

OPEN 24/7 - THE HOT SPOT FOR ANSWERS AND ENCOURAGEMENT WHENEVER YOU FEEL STUCK

Ever wish you had a box of answers and encouragement to access whenever you need it? Well now you do!

In this online toolbox, you'll have access to support, encouragement, and exercises to help you through those challenging moments. This is the place to be when you get off track, feel discouraged, or just need a kind reminder of why you started in the first place.

We ALL have moments when pursuing the things we want most feels hard, not fun, not worth it, and all the other things we tell ourselves when we feel resistance. Resistance is also the thing that keeps us from getting what we want - if we let it.

Now, I'm not going to tell you to get over it and keep moving forward. That's not helpful, is it? Know what is? Ongoing support and a place to feel all the things you need to feel so you CAN move forward.

You have the opportunity to change your experience and I want you to feel all the joy, freedom, love, pride, and accomplishment that comes with pursuing our dreams. You certainly deserve it. So let's make it happen!

Let's get started:

Whenever you feel stuck, discouraged, or just plain unmotivated, choose the prompt that best describes how you're feeling for a message or exercise to help you stay on course and moving forward.

Some are brief and some include a little investment of time on your part. Do your best to be open to the experience and notice what you uncover about yourself. Then apply what you learn to help you stay on track or hop back on if/when you notice you've dropped off.

If you only remember one thing, remember this:

If you do happen to find yourself losing focus or consistency, no beating yourself up for not sticking with it. Got it? Instead, use it as an opportunity to ask yourself what's really holding you back and then ask what the best that can happen if you take the next step. (Even the smallest steps forward count!)

Ready to dive in? Here we go!

- **"I just made a huge decision. What on earth was I thinking?"**

Oh, I've certainly been there. It felt like the right thing at the time. Now the feelings and fear are looking for a new place to settle, but not for long. The truth is it probably felt like the right thing, because in your heart of hearts, you know you're deserving of happiness and all the good things you long for when you let yourself think about it.

Can you take a moment to think of a time when you thought something wouldn't work out and it actually did work out? How about a time when it worked out even better than you had hoped or expected?

What if this time is even better than THAT? Are you willing to hang in there a little longer and see what happens? (Please say yes!)

I believe in you and know you're capable of great things because of what you've been through and what you've accomplished. You're strong, capable and deserving.

Now will you say yes?

Love,

Your Inner Self

- **"I don't think I can do this..."**

First things first, breathe. Seriously. Take a few deep breaths in and let them out. It will help all the uncomfortable feelings and thoughts you may be having.

Alright, let's look at what's going on.

You should know that everything you're feeling is totally normal. This matters to you and it should! All things that are near and dear to us bring up feelings that are sometimes so big we feel overwhelmed and shut down as a way to protect ourselves.

Know what else? As human beings, we're conditioned to choose behaviors and experiences that feel familiar. Sometimes that's good, like not running into the street into oncoming traffic. But other times it can be that we choose something that feels familiar but isn't necessarily the best thing for us, like a daily Venti choco mocha loca sugary thing.

What's my point? It's simple. You CAN do this. Know how I know?

Remember that thing you thought you'd never be able to do and did?

Remember the goal you set and didn't know if you could do it, but you kept at it and kept at it until you achieved it? And how about that time that one thing happened that was so much better than you expected and never thought would happen?

That's how I know.

Know what else I know? You're on the right track. You can take a pause at your emotional rest stop, but promise me you'll get back on the road. I've seen what's ahead and what I know for sure is that you don't want to miss it.

Keep moving forward. You're not running out of time, resources, and all the other things. You can do this! In fact, you ARE doing it.

Let's go, Superstar. I'm counting on you!

Love,
Your Future Self

- **“I told someone someone about my plans for 2020 and didn’t get the support I was hoping for...”**

Ugh! That’s so frustrating. EVERYONE has dreams. That’s the good news. It’s relatable that way, right? The bad news is that sometimes when someone we love has dreams that differ from our own they can threaten their beliefs and plans. When that happens, it can show up as unkind or unsupportive.

Here’s a suggestion: Why not come up with a list of supportive contacts to encourage and remind you to keep chasing your dreams? Your dream team. (Get it?) Enlist some friends who are pursuing their own dreams and people who have similar dreams. Follow accounts on social media that inspire and motivate their community.

Need some help? I thought so. Here you go:

- @adriennebanefieldnorris
 - @jadapinketsmith
 - @willowsmith
 - @redtabletalk
 - Add partners? I.e. support groups, communities mentioned in prior episodes - LGBTQ, Domestic Violence, etc.
 - Prior guests? (Also bridges back to episodes and increases views.)
 - Not sure how this will be set up. If the lesson/exercise has my name on it, you’re welcome to include me on the list: @iamginagomez
- **“This is harder than I thought...”**

I know what you mean. Why can’t dreams be easy? Well for starters, we probably wouldn’t value and appreciate it as much.

But what if there was something you could do to make it feel easier? Or at the very least, give you a little reprieve while doing the good work?

I’ve got you. It’s time to do a little celebrating. Here’s what you’re going to do:

In the space below, make a list of all the things you've done so far to work towards your goal. Doesn't matter if they are significant or have gotten results. Any action that gets you closer to your goal goes on the list.

EXTRA CREDIT: Sadly, this doesn't bump up your credit score, but it does bump up your feel good score. Once you've finished your list, take some time to celebrate all the good progress you've made so far. If you're on social media, post a pic that represents your celebration, accomplishments, or something positive about all the good work you're doing. Don't forget to tag us! #RTTRefresh #redtabletalk

- **"I'm doing my part, but not seeing results. What gives?"**

I've got you. That can feel super frustrating and even bring up thoughts around whether or not it's worth it to keep going. (FYI - It's always worth it.) It reminds me of when I was a little kid and when it was getting close to my birthday the days leading up to it would feel like forever and sometimes like it would never get here. If I had something to keep me occupied in the meantime, the big day seemed to arrive much faster.

So let's "speed things up" with an exercise. We'll call it, In the Meantime.

In the following text box, list at least 10 things you can do while you're pursuing your goals and dreams. This creates space for allowing. Allowing all the things you're working toward to meet and greet you.

Need some help getting started? Here are three things you can do, you know, in the meantime:

1. Make a list of all the things that are going well in my life right now
2. Do something kind for someone else without being asked (even a total stranger)
3. Make space for the thing you want. If you want to be an award winning photographer, go out and take some photos or clear a shelf at your place for those awards you plan to receive.

Now you. Ready? Start listing!



Share your success! Got something to celebrate or an "in the meantime" you want to show off on social media? Be sure to tag us! #RTTRefresh #redtabletalk

- **"I want it. I just don't have the time to stick with this..."**

Ok, then. Here's a list of 10 reasons why you can make time to stick with it. Ready? Here we go:

1. You're deserving.
2. You want this. You know it and I know it.
3. You're capable of receiving and experiencing good things.
4. If not you, then who?
5. You're an example. In fact, you may be someone's motivation and inspiration.
6. You can have your own success story just like anyone else. It's true!
7. This may be your opportunity to turn a negative pattern into a positive one.
8. This may be the start of a very long string of good things. The sooner it starts, the sooner the rest follows.
9. You're allowed to be happy.
10. You're already invested. Imagine what can happen if you see it all the way through.

Game time! This one is called, "I Only Have Time To..." Here's how it works: In the text box below, make a list of simple things you can do to keep moving forward. For example, "I only have time to set a timer for 5 minutes and read an article online that adds to my dream." It can be informative, educational, encouraging, or just plain fun - or hopefully all of those things! When you're done, commit to following through on at least one action item and don't forget to celebrate when you get it done. **Ready? Start that list!**



- **“It probably won’t happen anyway...”**

If that’s what you truly believe, you’re probably right. However, I believe in you, so let’s meet in the middle. That’s right, we’re having a party. An online Pity Party.

This is when we celebrate all the feelings including this resistance that’s coming up right now. Why? Because it means this matters to you...and it should! So let’s turn something negative into something to be celebrated in a light and fun way. **You ready? Let’s get planning.**

Every party needs a theme. What’s yours? If you need help, how about “Down, but not out”?

What kind of decorations will you have at your Pity Party? Will you have a smoke machine to add to the mood?

What kind of food will you serve? Some "Oh's"? Tostitos, Cheetos, Fritos. Some "Ah's"? Pizza, pasta, tortillas? Or a favorite meal filled with foods that nourish your body, mind and soul?

What music will you play? Need help getting started? Here you go:

1. Switch - Will Smith
2. Free Your Mind - En Vogue
3. Tell Me Something Good - Rufus
4. The Choice is Yours - Black Sheep
5. Ain't No Mountain High Enough - Marvin Gaye & Tami Terrell

Oooh! Who will you invite? I'll tell you who's at the top of my list. Gammy. I feel like she'd know exactly what to do with me and I'd most likely agree with anything she'd say. How about you?

The pity party toast. Every good party deserves a good toast. We made it easy and wrote one for you. Grab your special glass of whatever bubbly (or non-bubbly) you prefer and read this out loud:

Congratulations on a successful party. You're still in the game! Taking steps towards bettering our lives is rewarding and not without challenges. You're a role model for those who've yet to accomplish what you've done and who you're becoming. Because of it, people will look up to you and thank you for creating a path for others to walk. Let's raise a glass and toast your continued success!

Make sure you enjoy every minute. Before you know it, you'll notice yourself feeling better. The better you feel, the more likely you are to take action and keep going. The more consistent you are with taking action, the faster you'll see results.

- **“I took a detour and now I’m having a hard time getting back on track.”**

Welcome back! Seriously. Your willingness to even consider getting back on track is a sure sign that this matters to you and you’ve got what it takes to make it happen.

What are you ready to commit to right now? Are you ready to commit to taking at least one step forward each day? Are you ready to keep moving forward even when it gets uncomfortable? Are you ready to step into that unstoppable inner self that told you you could do this in the first place? GOOD! Here’s your recommitment contract:

RECOMMITMENT CONTRACT

I (Name), recommit to The first step I’ll take after recommitting is I will do this no later than (Date)

Once this is done, I will to celebrate my recommitment and success.