



# **RESULTS BREAKTHROUGH**

Coaching

Your Path to  
**PERSONAL  
FREEDOM**

[harnessyourhappiness.life](http://harnessyourhappiness.life)

# WELCOME FROM

*Chyla* ♥ *Charmaine*

## Your Guide to Clarity, Confidence & Freedom with the Results Breakthrough Programs

*"I know what it feels like to be caught between what you want and what holds you back. That's why I now facilitate the Results Breakthrough Programs: to support people in getting clear, releasing what no longer serves them, and creating a life aligned with who they truly are."*

### What's Inside? (Table of Contents)

*Each section focuses on a different aspect of your personal growth journey:*



- 1 The Power of Choice
- 2 Why Results Coaching Works
- 3 Inside the Programs
- 4 Ted's Journey
- 5 Tools You'll Use
- 6 Frequently Asked Questions
- 7 Your Next Step
- 8 Take Action and Commit

# 1

# THE POWER OF CHOICE

Feeling unsure about your next step isn't a flaw – it's a signal that the way you've been operating is ready for an upgrade.

The Breakthrough Program invites you to pause, see what's underneath the hesitation, and discover the clarity that's been waiting inside you.

“Once you see the cage, it doesn't trap you as much.” – Ted, Breakthrough Client

With a supportive framework and practical tools, you can replace outdated patterns, align with what matters most, and move forward with confidence.

## Life Reflection Questions

*What are three moments in life that shaped who you are today?*

- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_

*What's one challenge that's made you stronger?*

- ▶ \_\_\_\_\_

*What's one limiting belief you need to change?*

- ▶ \_\_\_\_\_

## Emotional Awareness

*How do you typically react to...*

**Success?** ▶ \_\_\_\_\_

**Conflict?** ▶ \_\_\_\_\_

**Failure?** ▶ \_\_\_\_\_

*How would you like to respond instead?*

- ▶ \_\_\_\_\_

# 2

# WHY RESULTS COACHING WORKS

The RAPID Results Coaching Model guides you through five clear stages:

- Define the **RESULTS** you truly want.
- **ALIGN** your thoughts, emotions, and actions.
- Create a personalised **PLAN**.
- **IMPLEMENT** that plan with support.
- **DEVELOP** skills and habits that keep you growing .

*It's not about forcing change – it's about discovering what lights you up and giving you tools to sustain it.*

## Define Your Big Goal

*If you could achieve one major goal in the next 6 months, what would it be?*

➤ \_\_\_\_\_

*Why does this goal matter to you?*

➤ \_\_\_\_\_

## Apply the SMART Goal Framework

SMART Criteria	Your Goal Details
<b>Specific:</b> What exactly do you want to achieve?	_____
<b>Measurable:</b> How will you track progress?	_____
<b>Achievable:</b> Is it realistic? What resources do you need?	_____
<b>Relevant:</b> Does this goal align with your values?	_____
<b>Time-bound:</b> What's your deadline?	_____

# 3

## INSIDE THE PROGRAMS

Both pathways are built on the same powerful coaching framework – you choose the depth that fits your goals.

### The 8-Week Results Breakthrough Program

A focused, energising reset designed for people who want clarity in one key area of life. Across eight sessions, you'll explore:

- 5 Times Why and Values TRACK® – pinpoint what truly drives you.
- Shadow Values®, Soul Retrieval, and the Future Belonging process – advanced techniques for aligning with a clear, future-focused identity .

This pathway is perfect for gaining traction on a specific result with practical tools and deep insight.

### The 10-Week Results Breakthrough Program

For layered goals or bigger personal shifts, the 10-week journey offers more space to explore and integrate.

Along with everything in the 8-week program, you'll experience:

- A guided meditation practice to calm the mind and embed your new insights.
- A tailored NLP (Neuro-Linguistic Programming) process for rewiring limiting beliefs and strengthening empowering ones.
- The Guru Technique – a creative form of dream/symbol interpretation that helps you uncover guidance from your unconscious and turn it into clear, practical action.

Choose this path if you want a richer blend of mindset work, subconscious re-patterning, and intuitive tools to support growth across several areas of life.

# 4

## TED'S JOURNEY

Ted described himself as someone ready for change but unsure where to start. Saying yes to coaching felt like a leap of faith – he didn't know how much his life would shift .

From the first session, he began to see how “trapped thinking” and old stories had been shaping his behaviour. Some realisations were hard to swallow, but they brought freedom: *“Once you see the cage, it doesn't trap you as much,”* he said .

He discovered that fear wasn't the enemy – it was simply information, a signal to look closer. Through journaling and the linking exercises, he surprised himself: *“My hand became a printer – the thoughts just flowed through. That was groundbreaking for me”*.

Ted also explored his shadow values, released old emotions through closed-eye processes, and used NLP to rewire limiting stories – even laughing so hard in one session that it felt euphoric.

As he explored the program more deeply, he was able to access greater wisdom through guided meditation and a dream-interpreting exercise called the Guru Technique, which opened insights from his own unconscious.

*“The program gave me a foundation. Even if I trip up, I know how to get back on track.”*

By the end of ten weeks, Ted felt lighter and clearer. His ongoing sessions continue to build on that foundation, creating lasting momentum: *“It's like the boot camp set me up so now I can get on with the mission,”* he reflected.

### Ted on His Experience (Q&A)

**Q: What made you say yes to the program?**

**Ted:** I'd been going through a phase of 'why not?' There were big changes – mortgage, pay rise – and I realised the only thing that really holds me back is me. When you offered life coaching to break through internal barriers, I just thought, why not? Let's see where it takes us.”

## Q: What stood out most during the 10 weeks?

**Ted:** “There were some real breakthrough moments: recognising trapped thinking, seeing the cage so it didn’t trap me, understanding fear is just a necessity. The tools – the org chart, journaling, linking – they helped me see the change happening. The Guru Technique, working with a dream, really helped me get to the core.”

## Q: How has life changed since?

**Ted:** “Now, if something comes up, I don’t see it as proof I’m failing. It’s just showing me what to focus on. I’ve got a solid foundation, and I can build myself back up and keep moving forward.”

## Q: Would you recommend it?

**Ted:** “Absolutely. There’s nothing to lose, only so much to gain. Don’t be afraid to want something. This isn’t about digging into every past problem – it’s about clearing what’s holding you back so you can get on with living. Just give yourself a chance and be in the moment.”

## What You’ll Walk Away With

By the end of your Results Breakthrough journey, you’ll have more than just insight. Clients often describe it as finally getting the “*user manual*” for their own mind.

Here’s what you can expect to gain:

- Clarity on what really matters – and why you’ve felt stuck before.
- Freedom from limiting stories that keep you second-guessing yourself.
- Practical tools like the Values TRACK®, Shadow Values®, and NLP techniques to help you navigate challenges long after coaching ends.
- Momentum and resilience – the ability keep moving toward what you want.
- Confidence in your decisions – because you’ll know how to check them against your values and goals.

Ted’s results aren’t unique – they’re the kind of clarity and freedom you can experience too. If you’re ready to see what’s possible for you, the next step is simple: scan the QR code to book your FREE Strategy Session.



# 5

## TOOLS YOU'LL USE

Breakthrough Coaching isn't just talking about problems – it gives you practical ways to understand yourself, clear blocks, and create lasting change.

Here are some of the tools we may use during your program:

### **5 Times Why**

A playful but powerful questioning technique that digs beneath the surface of your goals. By asking “Why is that important?” several times, you uncover the deeper motivations that spark real action.

### **Values TRACK®**

A rapid process for spotting where your energy naturally flows – what you love. Once you see these patterns, we link them to your goals so you're working with your values, not against them.

### **Shadow Values®**

Sometimes the things we avoid or judge secretly drive us. This exercise shines a gentle light on hidden motivations, helping you integrate them so they don't sabotage progress.

### **Soul Retrieval**

A reflective practice that helps you reclaim energy tied up in old stories or past experiences, freeing it to support who you're becoming.

### **Future Belonging**

A guided imagination where you step into a future version of yourself – clear, fulfilled, living your values. From there we map backwards, turning your vision into grounded action.

### **Linking Exercise**

A writing process that “links” your goal with the things that inspire you most. It builds a bridge between what matters and what you want to achieve, strengthening focus and follow-through.

## **NLP (Neuro-Linguistic Programming)**

Mindset-based tool for shifting limiting beliefs and re-wiring new, empowering ones.

## **Guided Meditation (10-Week only)**

A guided meditation offers a calm space for your nervous system to settle and for insights to truly land. Its purpose is to help you embody a deep sense of gratitude and step into the felt experience of your new, abundant self – turning clarity from a simple statement into something you can live and breathe.

## **The Guru Technique (10-Week only)**

A creative process using symbols or dreams as a doorway to hidden wisdom. It helps you translate unconscious guidance into clear, practical steps.

## **Coach's Note:**

You don't need to master these before you start – each tool is introduced at the right time, with support, so you can experience the breakthroughs for yourself.

Like a chessboard, each tool is a strategic move. One clarifies the goal, another removes an obstacle, and others steady your mindset so you can think ahead. The more you practice, the more you see the whole board – and the freer your next move becomes.

As your coach, my job isn't to hand you solutions – it's to guide you through tools that reveal the answers already inside you.

Some sessions will feel light and playful, others more reflective or energising. Each technique is chosen to take you on a journey, helping you build clarity, confidence, and momentum.

Each of these methods is powerful on its own, but the magic happens when they're woven together. As you explore the program, you'll notice how one insight unlocks another – journaling clarifies values, values guide decisions, NLP rewires old habits, and meditation anchors everything in your body.

Together, they create a living toolkit you can return to long after the program ends.

# 6

## FREQUENTLY ASKED QUESTIONS

### **How are the sessions delivered?**

All sessions are conducted over the phone, so you can take the call from wherever you feel most comfortable – home, office, or even a quiet outdoor spot. We'll connect once a week, and you'll have clear action steps between sessions to keep your momentum going.

### **What if I need to reschedule?**

Life happens! If you give at least 24 hours' notice, we'll find another time that works within your program period.

### **How confidential is the coaching?**

Your privacy is important. Everything shared in sessions stays between us, except where required by law (for example, if there's a serious risk of harm). I don't record sessions without your consent.

### **What's included in the investment?**

Your fee covers all scheduled sessions, personalised coaching, and access to the tools and resources used in your program. There are no hidden costs.

### **Is coaching like therapy?**

Coaching isn't a substitute for counselling or medical care. It's a forward-focused process that helps you gain clarity, build skills, and create results. If you need therapeutic support, I'll help you find the right professional alongside your coaching.

### **How do I get started?**

Book a free Strategy Session – we'll explore your goals and decide which program fits best. If you're ready, you can enrol straight after the call and secure your first session.

# 7

# YOUR NEXT STEP

## Which Path Is Right for You?

### 8-Week Program:

Best if you're ready to focus on one big result and want a concise, energising reset.

### 10-Week Program:

Ideal if you'd like to work with several areas of life or explore deeper tools like NLP, the Guru Technique, and a guided meditation.

### Coaching Tip:

Ask yourself, *"Do I need a focused sprint toward a single result, or a deeper journey to create change across multiple areas?"*

Let that answer guide you.

### Next Step

Freedom isn't something you have to wait for – it begins the moment you decide to step toward it.

Book a **free Strategy Session** today and discover which pathway is the best fit for you.



During this call, we'll talk about where you are now, where you'd love to be, and how the Results Breakthrough Program can help you bridge that gap.

# 8

# TAKE ACTION AND COMMIT

Every person who's come through a Results Breakthrough Program started in the same place: a little unsure, a little weighed down by old habits, but ready to see what could change if they gave themselves permission.

These programs aren't about fixing you; they're about helping you discover the clarity, courage, and energy that were always there, waiting underneath the noise.

If you're standing at a crossroads right now, wondering whether you can really create the life you want, let this be your sign: ***you can.***

All it takes is a willingness to explore, a phone call, and a guide who knows how to walk you through the process.

"Freedom and clarity aren't rewards you earn – they're choices you make."

I'd love to support you as you find that freedom for yourself.

 **Book your Strategy Session** today

Like chess, life rewards the player who learns to see the whole board – not just the next move. Let's look at your board together and help you make the moves that lead to the freedom you're looking for.

## Motivational Commitment Statement

*By signing below, I choose to make my next move count and commit to my freedom.*



**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# Harness

*Your*

HAPPINESS



[harnessyourhappiness@gmail.com](mailto:harnessyourhappiness@gmail.com)



+61 450 533 791



*Chyla* ♥ *Charmaine*

