

# “From Stress to Success Model”

... “your totally fair success advantage tool” ...



The **FASTEST** and most **POWERFUL** way to recreating success in your **CAREER** or **BUSINESS**



Stress to Success ©  
Celine Healy



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# **From Stress to Success Model**

## **... " your totally fair success advantage tool" ...**

**The fastest and most powerful way to rejuvenate your career or business!**

### **In your Career:**

If you are suffering from exhaustion, feeling overwhelmed, have a feeling that time is constantly against you, or feel that you are losing control both of your personal life and your work life, it could be that you are suffering from underlying "unknown" stress-related issues that are holding you back in your career.

### **In your Business:**

If you are suffering from lagging sales, or perhaps your bottom line appears to have stagnated because of costs of production or efficiency issues, it could be that your personal life is now impinging on your business life, with "unknown" stress-related issues that are holding you back personally and which are now affecting you, your business generally, your profits and productivity, staff and customers.

Of course, in both instances there may be other reasons, however, time and time again, I find that the major factor for both career and business stagnation is because of underlying "hidden" stress-related issues that are running your internal programs over which you appear to have lost control. Loss of control is the primary issue behind stress-related issues for professional career women and businesses.

If this sounds like you, here is, with my compliments, what I believe is the most powerful: "totally fair success advantage tool" that you can implement in your personal and business life.

This Success System has been developed over several years and it works every time, if you follow the instructions and implement it in your life, with Celine's help.

I call it my "*From Stress to Success Model*" and it is yours to use and to implement in your personal life, in your career or business.

Hello.

You have arrived at this website, and/or subscribed, because you most likely have some kind of stress issue in your life. My aim here in this booklet is to give you an overview of what you need to do to resolve stress permanently from your life, not merely manage it!

My name is Celine Healy and I am regarded as one of Australia's premier Stress Resolution Specialists.

My "*From Stress to Success Model*" of wellness, and hence success, that I have discovered and developed, was the result of trial and error, and overcoming major stress in my own life. To me, when I go to see someone about a problem that I need to solve, I always find it best to deal with someone who has done the hard yards and has been through it, and has come out the other side, and has succeeded at the very thing that I am going through.

In my case, I zipped on by stress and went to burnout. Burnout is not a place I recommend you hang out, because physically, mentally and emotionally you are exhausted and your body can be depleted of the necessary vitamins and minerals for good health, and it takes a long time to recover from that space. When I recovered, I made it my mission in life to help others overcome stress permanently, because when stress governs your life, you lose control over many things: your health, your time, your mental and emotional states and your self-esteem and confidence, not to mention the obvious ones like your energy and restful sleep patterns. You see, when you lose your health, it feels like you have lost everything!

## Overview of the "From Stress to Success Model"

This model was developed from the trials and tribulations from two distinct experiences of my life.

**The first experience** was due to the frustration with numerous courses, seminars and webinars attended which dealt with overcoming issues, achieving success or wanting to achieve goals of any kind. I found that after a very short time away from the course, or even after the regulation 21 days to change a habit, the results would not hold. The conclusion as to why they would not hold eventually became obvious. Most of these courses were not dealing with the underlying issues that keep people trapped in self-sabotage. Most of these courses involved a process such as: become clear about your goal, set the goal, work out your strategies to achieve these, make a plan, and take action. However, that still does not guarantee success, as it is a conscious mind technique and does not take into account the starting point of each individual.

**The second experience** was that sustained success eluded me, and I managed to zoom past stress and landed in burnout. This took a long time to recover from, and the lessons I learned during that time period set me on a path to find a way to help others achieve success, and, maintain that success long-term.

From my second experience, doing a course, setting goals and going for it, all sounds very simple! And it is. However, what happens when you make a goal that is not congruent with your innate skills, talents and abilities, is not in alignment with your path, your purpose or your values? Or is not free from the self-sabotaging patterns of behaviour ingrained into your psyche, is external to your control, and is made from a base of fear? Result? Your failure is guaranteed.

Of primary importance for you in achieving any goal you desire, is that you have dealt with, and eliminated permanently, any underlying negative beliefs, patterns of behaviour, negative emotions, resentment, self-sabotaging actions or self-punishing or harmful behaviours, or anything that you keep repeating, which is not serving you in the here and now. Because, the majority of these negative issues have occurred in the past and keep coming back to haunt you now, it means you have not dealt with them, in an effective manner.

So, what this means is how you behave today when a memory of a past event is triggered, is exactly how you behaved at the beginning. In essence, we are all behaving as six-year old's and we do not know this.

What that means is that you have to eliminate them in some way and be vigilant so that you instigate helpful behaviours and patterns that you can carry into your new, improved future.

**It is not possible to achieve lasting success unless, and until, you deal with these underlying issues!**

What I have found is that these earlier behaviour patterns are habits which have been "learned". If they have been "learned: they can be "unlearned". Charles Duhigg in his book titled: *The Power of Habit*, stated that habits have three elements: a cue, a routine or behaviour pattern and a reward.

There are many ways to break a habit or pattern interrupt. You can change the cue, which might be the memory of an event, the negative emotion attached to that event, or the belief itself. You can try to change the reward, which could be: alcohol, drugs, coffee, sugar or simply a sense of relief. Or. You can try to change the routine or behaviour, which is the coping mechanism or strategy that you learnt at the time and which appears to still work for you because that behaviour has kept you safe from threat or harm.

**Stress response is about survival.** You have built up a set of behaviours/coping strategies to keep you safe from harm.

**The basis of the “From Stress to Success Model”** is that there are two keys to success in life/permanent stress resolution and one activator to unlocking those keys, and these are:

- a. when you repair your physiology first (this means your autonomic nervous system) then
- b. increase your energy – your vibration, (by getting rid of negative patterns of behaviour) and

**the one thing you need** in order to activate those two keys is that you need to change one small aspect of the “learned” stress response habit. This is the basis of the whole model and in particular the first step of the model, the repair segment, as well as serving each and every other level of the model of wellness.

**My model of wellness and success has five steps** that were designed specifically for lasting results and for permanent stress resolution, taking one step at a time. The skills and tools you will learn are life-time skills. Yes. You can gain very fast results in a short period of time. However, this model is about instilling new skills and techniques that become permanent life-time skills. These five steps are deliberately designed to be taken in a specific order, because I have found that doing it any other way, leads to a person falling by the wayside easily. And that is not what we want for you. This is about you becoming the best you, you can be, and being able to maintain those successes, one step at a time, forever.

Over the years, prior to discovering and developing this model, I have attended what seems like a zillion courses and seminars on all kinds of topics such as motivation, inspiration, time management, goal setting, mindfulness and even stress management. What the majority of these courses were about was setting goals and having you try to achieve these within a specific period of time.

If you have attended any of these courses over the years you will know what I am talking about. They say: use the SMART principle of goal setting, making the goals very specific and setting a date to achieve them and so on. How they go about helping you do that is that generally, you set a goal you want to achieve, and then put in place a strategic plan of action on how you might do that and then you take action. Theoretically, that seems like a good idea. However, the problem with that approach is that the seminar leader has assumed that you are all coming from the same place. All you need to do is to follow the instructions and you will achieve your goals easily, i.e. a place of being ready to achieve and accept success, and, that you have no impediments to doing that. And that is the major problem.

Witness the lemming-like ritual of setting New Year's Resolutions that we make every year and vow to give up all alcohol, all junk food, do more exercise, sleep more, or one of a thousand different options. However, within a very short period of time, you, the goal-setter, have reverted back to your prior habits. And that is where the real issue lies.

You see, **habits are run by our subconscious mind and this primitive mind is designed to keep you safe.** Because the subconscious has been running programs for years in order to protect you from harm, it is not suddenly going to give up the good fight and relinquish its' right to one of your new whims devised by your conscious mind. No way!

So, what that means is that your two minds will be in constant struggle between what you want consciously, your new goal, and what the subconscious deems is the safer place to be, your old habits. To over-ride the subconscious mind takes an enormous amount of willpower and that is why New Year's Resolutions generally will not hold for very long. What you need to do in order to be able to activate your subconscious to be *on-side* with what you desire, your new intention, is to be able to get a hold of, and *retrain* some small aspect of your subconscious mind, so that you can *repair the disconnect* between your conscious wants or desires, and your unconscious, repetitive habits or patterns.

**These patterns of behaviour that are repetitive are what you have "learned" over time,** generally when you were a small child between 0 - 6 years of age. These patterns result from you trying to work out how to survive in a hostile environment. For example, when your parents said to you: "If you do that again I will send you to your room and you will not get any ice cream this week." So, what you do in order to navigate these types of situations in the future is to work out that: "If I do this, then they will respond this way. However, if I do that, then they will give me what I want." So, *every action or reaction* is your response to how you can survive in this environment. It is a coping mechanism to help you survive.

What happens during these types of episodes is that **you**, as a human, **will add your interpretation to what has just occurred.** From the example above, you might also add: "And therefore I am not any good and never will be any good." So, what is happening behind the scenes here is that every time you try to set goals in the future, your subconscious mind is saying: "This is not a good idea. Remember when you did that and you were hit or scolded."

So, the subconscious mind is always trying to keep you safe, and the safe place is what you already know, not some new goal position that you want to take up. These repetitive patterns that are keeping you held back, generally have a negative connotation attached. They are based on *fear* that you will not survive if you do something new. So, the *pull-back* towards what you already know, is enormous.

So, an overview of what is happening during your 0-6 years is that you are not conscious. You are downloading as many programs as possible in order to be able to survive your environment. You have experiences and the experiences help shape your perceptions, your framework, of how you view the world and this is governed by your family of origin. You then attach a meaning or interpretation to that perceived experience and you then attach an emotion to it. For example – this is either good or bad. The emotion you attach to that experience then dictates how you behave in order to survive in that environment. So, afterwards, if that experience is repeated often enough, you will then form a belief around that set of circumstances. The types of deeply ingrained negative beliefs could be: ‘I am not good enough’, ‘I don’t deserve...’, ‘I am unworthy of love’... and so on. So, throughout life you seem to gather experiences that confirm and add weight to your beliefs so they keep getting topped up and reinforced.

So, within my model of wellness, Step 1 indicates that the **cue** to our habits of stress response is the negative belief we hold, and these beliefs **trigger certain patterns of behaviour**/our routine – which are our responses to the stress trigger – what we do and have done forever – a way of coping with the “perceived” threat, and **the reward** could be a sense of relief that the event has passed.

The other main issue during 0-6 years of age, is that you, the child, do not have the cognitive ability to be able to make rational decisions or be able to express our emotions fully. So, the basis of stress is also our inability to be able to express how we feel when the stressful experience is occurring. If we could express ourselves and dissipate the built up negative energy and emotion, then there would be no stress. As Daniel Spacagna states in his book: *5 Keys - How to Go From Stress to Success*, suffering pain with stress is optional. You can either express your emotions or suppress them. Suppressing them leads to depression.

This all leads to internal conflict within the child. The conflict of not being able to fully express their emotions of how they felt at the time of the stressful experience, and this very act has vast implications for the rest of your life in how you handle stressful situations in the future.

So, the issues behind why you cannot achieve what you want, especially when you set New Year’s Resolutions willy nilly, is that the repetitive behaviours are governed by underlying negative emotions or patterns of behaviour, and that because you have these, when you want to achieve something new, **there will be a conflict** between your conscious mind, what you want, and your subconscious mind, what you know, and is safe. **This is the basis of all stress. It is based on conflict.**

My model of wellness and success, helps you achieve that success in any area of your life, and deliberately DOES NOT start with goal setting, because we now know that you will have an immediate *pull/push* event happening between your two



minds when you try to achieve new goals. **You need to eliminate the underlying causes of your stress, your conflict,** before you are able to set and achieve goals. *Goal setting* is the last step, step five, after you have done the necessary work and preparation, to clean up your life first, in order to be able to achieve your goals, easily and effortlessly.

When you can start to gain control over certain aspects of your automatic subconscious functions, the way you respond to stress, you will begin your journey back towards guaranteed success, a stress-free life.

So, **where we are heading with this model is to be able to move out of struggling and move towards a state of FLOW, where everything comes to you easily and effortlessly.** This can only be achieved when you increase your level of attractiveness and raise your vibration from a dense, negative state to a more positive and happy state. You see, we are naturally drawn to be in a negative state because everything we do, how we respond, every action we take, is designed to help us survive. If we are in *survival mode*, we are not in a *growth mode* or a *success mode*. It is not possible to be in two states at one time.

So, what we are doing with this model is helping you move towards a better choice, a choice of being more positive naturally, rather than being stuck in a negative state, without even knowing why you are there. In this way, you will move “*towards*” your goals easily and not “*away*” from them because you have no control over your subconscious actions. When you gain control, you have real choice. And that is what this is all about. Gaining control over your life, from every angle!

Part of my mission is to inform and educate people of the dangers of stress because stress is destroying lives, one little action at a time. Stress is cumulative and is the basis of up to 95% of all diseases. That’s right. You are not born with the majority of diseases, they are the result of your choices of what you do, how you do it, what you think or feel, and what you ingest or put into your mouth. Stress is a serious business and when you grasp that aspect, then you will be more likely to do something about it. Because you cannot be truly successful if you are stressed in any way!

So, let’s look at the “*From Stress to Success Model*” in more detail so that you understand each step more clearly, and why and how each step has been deliberately designed to help you achieve, permanent, lasting, success.

**My stress resolution model is like building a house from the ground up.**

- **The first step** is to get the block of land and clear all of the trees, rocks and debris, in order to prepare the block for the next stage. Without this step, there will be confusion and loss of time and order. Clearing the land is likened to repairing your body/mind in that we help clear your subconscious of some automatic stress

response habits that you have ingrained like tree stumps and gain some control over your block of land. We liken this to the first step of my model – **REPAIR**.

**This Step is called: The 37 Day Stress Resolution Solution.** This step is based on scientifically researched, tested and proven techniques, tested with thousands of people world-wide over a long period of time, and is specifically designed for you to overlay a new habit and build new neural pathways. This will generally take a minimum of thirty days. (The extra days is for slower learners). You cannot get rid of old habits. You have to overlay new neural pathways instead. The methodology used is the scientific method – you need to be able to measure stress, then monitor it and then make changes so you can adapt and change and improve. There are exact steps to follow in order to be able to do that.

- You cannot build any house on shaky ground. The old materials must be excavated so that the solid new foundation can stand. **RELEASING** is like excavating all the old gunk and debris to prepare a solid base for your new foundation. **This step is step two of my model – RELEASE.**

**This step is called: The 28 Day Gaining Success Habits Solution** in which we get to those hidden underlying beliefs and help them become visible by examining patterns of behaviour during major events that have been recalled throughout your life. The patterns are broken by re-writing the script that you have run continuously about that event.

- **So, in step three,** since we have cleared and excavated what needs to be rid of, your body/mind will be ready, as will your new house, for you to be able to construct your new foundations. When you've repaired the block, and released the gunk, your body/mind will be operating at a higher vibration. This means that you will more easily be able to construct your new foundations for the rest of your life. **This is step three of my model – RENEW.**

**This step is called: The 90 Day Total Body/Mind Overhaul** – (the length of time for this section depends on how unwell you have been and what needs to be mended – it could take anywhere between 90 days to 365 days) It is about helping you keep active and healthy and keeping your vibration up.

- **In step four,** we now want to architecturally design the overall look and feel of your house and how many rooms there are, like a floor plan, that suits the block and how you want to live. It's like your new structure to life. These are your new foundations. And this is your new house. This is step four of my model – **RECREATE**. You are ready to **RECREATE** your life. This is like having an architect design your house according to your new specifications: this is my new path, these are my purposes and these are the values by which I operate.

This step is called: **The 21 Day Identity Clarification Process** whereby you discover your true identity and innate skills, talents and abilities you are born with so that you can re-design the house in which you live, your body/mind, such that you are in alignment with who you truly are at a very deep level.

- **In the final step, step five**, of constructing your new life, building your new house, you now want to be very specific about how each individual room will look, what furniture they have, what the overall individual design, look and feel will be. It's like defining your goals very specifically and this is step five of my model – **RECLAIM**. This is where you reap the benefits of your hard labour and enjoy what you have set in motion and you can expect to achieve what you desire at that final level. Finally, once a house is built, it's time to decorate the rooms. Now that you have the new structure for your life, you can RECLAIM each aspect of it to suit you. By setting goals that are aligned with your new structure, you will decorate your life the way you want it. In effect, you will build a new framework for your life.

This step is called: **The 31 Day Goal Setting Challenge** and you will go about setting goals that will be aligned with the new you, who will be vibrating at a much higher, lighter and more positive energy. Because of this you will be able to set and achieve goals easily and effortlessly.

### **Stress starts in the mind.**

Stress, what triggers it and how we react is our automatic response to a “*real*” or “*perceived*” threat to our survival. The body/mind thinks it is being attacked and responds accordingly. So, every action and reaction we take or make is a response to our notion of what we need to do in order to be able to survive in that particular situation, and that we have not been able to express how we feel at the time.

Survival is encoded into every action we take. When a stressor trigger is activated, our primary response is one of survival. This is encoded into our very DNA and throughout our muscular and bone structure. When we talk about stress on any level, we are talking about an ingrained habit of our body/mind trying to protect us from harm in any way it knows how. For this reason, our stress response mechanism is deeply embedded within our subconscious, which houses and is responsible for the automatic functions of the body/mind. It is one of the hardest codes to break or retrain. However, we have discovered ways to do this effectively. You see, how you respond to stress is a habit that has been learned. Any habit that has been learned can be unlearned.

### **My hypothesis to permanently resolving stress is:**

- the quickest way to heal from stress is through the physical: i.e., heal the body first and the rest will follow, with the appropriate effort and strategy. For this reason, in my model of wellness, we start with repairing the body/mind at the physical level first, hence increasing your energy and how we do that is by interrupting this pattern of response and over-lay a new habit of behaviour.

In the five steps to my model: REPAIR, RELEASE, RENEW, RECREATE and RECLAIM, the first three deal with the physical. Once this has been achieved those results will flow through to the mental and emotional states. The last two steps deal with clarifying your identity, free from the stress that has been affecting your physical state, and then instigating goals that align with the new you. This will affect your spiritual life - you will gain clarity of self and of purpose.

In my Model, we tackle stress by repairing, mending, retraining, and instilling new behaviours on all levels: physical, mental and emotional, which will also translate into the spiritual. This model will guide you, one step at a time, out of a state of stress and into a state of success.

It is important to note that your new state of “*success*” will be different from what you have experienced previously. This is because you will actually get to the real, underlying causes of your stress and eliminate those issues permanently. This is not a Band-Aid approach, merely plugging holes. It is a proactive process that clears out unnecessary gunk and heals you on many levels. When this happens necessarily you will gain more energy naturally.

This “*success*” will feel like you are happy and free. In fact, you will be in FLOW. You’ll be able to attract what you need when you need it because you will have created a new vibration.

Once we resolve or eliminate the stress, our mental, emotional and physical lives can get back in balance and work successfully together. At the same time, we are building our new framework for the life we really want.

### **Many people do not know how stressed they are.**

People can be living in very stressful environments and think this is normal. Therefore, they may not recognise the signs and symptoms of stress. After all, it is difficult to find something if we are not looking for it. Even more troubling, most people do not understand the numerous effects that stress is having on their bodies, their minds and their overall wellbeing.

When I was in a career that I was not suited to, stress dominated my life. I did not have the innate skills, talents and abilities for the accounting profession. My daily work did not align with my innate natural skills, talents and abilities, and, as a result, I was constantly experiencing stress. I did not fully understand the source of the stress, so I lived with the symptoms for a very long time. I had no idea that my body and mind were giving me “*signs*” all the time: such as exhaustion, depression, headaches, body pains, and feelings of lack.

I’ve been to burnout and back. It took me several years to recover from this stressed state. The lessons I learned during this period in my life were the turning points to my new life path. I am grateful for that, but the truth is, I learned these lessons the hard way. The signals that I ignored for years, and the wide-ranging mental and emotional effects of stress were my teachers. If I had received the knowledge and tools earlier, I could have avoided burnout.

This is my goal for you: that you will not lose any more time before addressing your stress. I will show you how to recognise the signs and symptoms of stress earlier, and how to take action before you end up in burnout.

### **The signs of stress:**

To be perfectly clear, you are stressed if you:

- Are constantly **struggling or straining** to do things or to achieve goals.
- You **are in pain**, emotionally, physically or mentally.
- You are **experiencing lack** in any area of your life, e.g. lack of money, lack of relationships, lack of clients, lack of promotion and so on
- You **have tension** anywhere in your body/mind.
- You are **stuck in a rut** and cannot seem to get out of it

*You need to be aware of the fact that your stress in later life is the result of unexpressed emotions and underlying negative beliefs from your early years. How you respond to stress is a habit, and it can be “unlearned”.*

So, let’s look at that in more detail.

### **You have to ask: when does stress start and why does it start?**

#### **When does stress start?**

#### **Answer:**

Stress starts at a very early age, generally between the ages of zero (in the womb) up until six years of age. This is the prime time when children are downloading the programs they need in order to survive on this planet. Unfortunately, not all of the

programs being downloaded are positive. Due to many parents' own limitations and/or other early input from the home environment, children pick up negative programs as well as positive ones.

What does this mean for you as an adult? It means that you will repeat these earlier patterns of negative behaviour. Because the patterns were ingrained into your psyche at a very early age, you will not even be conscious of them UNTIL you choose to become conscious of them and regain control of your actions. This is a crucial part of the "From Stress to Success Model", interrupting these patterns and breaking the habits.

### **Why does stress start?**

#### **Answer:**

Stress starts because the child is unable to respond to an adult's dialogue and express his/her opinion satisfactorily. Any emotional charge over the issue will be stored within the psyche, unless it is discharged. For example, the parent might say to the child: 'You have muddied your dress. You naughty little girl. You will never amount to anything.'

What happens for the child when hearing these words? Because the young girl is unable to say what she thinks or fully express herself, she has no choice but to store this memory somewhere in her body/mind. She then attaches an interpretation, and a meaning, to this event. For example, the child might say to herself: 'My mother said I was no good when I failed to keep my dress perfectly clean. Therefore, I will interpret these types of events forevermore as examples of me not being good enough, or worthy of receiving any good in my life... forever!'

#### **So, in summary:**

Your current stress started when you were a child and you continue to react and respond to situations in a similar manner, unless and until you choose to do something about it.

Your brain scans possible memories and attaches meaning to events and to specific memories. Unless and until those memories can be released or downgraded in some way--i.e. taking the charge out of the memory--you will continue to react in an inappropriate manner. You will continue to react as a child would, when really you need to upgrade your responses to be adult responses. Your stress response mechanism is on automatic. You have no control over this until you become conscious of it and set about taking charge of it. Essentially, we need to repair and upgrade your stress response mechanism.

This is at the core of my “From Stress to Success Model” of wellness. We will focus on *retraining your stress response mechanism first*. All the other body systems can then begin to heal, e.g. the hormone system, the cardiovascular system, the immune system the digestive system and so on.

### **The three things I want you to understand and remember:**

- a. The effects of stress are cumulative. Each event builds on the next and gets added to the barrel of stress that you carry around. This adds to the constant source of energy depletion happening on a daily basis, even if you do not recognise it.
- b. In order to reduce stress, you need to start with repairing the body first.
- c. The quickest way to do that is to change one aspect of the stress response mechanism, which is the routine or behavior section of a habit, then you will gain control over your life when you instigate these scientifically proven techniques that engage the body/mind physically, mentally and emotionally.

**For permanent elimination of the effects of stress, you need to undertake this three-pronged approach.** You need to approach the physical, the mental and the emotional aspects in order to achieve significant and meaningful results. You are changing neural pathways, creating new ones, creating new habits, retraining your autonomic nervous system, and instilling a more positive approach to life, by also retraining a small aspect of one of the functions of your subconscious.

Each step of this success and wellness system is carefully designed to implement strategies and techniques that will guarantee you achieve success in any area, providing you actually decide to take action, and, do the steps necessary for that success.

I just want to make it really clear about the background to this model and what it is really all about and why it is so important to have this initial understanding.

Moving from a position of stress right through to success, involves changing how you do things and becoming really clear about who you are, and what you want. In order to do this, you will need to clear your slate and clean up the basis of your life and set about focusing and gaining such clarity, that the results you want, will automatically flow into your life. It's about doing these steps in order to get into FLOW. This is about resolving stress permanently, one step at a time. In order that this may be able to occur we will need to address the whole person from every angle: the physical, the mental and the emotional levels.

**In summary:**

- an outline of the 5 steps of the “From Stress to Success Model”

Just a note here, at every level you will be required to take action of some kind, in order to cement the success that you have gained. It's about facilitating change and helping you self-monitor and self-regulate how you want to feel, and what you want to achieve. You, the client, need to take responsibility for the final outcome, because no matter how good the repair and release work is, if you do not take the necessary steps to maintain the results achieved in the sessions, you could default back to the path of least resistance, which is your path of familiar negative habits.

Here are the five steps outlined briefly, once again:

- 1. REPAIR** – where we help you retrain your autonomic nervous system, we help you heal your heart and REPAIR your physiology. When this happens you will respond to stressful events differently. This segment in particular, relies on self-monitoring and self-regulation of how you want to feel, on an on-going basis. You get to choose, because the automatic stress response mechanism will be turned down or off.
- 2. RELEASE** – where we help you release the major underlying issues affecting your failure/success mechanisms, once and for all. These processes will be facilitator-assisted and will not require great effort on your part. However, you will need to follow the facilitator's instructions of what you need to do each week. The release work will turbo-charge your results.
- 3. RENEW** – where we help you activate your cellular activity such that you will increase vitality, and help change your body/mind to a permanent positive vibration. This step is about helping you keep vigilant using a combination of different techniques. You will need to take some action daily, or on a very regular basis.
- 4. RECREATE** – where we help you understand who you are at a very deep level, and come to know your innate skills, talents and abilities. We help you to know your path, your purpose, and your values so that you gain clarity and focused direction. Having completed all of the energy clearing work in the first three steps, this step will help solidify what you need to be doing and what path you need to take in order to be in flow. You will have a clear sense of knowing.
- 5. RECLAIM** – where we help you reclaim your birthright which is success on any level. Only at this final level will you be truly clear about who you are and what you really want. You will then be able to set goals easily and effortlessly and the results will race towards you at great speed.



You will be in FLOW.

So, that is where we are heading, one step at a time. To total FLOW.

So, what this model is about, the “From Stress to Success Model”, is about getting into FLOW, taking the five steps, and dealing with what needs to be resolved once and for all. These steps change your outlook, physically, mentally, emotionally and spiritually. You will truly be getting to a state of coherence of all of the body/mind systems.

Once your body/mind is healed you need to keep your vibration and vitality high. Once you have clarified who you are at a deep level, and know who you are, your true identity, you will, and only then, be able to be very clear about what you want to achieve, because you will know yourself better than you have ever done previously. It is only then you will be able to set meaningful goals that you will be able to achieve, because you have cleared your body/mind energetically, and also set a new baseline vibration level.

You will know your innate skills, talents and abilities.

You will know your path and your purpose and your values.

You will then be in total flow and will be able to manifest things you truly desire, easily and effortlessly.

You will get to a position of FLOW.

And that is the point of these five steps. Getting to FLOW so that everything comes to you easily and effortlessly.

(\*\*Please see the attached appendix where each of the five steps of the “From Stress to Success Model” is explained more fully.)

Wishing you every success in your journey to true wellness and control over your stress. When you gain back control over how you respond to stress, you may not even be bothered to respond, you will know you have achieved wellness, and therefore success.

If you would like further information, please visit the website and listen to the Webinar: <http://www.stresstosuccess.com.au/free-resources/free-webinar/> If you would like to buy the combined eBook and Hard Copy of my new book, *Boost Success in All Areas of Your Life*, please go to: <http://www.stresstosuccess.com.au/Books>

You can also take the 1 Minute Stress Quiz and get your result to find out your starting point. Then listen to the video and if you feel this is right for you, then please book a strategy session. <https://stresstosuccess.com.au>

If you would like to email me for further information then please do so on the Contact Page on the website, or at the email address below.

To your success.

*Celine Healy*

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## Appendix:

The five Step “From Stress to Success Model”, with each step described in more detail.

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### 1 REPAIR

Most doctors agree, and hence most people are now aware, that stress is the basis of up to 95% of all diseases. A lot of Career people and people in Business do not necessarily relate to the fact that stress is affecting them in any way as perhaps they are disease-free or appear to be symptom-free. All stress is a relationship issue: an issue with ourselves, with someone else, with a customer, a staff member or a partner or a relative.



Stress is about unresolved and unexpressed emotions, i.e. when we are not able to express what we really need to say or feel, then these emotions get suppressed or repressed and they are stored in our body/mind as negative energy. This constant negative energy impinges on our central nervous system and plays havoc with our day-to-day thoughts, feelings and behaviours. Stress makes us behave erratically. It makes us feel out of control. It makes our judgement clouded. We lose focus and concentration and then we need to spend much longer on tasks than previously. And so it goes on....

**The cost of stress to an individual can be enormous.** If you continue to ignore the initial signs and symptoms these can build and create havoc over periods of time. You could: lose your health, lose your job, lose your income, lose various relationships, you could lose your self-esteem and then spiral down towards burnout. If this happens it can take several years to regroup and build up those losses.

Up to 87% of all Australian workers have symptoms of: significant distress, above normal levels of anxiety or moderate to extreme symptoms of depression. These workers admit that stress affects their physical health and their mental health.

49 % of these workers say that they do not feel that their boss values their contribution. This same percentage indicates that they feel that their bosses do not care about their wellbeing.

A combined survey indicated that the costs of job stress in developed countries like: Australia, USA, UK and Germany, have been estimated at \$200 - \$300 billion annually in absenteeism, diminished productivity, employee turnover, accidents, and medical, legal and insurance fees.

The costs, both personally, professionally and to your business are enormous, and could be worse if you do not take some kind of preventative action. Stress is a billion-dollar industry.

Behaviourally, people who have insomnia, are more accident prone, have weight issues, have increased substance abuse or use gambling or cigarettes as a stress inhibitor.

Cognitively, people can have poor concentration, are forgetful, are indecisive or act out hopelessness.

Emotionally, people can have: increased anxiety, depression, have more mental, emotional and physical tension or are quick to achieve anger.

Stress affects the central nervous system in that our body/mind sends up to 1400 chemical and electrical signals throughout the Central Nervous System, the organs, glands, tissues and muscles. The stress can either be “real” or be merely “perceived” as a stressful situation. Your body does not recognise whether it is a real or a perceived threat. It just goes into action to protect you from harm. The problem being that in today’s world we do not have many “real” threats, so our body/mind is constantly under stress from chemical reactions and this means that we never fully recover from these so called “stressful events”.

Our CNS is being bombarded with chemicals daily so we generally take something to overcome these disruptive signals. We might increase: coffee intake, sugar, fast food, alcohol, tobacco or other recreational drugs. When this happens, we find that we cannot turn our minds off, because now we not only have the initial stress, we also have other bodily stresses from these self-ingested chemicals. We then cannot gain restful sleep or concentrate easily. We cannot make proper decisions. The weekends are not long enough to recoup. A massage can only do so much as it is a band-aid trying to resolve an underlying issue, mostly of which we are unaware.

This means that we cannot escape the effects of stress on a daily basis. Our bodies are constantly emitting electromagnetic signals, especially from the brain centres or energy centres of our bodies. Our brains are emitting signals. Our heart emits

signals. Our gut emits signals. These are all separate energy centres. However, research has indicated that the heart energy centre is the locus of control of all the energy centres and separate brains. This means that the heart is affected greatly in a stressful situation as all emotions are processed through the heart.

(At present evidence suggests that there are three separate brains: the head, the heart and the gut.)

Our heart emits between 40 - 60 times more electromagnetic signals than our head brain. What this means is that because our hearts govern our emotions and affect our coherence, our emotional balance, our heart centre sends signals to the head brain that all is not well. The head brain then interprets this and activates various glands that then emit various hormones and sends a message throughout the CNS that we are now feeling "stressed" or some specific emotion. We will continue to feel this emotion until the flood of the hormone responsible dies down and we are then able to move on or cope better. To stop the flood of hormones from a stressful situation we need to do something. We may take a walk or instigate breathing in order to settle down.

Sometimes a person who has been successful in their career or business can suddenly go backwards or appear to engage in erratic behaviour, for no apparent logical reason. The person appears to be out of control. In fact, they literally are: "out of control". The successful career or business person, in private, may find themselves tearful or depressed. They may find themselves on the floor curled up in a fetal position, not able to cope. It appears to be sudden; however, it has been building up over time.

What is happening here is that some "hidden unresolved issue", whether it is a limiting belief, a negative emotion or a negative attitude or negative behaviour pattern has suddenly raised its ugly head and the person is not able to deal with it consciously. What this means is that an issue from childhood may have raised itself and may not appear to be related in any way to the current status. However, because it has not been expressed and therefore resolved, this issue from childhood could throw you backwards and into a learned pattern of behaviour that you once used in order to survive within that particular environment.

What this does is throw the person off the "successful" path that they have been on and throws them into a position of "lack of power". It means that the unresolved stress which has been impinging upon their central nervous system for many years, now raises its head and the person does not have the resources to deal with this as the "issues" that are now affecting the person are at an unconscious level.

The memories of these issues are ingrained in the CNS and at the cellular level. However, the person's body/mind system is jammed full of lots of "stuff" that the

person has not yet resolved from a prior time or from childhood, and the body/mind system breaks down and says: 'I am not able to cope anymore. You need to do something in order for me to regain control. I do not know what that is. However, I am crammed full of this unresolved stuff and I need help'.

Because this type of event/s happens on a regular basis in all walks of life, I have put together a series of practical tools that you can implement either personally, or with your entire staff, in order to **REPAIR your central nervous system** so that you can regain control and be more successful in either your career or your business.

You see, as a career person who has lost control, you will stagnate in your career path and not achieve the heights you aspire to when these past issues raise their heads and you do not do anything to resolve them permanently.

As a business person, if you personally, or your staff, are stressed in any way, this will have a direct effect on your ability to make profits and attract the right clients, and hence your bottom line. Your productivity will decline and your business will decline if you do not take action to resolve these issues. Firstly, you need to be able to identify what they are when they arise.

This is about your personal stress health and what you do to alleviate this from your life. People are so used to stress, in fact they become addicted to stress, that they quite often do not recognise when they are stressed and what effects it is having on them personally, professionally or on the business. If you are stressed personally, your business will suffer. If you are stressed personally, your career will stall.

So, the most important thing for you to remember when finding a way around your stalling career or your stagnating business is to put into place a **system of REPAIR** so that you and your business can be healed and become as successful as you desire. How you do that is to gain control over your CNS which controls all of your automatic functions, including your stress response mechanism.

In order to resolve your stress issues, the first step you need to take is to instigate deep-breathing techniques. This new way of breathing will help you gain control over your stress response mechanism, which is housed in the central nervous system and which is governed by the subconscious mind which controls all of the automatic functions.

## 2 RELEASE

The second step after you have ‘repaired’ your central nervous system is to rapidly increase the speed with which you move forward in your career or business. You see, because our bodies have been subjected to flooding with huge numbers of chemicals, from either “real” or “perceived threats, we need to continue to practice the techniques we learnt in the Repair section as stress will rear its ugly head again and again.



Sometimes behind the majority of the large stresses we have in life, e.g. you might have a life-long issue with not feeling good enough when you come across people who appear to be more successful than you. This over-riding fear limits your perception and hence your patterns of behaviour. Mostly you do not know how to deal with these big hidden underlying issues, so you just press on. However, sometimes they come and rear their ugly heads and throw you right off the track on which you have already been successful. It could arise when you are going for a promotion or a new job. You know that you have the qualifications and experience and theoretically should get the job. However, during the interview they ask you a curly question and you revert to some uncharacteristic behaviour and give a totally inappropriate answer. This leads the interview panel to believe that under pressure you will not be up to the job.

It could be in your business when you want to implement a new strategy and theoretically it all looks good and there should be a positive outcome. However, at the time to implement, you suffer from an anxiety attack and pull back on all of the steps and only implement a couple. This then sabotages the entire operation and you are now back where you started from or maybe even further behind that when you started.

So as a way of increasing exponentially the results you will have gained in the REPAIR section you will now be able, once having healed your CNS sufficiently well to cope with everyday stressor triggers, you will then be able to release the major traumas holding you back of which you are mostly unaware.

What this means is that your patterns of behaviour are imprinted from an early age, generally between 0 - 6 years of age. In this stage, you are in the care of your primary care givers and so you rely on them to keep you safe and learn how to behave and what to do in order to survive not only that environment but also survive in the outside world.

If you have been subjected to events or have interpreted events in a particular way, you then create a belief, generally a negative belief about what something means when a certain thing happens. This interpretation may or may not be useful in later life. However, what we do is to continually react to certain triggers in the same way as our body/mind has indicated that that is the best way in order to survive.

Because we were not able to express how we felt when these events were happening, we either suppressed or repressed these unexpressed emotions. However, in certain situations, our reaction to an event will surface and the reaction will be the same or similar to when we were that young child. In most instances, this behaviour is inappropriate for a more mature way of living and we find that when we argue with someone or we are fearful of a person or an event, then we will automatically go into that old pattern of behaviour. Generally, these patterns will be limiting because the beliefs we have around events from that time period are not appropriate to adult behaviour patterns. **If we want to be successful as an adult we will need to release the major negative patterns from our repertoire**, otherwise, at some stage, they will come back to haunt us and eventually sabotage our present success. When we are “trying” to be successful and are exerting will power in order to do this, we eventually will not be able to continue at that pace. We will slide back into unsuccessful behaviour.

How we help you release the major negative patterns and beliefs is via a combination of techniques including: EFT, relaxation techniques, guided imagery, hypnosis or kinesiology – whichever is most appropriate.

Our objective in this model is to be able to get into FLOW in life where our effort is minimal because we are operating at the place where everything is effortless and easy. That is our overall goal for this whole model and each step helps up move closer to that end.



## 3 RENEW

Having repaired your CNS with deep breathing techniques, and released the major traumas affecting your body/mind, of which you mostly are not aware, you now need to keep this body/mind operating at this totally new and healed vibration, i.e. a successful vibration.

Traumas need not be huge or result from a major or life-threatening situation. Anything and everything is traumatic to a little child, so if the word “trauma” is used, it merely signifies that it is a significant event as defined by the child at the time of occurrence.

Bodies are made up of energy. Mostly we are operating at a negative level of vibration, viz. fear, doubt, judgment, criticism, shame, guilt and so on.

This negative energy holds us down and holds us back. Also, too, keeping these negative thoughts, feelings, emotions, and patterns of negative behaviour hidden for long periods of time creates an energy drain and hence makes us feel exhausted or tired. This energy drain is due to the fact that these underlying emotions take energy to keep them hidden, as we do not want people to know that we have unresolved issues, or appear to be less successful than desired. We try to keep them hidden. Examples of how we do that are through: drinking, eating, general substance abuse or by negative behaviour patterns, e.g. self-punishment or self-abuse, e.g. if you have a drinking problem you have an emotional issue that you have not yet resolved.

So, having already repaired your CNS with deep breathing techniques to be more responsive, you will be able to be more present, more conscious have more awareness and perception and be able to make better decisions. In step 2, you will have released the major issues affecting your personal life and hence your business, in this third step, it is now time to ensure that your body/mind is in a state of positive vibration all day long, or as much as you would like. When you increase your positive vibration, and maintain that state you will then be able to attract what you desire and then you also will be able to set and achieve your goals more easily.

“Attractiveness” is about vibration. If you are in a positive, friendly and happy mood you will most likely attract people who are like you. If you are in a lousy, angry or irritated mood you will most likely attract people who agree with your point of view.



Vibration is about cellular movement. It is hampered by holding onto negative emotions. When you do this, you exert even more energy to hold these negative emotions down. This further increases the energy drain from your body/mind and you then experience fatigue or great tiredness. This tiredness generally cannot be replenished by ordinary sleep. You can only be replenished when you clean out your unexpressed negative emotions.

Sometimes the negative emotion that you hold can be elusive and you may not even be aware of what they might be. However, some people, when they have a disagreement with another may express these words: 'I will never forgive them. They don't deserve that'... or some such saying. In this way, you become a victim and are constantly at the mercy of another's whim. If they hurt you again then you will store an even bigger hurt inside, thus building a reservoir of internal pain. Unless and until you can release the other person from this hold that you have over them and they over you, you will continue to be a victim of circumstances.

The other negative emotion that makes it impossible to heal effectively is resentment. If you resent anyone for anything, even a minor amount, your ability to heal and restore positivity will be greatly reduced.

So, this Renew section is about getting your entire body/mind to be in a state of positive vibration, holding happy, grateful, appreciative thoughts about yourself or another, so that you can attract what you most desire.

## 4 RECREATE

What we have been moving towards with this Model of From Stress to Success is to know that when we want to set specific goals we know that we will be able to achieve them without fail. You see, if your body/mind is stressed out and your central nervous system is constantly being impinged upon with chemicals and conflicting messages from the brain and from the heart centres and gut brain centre, then you will not be able to achieve meaningful goals, as they will not be aligned with your heart centre.



Recreate is the step where we help you understand who you are at a very deep level, and come to know your innate skills, talents and abilities.

We help you to know your path, your purpose and your values so that you gain clarity and focused direction.

Having completed all of the energy clearing work in the first three steps, this step will help you solidify what you need to be doing and what path you need to take in order to be in FLOW.

You will have a clear sense of knowing.

In this step, you get to understand the real you, who you are at your core, your true identity. It helps you understand your innate skills, talents and abilities, those skills that come easily to you, those you were born with. It will help validate who you are when you come to accept the natural talents you were born with and celebrate them, and start to use them daily.

This step is about helping you express your innate skills, talents and abilities on a daily basis. When you do that your vibration will change as you get into sync with your wholeness, your identity, your authenticity.

## 5 RECLAIM

This is the final step in the process whereby you will be totally confident in your abilities and you will hence gain more appreciation and be more grateful for everything that comes your way, even if it appears to be a negative event. You will be able to handle things more easily as you will now have a basket of tools and techniques that you can use daily to reinforce the desired behaviour patterns that you are now adopting.

In this step, you will continue to use scientifically proven ways to enhance your positive behaviours, limit things that negatively affect you and change the way your life is heading, and be able to set and achieve meaningful goals, goals that aligned with the new, authentic you, and achieve them more easily and effortlessly.

Many people are not able to achieve goals. Every year in January they might set New Year's resolutions and within a very short space of time, usually within 6 weeks or less the resolution has died, and they feel a failure and they repeat the patterns of behaviour that have gotten them to the position that they really want to change.

In this step, we build upon the other four steps and will now be able to instigate a formula for setting goals, locking them in, having them vibrate to your new level of positive energy and then be clearly able to achieve them easily and effortlessly. By now you will be in flow and be able to live in the present more. When you are in that space, setting and achieving goals will be a "knowing" that they will be achieved as your body/mind will have been retrained on all levels to respond to a stressor trigger instead of wildly reacting to any stressful situation. You will be more in control, be invigorated and less tired. You will be able to sleep better and make better decisions and you will be affecting the people around you in a positive manner and hence be able to attract what you want and be able to service your clients better.

When you appreciate what you have and are grateful for everything that comes your way you will have arrived at that space where life will be joyful every day. You will be happy for no good reason and you will experience being able to access deep intuition, creativity and fun that you have not done so for several years. You will get back to that space where little children are, having fun, being themselves and who are not worrying about what other people think of them. They are in a space of



acceptance of self. In this space, you will be able to access skills, talents and abilities of which you are unaware and be able to state clearly what your purpose in life is and what you want to, what you will accept and what you will say 'no' to.

This space is your authentic self, the place you have lost and unbeknown to you, are always trying to access. When you reach this place, you will be truly happy. What you desire will rush towards you at great speed.

**Close:**

How long will this take? If you have been stressed out most of your life and you can get to a place of sheer joy within a year, is that something that you would choose. You do a step at a time and once one step is mastered you move onto the next step. My guarantee to you is that after the first 2 steps you will be so far advanced from where you are now that you and your business will seem like foreign places.

I look forward to hearing from you soon to see how quickly you can achieve this state of living a stress-free life, being back in control, having boundless energy, living in the present, having a fulfilling career or business with your customers benefiting from what you have achieved as well. You see when you implement these strategies at each level you not only change how you behave and react, you also change those around you, who will benefit by default.

The entire model “From Stress to Success” has been designed to help you move from Struggling to FLOW more easily. At each level, you achieve that success to some degree. However, if you want to achieve even greater success, you will make a commitment to yourself to do each step, one at a time.

If you want to live a different and easier life, in flow, with everything coming to you easily and effortlessly, do enroll in one of our programs.  
**(<https://www.stresstosuccess.com.au>)**

Best regards

*Celine Healy*

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