in a very long time. Now she feels confident that she can continue to implement these changes and finally reach her goals personally and professionally.

2

STRENGTHEN THE INNER STRENGTH MUSCLE



Let's face it, most of the day, you foster autopilot living.

I believe you can do better!

You can tap into the part of your brain that will work for you instead of fighting against you.

When you strengthen this muscle, you will learn how to access the power circuitry of the brain!

This is where all the good stuff happens!

When you tap into the inner sage muscle your brain functions at its best and possibilities open up!

You have the ability to see life through a more positive lens, which brings you joy and peace. It also stops energy drains!

This special area of the brain has great insight and wisdom to call upon.

You will begin to see things from new perspectives instead of the same old loops that keep you stuck.

You will be amazed at just how exciting your life can be as you build this new muscle.

STRENGTHEN THE SELF COMMAND MUSCLE

3 *Let's discuss..*

Strengthening the self-command muscle is essential to mental fitness.

The self-command muscle has the ability to observe the situation and quickly shift your brain out of the clutches of the judge or your saboteurs. (return to balanced state quicker)

It's not enough to stuff what's really going on under the hood. Stuffing our emotions just leads to dysregulation, chronic pain, and illness.

The Self command muscle can only be strengthened by doing mindful moment reps.

Just like doing repetitions with weights in the gym builds muscle, so does doing your Mindful Moment reps!

These Mindful moment reps “activate and energize the powerful pathways in your brain that build muscle”.

As a matter of fact, building these muscles build new pathways in your brain. New pathways equal new habits and patterns.

The beauty of the Mindful moment reps is that it helps transport you to the part of the brain where the inner sage muscle is located and you can tap into the 5 superpowers that convert your obstacles into “gifts and opportunities” (Shirzad Chamine)

Imagine being able to see life through a new lens of gifts, opportunities, and possibilities. It is possible when you exercise your brain and build these key muscles. Professional athletes know this and tap into it for high performance.



When Sarah came to me, she knew she was a top tier medical professional. She worked hard to get there. She had the education. She put in the time. She had value to offer and she knew it in her mind.

The problem was when it was that with all her education, all her certifications, & success, she still came home exhausted with nothing left to give. She still felt like she was not doing enough. The Internal chatter and guilt just Increased with the stress.

She had this internal chatter, 'Maybe she took more time than others to process' 'Maybe she should retire and find a new career' 'Medicine Is a mess, I need to get out', she spent so much time thinking about her escape from the career she once loved that she was contributing to her own energy drain and dissatisfaction with her life. She was always frustrated & found it difficult to be present with her family!

She wanted to learn how to tap into the superpower of her brain to change what was happening internally to her. She wanted to stop absorbing the negativity from her peers.

She was surprised at how quickly she began to recognize the sound of the judge and saboteurs. "As a true cynic, I wasn't confident something that seemed so simple would make such a difference and reverse years of negative thinking that kept my voice from being heard, (she thought it would be a waste of her money and time), but it worked! As I began to notice the pattern coming up, I was able to shift my thinking and regain my footing in the middle of difficult conversations."

Once she noticed how she was sabotaging herself, she was able to manage it more effectively. You can overcome the internal chatter that holds you back, just like Sarah did. She can confidently reenter the balance zone and manage the chatter quickly and efficiently.



TRANSFORM YOUR BRAIN, ONE THOUGHT AT A TIME

and take control of your life...

You don't have to repeat the same unfruitful conversations and habits. You can make a difference by the words and thoughts you choose.

Often, we ***think our circumstances are causing our problems and try everything we can to change our circumstances***, but that's wrong. You see, our brains solve problems the same way all the time. We use many of the same words, and phrases and react automatically to the same triggers.

It's just what our brains do to conserve energy. The amazing thing is that our brains can learn to take new pathways, automatically, so you can save energy and produce more substantial results in your life.

Managing our thoughts and emotions in a very specific way, with coaching, helps ***cut through the brain drama and form new pathways for problem-solving***.

When Kathy came to coaching, she was older and didn't think she'd be able to learn new strategies. She thought she was too old to change and that it would require too much of her time in her twilight years.

The problem was her family relationships were struggling and she was starting to get concerned about the legacy she was going to leave behind.

When she learned how to build these brain muscles and make decisions from a place of love instead of fear, everything changed for her.

Life was no longer mundane, but every day was an opportunity and gift. Her family relationships improved and her wisdom was shining at work. It was a "gamechanger for me" and she walked away with tools for a lifetime.

RAPID TRANSFORMATION IS AVAILABLE TO YOU!

There is hope...

Doreen Steenland has identified a formula that any busy person can follow to achieve outstanding results.

Mindful Moments can be done anywhere and at any time (even at your patient's bedside), optimizing your performance, and your happiness, and decreasing your stress levels.

Mindful moment reps even help with your relationships because they keep us from saying and doing things that escalate the drama. These mental fitness exercises are less than 2 minutes long and can be done in any situation.

Building these muscles will change your life and your ability to enjoy it fully.

If you want to get these results even faster, I invite you to book a free 1-on-1 Strategy Session with me.

On this fast-paced call, we'll look at your background, experience, and current situation, and we'll see what's possible for you.

We'll examine what you're doing now and find out what's working and what's not. We will identify the #1 thing holding you back activating the three core muscles responsible for your mental fitness.

You'll leave the call feeling clear, confident, and excited about your inner strength, as you live your best life.

[Get Your Stress Pattern Quiz Here](#)



THANK YOU!

Let's keep in touch

You can find me on Facebook, Instagram, and LinkedIn, posting short videos with random thoughts for your enjoyment.

Or maybe you came from my Amazon #1 Best-Selling Book, [Transform Your Brain, One Thought At A Time: Stress Patterns, Anxiety, & Overthinking Rewired!](#)

Occasionally, you will hear about my family, fun, and passions, but I usually apply them to something cool you can learn too!



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WORKSHEET

Reflection time

What area of your life needs mental fitness?

Why?