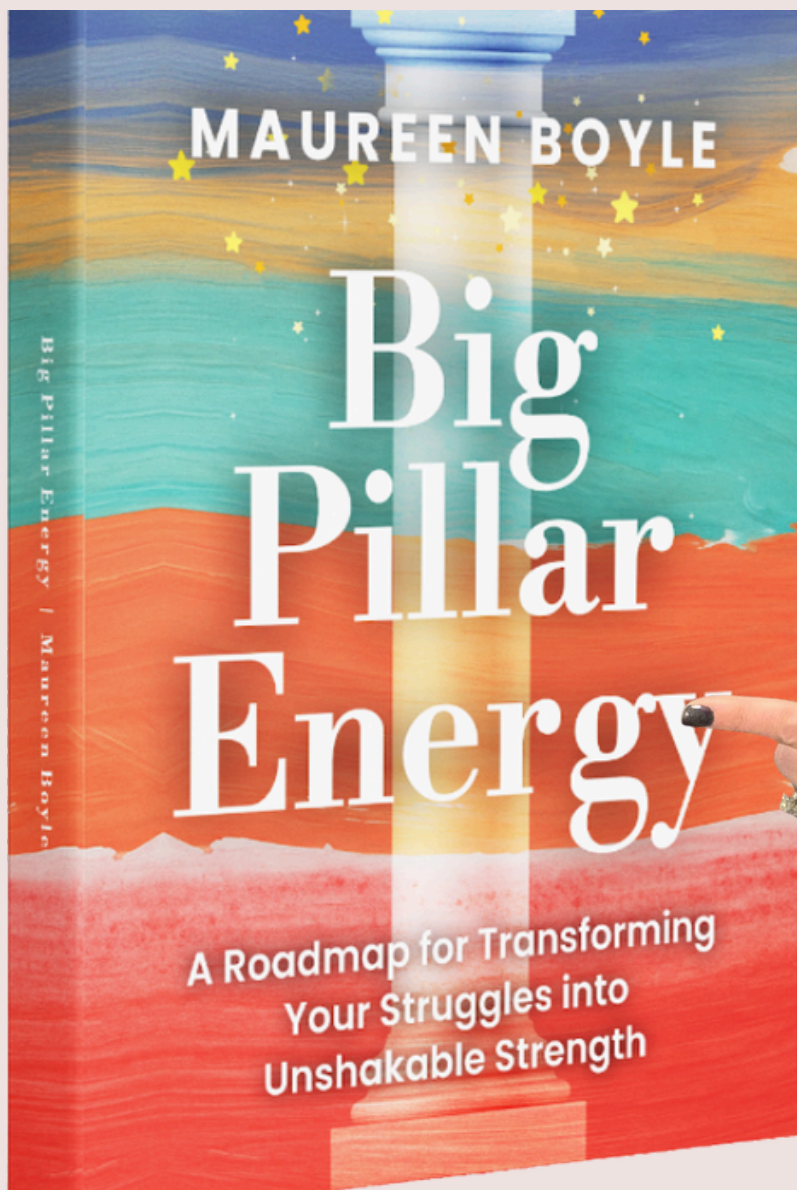


SHIFT into Your Big Pillar Energy



**Guide Book By:
Maureen Boyle**



THE SHIFT PROTOCOL

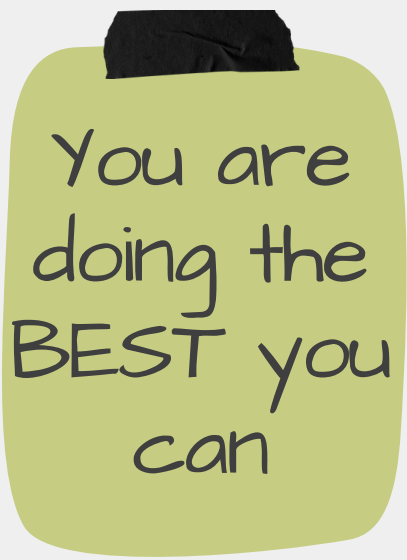
When life knocks you off center, this 5-step SHIFT
brings you back home to yourself

S	SAY HOW YOU FEEL AKA: NAME IT TO TAME IT	Pause and name what's real. "I feel anxious." "I'm overwhelmed." Naming it lowers intensity and begins the release.
H	HAVE COMPASSION	You're not broken; you're human. Remind yourself: "It's okay to feel this way. My body's just trying to protect me."
I	INVESTIGATE THE LOOP	Notice what's feeding the feeling. What thoughts, stories, or beliefs are running in the background? Are they true — or just familiar?
F	FOCUS ON WHAT'S IN YOUR CONTROL	Bring your energy back to the present. What can you influence right now — your breath, your your mindset? And what can you let go off.
T	TAKE ALIGNED ACTION	Choose the next right step from your grounded state — even if it's tiny. Action is the antidote to anxiety.

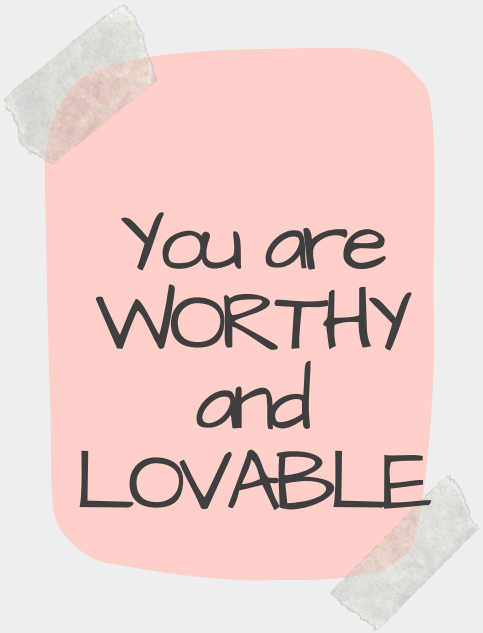
Say How You Feel

(All Your Feelings Belong)

Admiration	Confusion	Fulfillment	Optimism
Affection	Contentment	Glee	Outrage
Agitation	Curiosity	Gratitude	Overwhelm
Agony	Defeat	Grief	Pain
Alarm	Delight	Guilt	Panic
Amazement	Despair	Happiness	Passion
Ambivalence	Disappointment	Hatred	Patience
Amusement	Disgust	Hope	Peace
Anger	Disillusionment	Hopelessness	Pity
Anguish	Displeasure	Horror	Pride
Annoyance	Distress	Humiliation	Regret
Anticipation	Doubt	Hurt	Relief
Anxiety	Eagerness	Hysteria	Remorse
Apathy	Ecstasy	Inspiration	Resentment
Apprehension	Elation	Irritation	Sadness
Astonishment	Embarrassment	Jealousy	Satisfaction
Attachment	Empathy	Joy	Scorn
Awe	Envy	Kindness	Shame
Bitterness	Euphoria	Longing	Shock
Bliss	Excitement	Loneliness	Sorrow
Boredom	Exhilaration	Love	Surprise
Bravery	Fascination	Melancholy	Sympathy
Calmness	Fear	Misery	Tenderness
Care	Foreboding	Mortification	Terror
Compassion	Frustration	Nostalgia	Triumph



You are
doing the
BEST you
can



You are
WORTHY
and
LOVABLE



It's OK
to ask
for Help



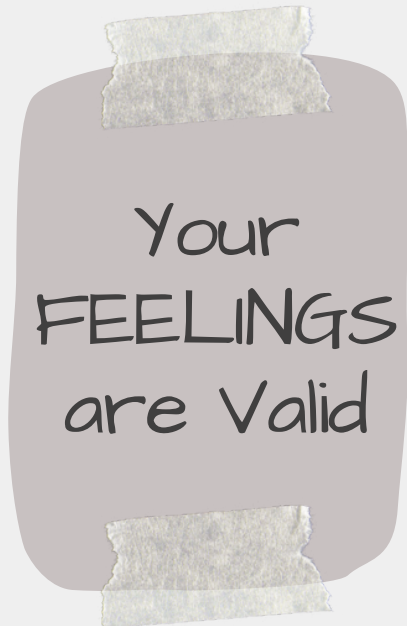
You are
capable of
AMAZING
thing



HAVE
COMPASSION
FOR
YOURSELF



Your
boundaries
are
Important



Your
FEELINGS
are Valid



It's OK
to Start
Over and
TRY AGAIN



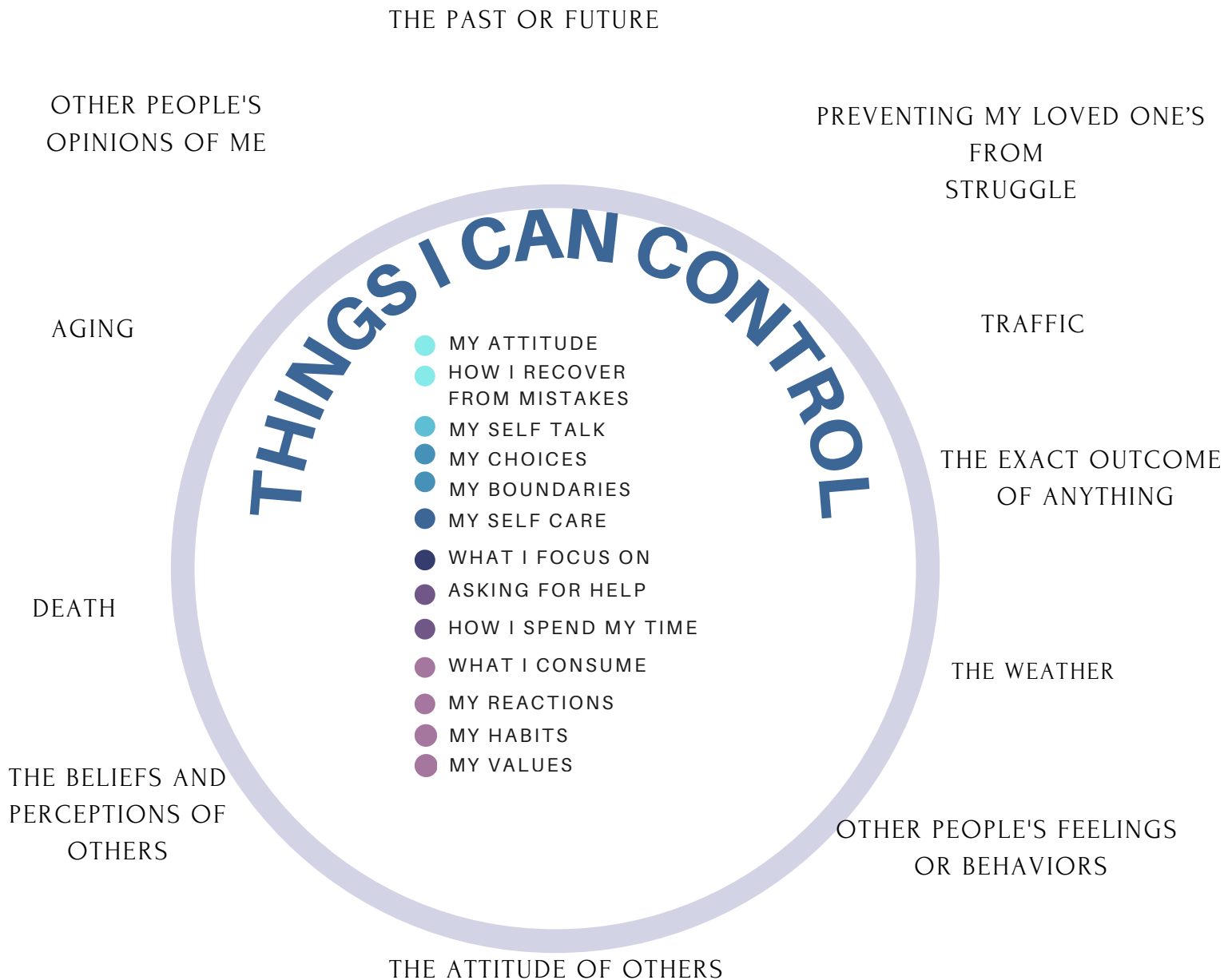
You are
ALLOWED
to say
NO

Investigate the Loop

THOUGHTS	ANSWER	RATE THE FEELINGS
What specific situation or event triggered your negative emotions or thoughts?		
What thoughts came to mind during this situation?		
How did these thoughts make you feel emotionally?		
What evidence supports these thoughts or beliefs?		
What evidence contradicts these thoughts or beliefs?		
What more balanced or helpful thought can you adopt in this situation?		

FOCUS ON WHAT'S IN YOUR CONTROL

THINGS I CAN'T CONTROL



I CAN CONTROL MY ABILITY TO RISE

TAKE ALIGNED ACTION

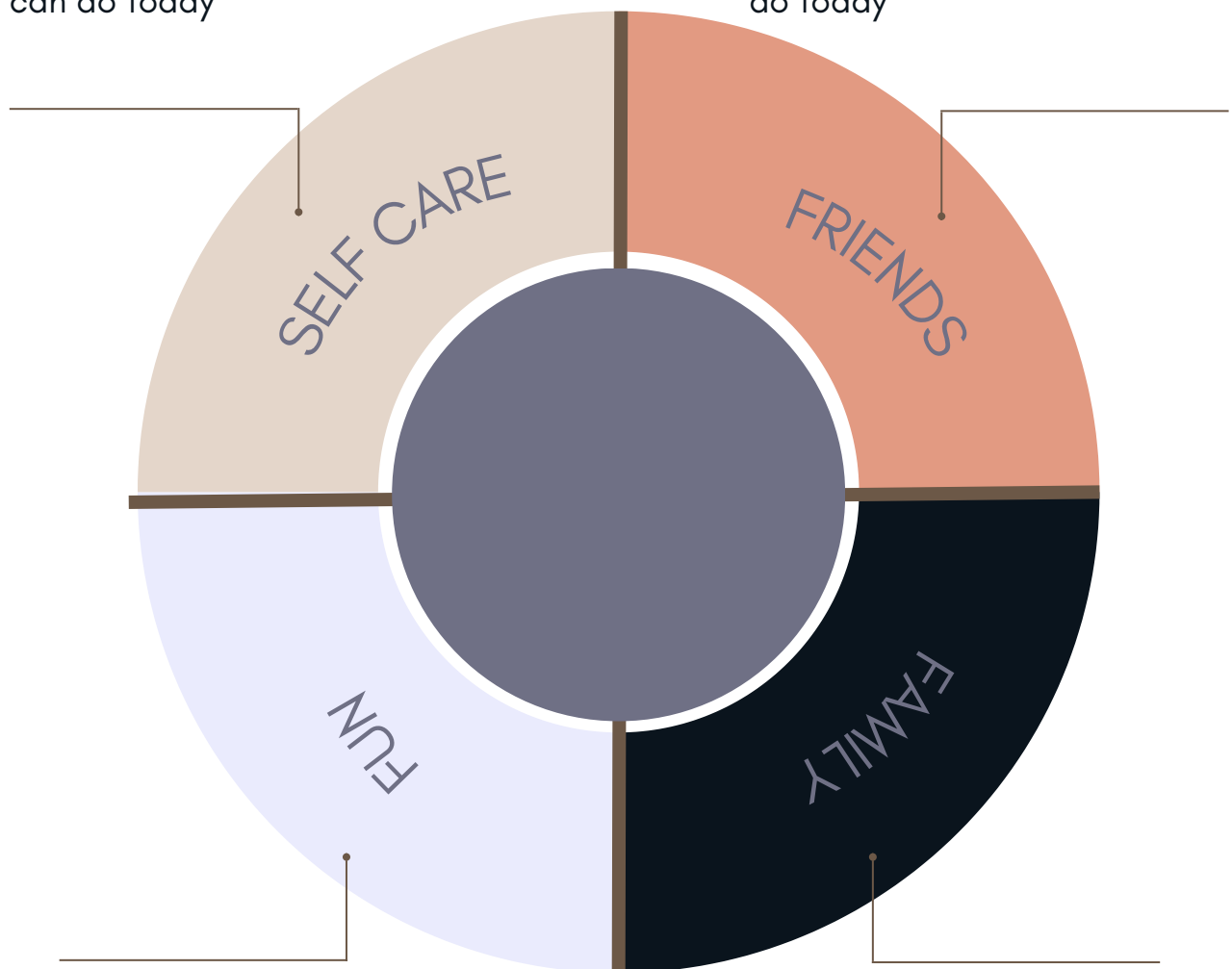
Identify What Matters Most in the Moment (Values, Priorities, Outcomes)

Break it down into Doable Steps

Take One Tiny Step Forward

What is one small thing you can do today

What is one small thing you can do today



What is one small thing you can do today

What is one small thing you can do today

You Were Never Meant to Simply Survive, You Were Built to Rise

Every time you use SHIFT, you're doing more than just calming your body — you're strengthening your foundation.

You're remembering who you are beneath the noise. You're practicing Big Pillar Energy™ — that grounded, unshakable presence that can hold both chaos and calm without losing itself.

Keep this guide handy. Use it when life feels heavy, when your nervous system fires, or when you forget your power. The more you practice, the faster you'll return to your center.

STRUGGLE LESS
LOVE,

Maure



WWW.MAUREENBOYLECOACHING.COM

WWW.BIGPILLARENERGY.COM