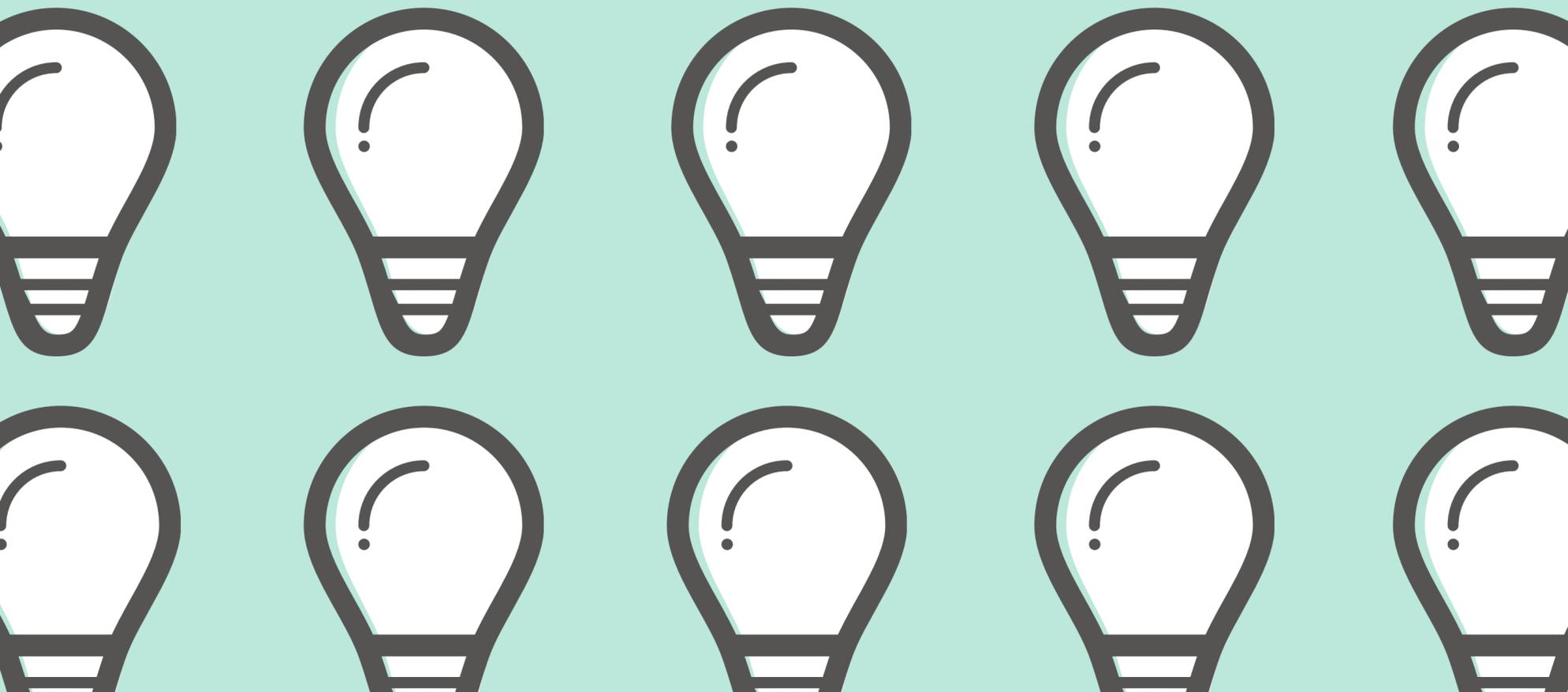


DEANA B SPEAKS

A GUIDE TO GIVE YOURSELF GRACE AS YOU PREPARE FOR YOUR NEXT



Hello and thank you!

Thank you for downloading this guide on how to give yourself grace as you prepare for your next.

I'm excited to share this with you.

My name is Deana (dee-nuh) and my goal is to **help you increase your clarity** so that you can live beyond overwhelm.



I'm going to be upfront with you from the jump...

I've felt broken.

I've doubted myself.

I've been a victim to negative thoughts.

I've been so overwhelmed that I could barely get out of bed.

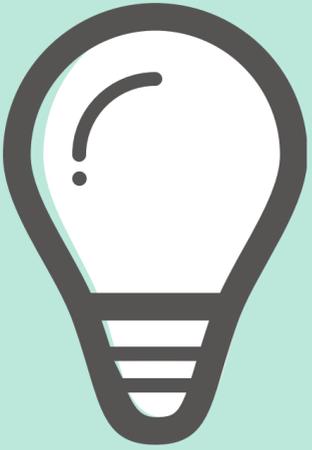
And that's just scratching the surface.

There wasn't a magical day where everything just made sense and I started doing better. I failed my way through discovering the best ways to get over daily feelings of defeat and discouragement.

That's why **I'm committed to helping you understand and manage how overwhelm shows up in your life.**

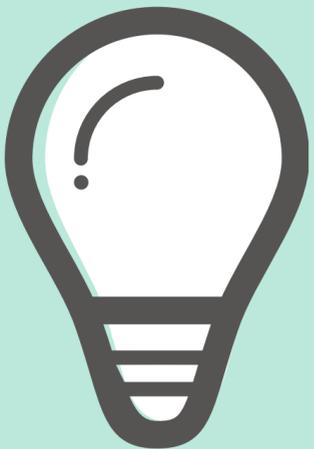
grace
noun
\grās\

the quality or state of
being considerate or
thoughtful



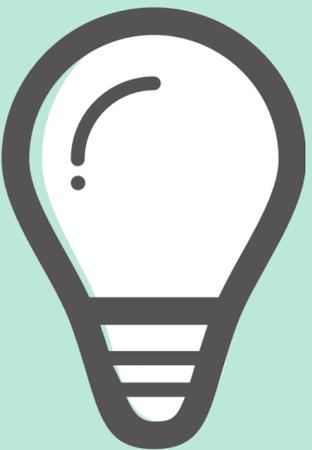
LIGHT

Recognize the overwhelm



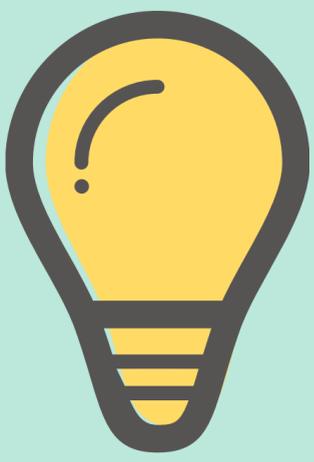
INVITE

Manage the overwhelm



TRUST

Grow through the process



**What is
clarity
worth
to you?**

LIGHT

Each of us deals with overwhelm differently. It's important to recognize when you have feelings of overwhelm and how your body reacts.

What areas do you feel most overwhelmed about? Work? School? Family? Spiritual? Finances? Relationships?

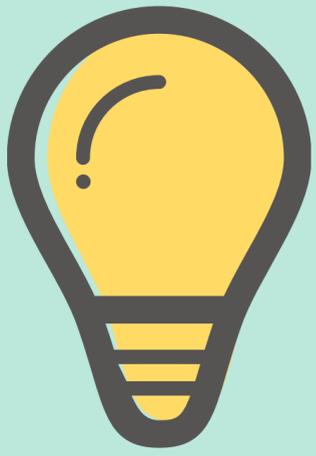
Action: For one week take inventory of the times you feel overwhelmed. What happened before the feeling occurred?

Grace...

BRINGS LIGHT

Grace brings to light the areas you struggle.

It looks at it without judgement.



**Turn your
wound into
wisdom**

OPRAH WINFREY

INVITE

You may have heard that there's a way to 'get rid of fear' or 'have zero overwhelm.' Contrary to popular belief you, cannot magically rid yourself of overwhelm. You can however, recognize it and manage it within the context of your life.

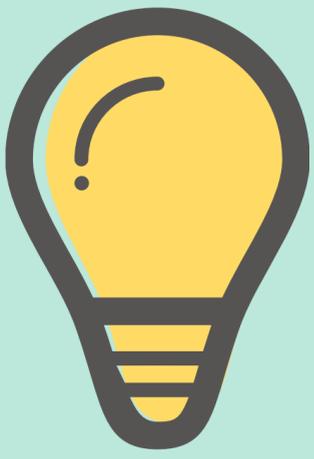
How do you handle feelings of overwhelm? Do you shut down? Cry? Tense up? Get angry? Run?

Action: When you feel overwhelmed. Pause. Take a deep breathe and allow yourself yourself to feel the emotion.

Simply take note of it.

Grace...
EMBRACES CHANGE

Grace is open to the feelings of overwhelm so that you can develop strategies to manage them.



**Do the work.
Remove the
date.**

MYLEIK TEELE

TRUST

Everything you do requires you go through the process. There is no quick fix to 'snatch' your life. It will be uncomfortable. Lean into it. In order to live beyond your anxiety and overwhelm you have to embrace the process of transformation.

Why do need to work through your overwhelm? What is driving you? What's your reason for wanting to be better?

Action: Write yourself a affirmation on a notecard or piece of paper. When you feel overwhelmed take out the affirmation as a reminder.

Example: I am enough just as I am right now.

Grace...

TRUSTS THE PROCESS

Grace trusts in the infinite possibilities for growth.
Receive grace. Give grace.

*Do the best
you can...*

UNTIL YOU KNOW BETTER.
THEN WHEN YOU KNOW BETTER,
DO BETTER.

MAYA ANGELOU

LET ME COACH YOU TO YOUR MOST PROFITABLE PROMOTION YET

I'M SERIOUS! Most ambitious and driven women are unhappy in their role and earning less than they deserve because:

- + They don't have a process for how to prepare for a promotion
- + Their resume does not truly articulate the value of the type of work they do
- + They're getting callbacks and some Interviews but not closing the deal on their promotion

They are leaving anywhere from \$20K - \$50K of salary opportunity every year because of lack of preparation and they don't know how to fix it.

OR they just continue to wing it every time they want to get a job, rushing their resume and barely preparing for their interview. By that time they are discouraged, overwhelmed and frustrated.

During the coaching program we'll go over:

- + How to have a promotion plan
- + Exactly how to articulate your value
- + How to align your goals to plan for future promotions

Schedule an Enrollment Call with me - for free.

[Click here to schedule.](#)