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THE *yes!* FILLED GUIDE

Congratulations!

If you are reading this, it means you have taken the first BIG step to **Find Your YES!** This guide is meant to help you continue to **Find Your YES!**, even when you find yourself in a sea of NOs.

If you've arrived here, it means you might be feeling...

- Stuck, sad, and scared
- Disempowered and overwhelmed
- An inability to hold on to hope
- A lack of control over your current situation

"It's not what happens to you, but how you react to it that matters."

-Epictetus

This guide is filled with suggestions and tips to help you to Find Your YES!
by focusing on four main Guiding Principles:

Mindset: The way in which you see yourself and your situation.

Shifting your mindset can help you reframe your experience and change your perspective. Your mindset impacts hope, determination, strength, courage, and bravery.

**Self-Advocacy: The skill of being able to express what you need
and stand up for yourself.**

Knowing how you feel, what you want and how to clearly express this creates a direct communication exchange. You can do this with your own personality and in the style that works best for you. The most important aspect is knowing that standing up for yourself can be empowering, life sustaining, and life saving.

Resiliency: The ability to recover or rebound from a setback.

There are multiple strategies that you can use to foster resiliency. You can bounce back from setbacks more easily by developing coping and problem solving skills. Both help to promote and encourage resilient responses.

Living Fully

What will living fully look like for you? Living fully can look different at different times in your life. Continuing to live as fully as possible during all kinds of situations is integral to help you to continue to rise up to your challenges and take a stand in your life.

To begin, let's take an inventory of what your life looks like today. The following questions are designed to help you to have a better understanding of how the Find Your YES! Guiding Principles are currently impacting your life.

Mindset: The way in which you see yourself and your situation.

Describe your current mindset:

How does your mindset affect your everyday life?

How does your mindset affect how you respond to challenging situations?

Self-Advocacy: The skill of being able to express what you need
and stand up for yourself.

What does self-advocacy mean to you?

How do you use self-advocacy skills in your everyday life?

Do you use self-advocacy skills during challenging situations?

Resiliency: The ability to recover or rebound from a setback.

What does resiliency mean to you?

How does resiliency affect your everyday life?

How do you currently cope with challenging situations?

Living Fully

What does living fully mean to you?

How often do you engage in activities that bring you joy?

Name three YESes! In your life.

Here are some tips and strategies that you can use for each area that can help you to begin to **Find Your YES!**:

Shift your Mindset:

- **Movement:** Moving your body can help to shift your attitude and your thoughts. Movement can be mellow or more intensive - follow what brings you the most joy and ease. Walking is one of my go-to forms of exercise.
- **Gratitude:** Focusing on what's good in your life, from the smaller moments to the bigger things. Listing out everything you're grateful for in the morning is a beautiful way to begin to practice this strategy.
- **Music:** Listening to music that brings you joy can begin to shift your attitude in ways that can help you to find your YES! through challenging times.
- **Location:** Changing your environment can change your perspective - even just moving from one room to another can make a difference! If possible, try to get out and do something you love. For me, surrounding myself in nature is so motivating and healing.

Become Your Own Advocate:

- **Mirror Practice:** Look at yourself in the mirror and say out loud, "my voice really matters!" Say this each day until you can say it with ease and start to believe it fully.
- **Mantra:** At least once a day, say this mantra out loud "My life, my choice! My opinions always matter and need to be said and heard!"
- **Follow your Intuition:** What does a NO feel like? What does a YES feel like? Begin to learn your body's signals.
- **Speak Up:** Practice speaking your wants, needs, and opinions with strength, confidence, clarity, and conviction!

"Out of adversity comes opportunity."

-Benjamin Franklin

Respond with Resiliency:

- **Create Support Systems:** Having a strong network of support (both personal and professional) can help you to feel well resourced.
- **Positive Self-Talk:** Practice positive self talk, such as, "I am bouncing back with grit and tenacity!" or "With each setback there is a comeback!"
- **Develop a Routine:** Create a loose structure for yourself that motivates you and promotes forward thinking.
- **Practice Problem Solving Skills:** Look at all the possibilities in front of you and try to find a way to make a NO! closer to a YES!
- **Practice Coping Skills:** Find new ways to center yourself in a challenging time; practice deep breaths in and out to help you to feel grounded and you can make decisions from a calm place.
- **Release Frustration:** Unload your anger by voicing it or doing something active like walking, dancing, painting, or however you like to express yourself.
- **Journal:** Writing out your thoughts, feelings and emotions is a great way to release your feelings.
- **Have Fun!** Do the activities you enjoy and surround yourself with the people you care about. Keep living and loving, and you will find motivation to rise to your challenges.

All of this leads to....

LIVING FULLY:

Living through ALL the colors of your life,
even on days that feel grey.

Now what?

If you are feeling ready to rise up to your challenges
and begin to create your YES!-Filled Life,
I would love to help you Find Your YES!

Visit my website jillhollander.com to learn more about my motivational speaking, empowerment coaching programs, and how you can schedule your complimentary Is This A Yes? phone consultation.



*"I am not
afraid of storms,
for I am
learning how to
sail my ship."*

*- Louisa May
Alcott*