



## **When to Choose Plan B – A power-truth® exercise**

*to help you develop a high tolerance for daily interruptions and unforeseen challenges, with the confidence that you can still have sovereignty over your life – and your mind – regardless of any seemingly "external enemy" sabotaging your day.*



**power-truth®**  
*by amy-noelle*

## A power-truth® exercise

When our plans don't go the way we want, we often experience a "mood-hijacking." We lose patience. We're not as engaged. We lack motivation. And then we sink into an undertow of guilt for letting ourselves down when we don't eat well, work out, connect with our spouses and children, etc.

We often will think about our day in dualistic terms - either everything goes exactly the way I imagine, or I'm not a happy camper. We can, unwittingly, give our day to another master - our thoughts. We give our very power away every time we enter a non-accepting place. We may see the setup, for example, "I didn't get up early to work out." Then we believe a thought: "Now my day is shot." So we drain our energy, perseverating over how we are not having a good day. See how quickly we can turn a belief into a reality?! This is mindless control - where we relinquish having control over making conscious choices.

**So, I like to tell my clients: "Start the day in Fantasy, BUT with a full-on readiness to switch into Reality (or Plan B )"**

*Imagine that you are starting the day with*

☺ **Door 1: In Fantasy** - where everything goes exactly how you imagine it. Which, of course, can happen for you. When it does, revel in it. We all love fantasy. But when it doesn't go as planned, be ready to go through

☺ **Door 2: Reality** - where life happens and realities are never fixed.

Consider all the things that go into *\*your\** ideal day and can throw it off:

- You didn't get good sleep.
- A cold suddenly comes on.
- It's allergy season!
- Your child is having a melt-down - at the worst time, right?!
- You receive an upsetting email.
- You get into a fight with your partner.

*All power-truth® content and exercises by Amy-Noelle are protected by copyright.*

There are SO many factors that can disrupt your plans.

But what if, instead...

you could recognize that moment you need to go through Door two?

Shift into reality mode? Commit to showing up for yourself?

It's about communing with the "isness" of your inner and outer world.

It's about shapeshifting a "new best" for now-circumstances and "now-setbacks."

An array of unforeseen challenges affecting your "personal field" is an inevitable part of the everyday, real-life. However, when you embrace the As-Is, you can avoid slipping into "mindless control" and reset your agenda according to your present reality.

This is where you can stay out of an either-or mindset, where perspective often can be reduced to the dribs and drabs, and you only get pieces of reality. Instead, the "as-is" ask that you see your life as nuanced and textured and how it is showing itself in this exact moment. The task is always to stay grounded in responsive, creative intelligence. This way, you won't become tangled by colluding with old patterns that can perpetuate self-defeating beliefs or victim consciousness.

**All your power is 'woven in your willingness' to see yourself as an ever-changing, dynamic human being amid an ever-changing, dynamic world.**

This is your direct access to influencing how the next moment will rearrange itself, and the next moment, and the next moment...

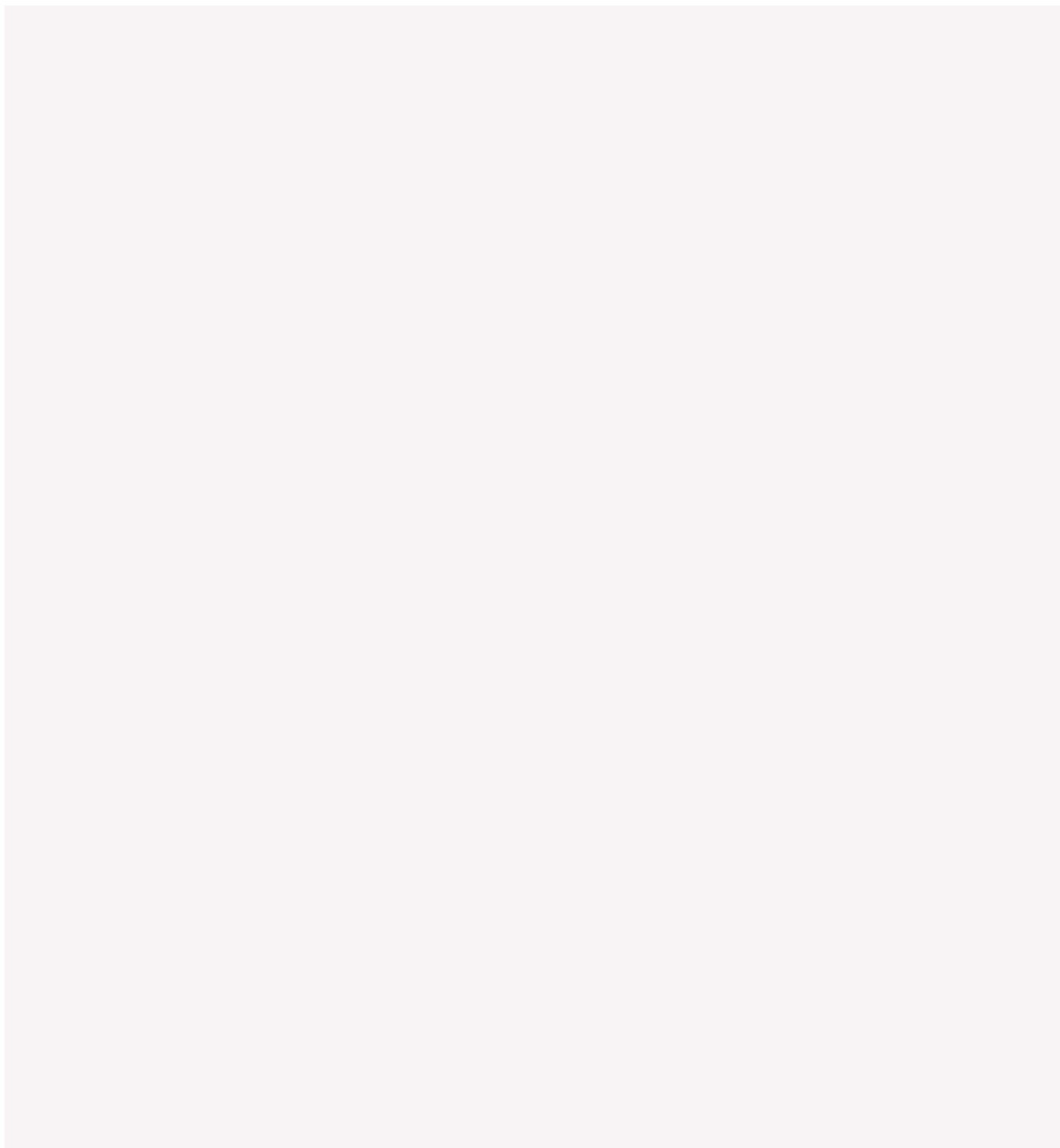
Are you in fantasy or reality right now? Do you know?

**Try this exercise:**

**Use the handout on the next page to write out your new plan.**

*All power-truth® content and exercises by Amy-Noelle are protected by copyright.*

**Step 1: Door One: Fantasy** - Write down how you would like your day to go. Be as specific as possible about your optimal plan - that is, your imagined \*perfect\* scenario.



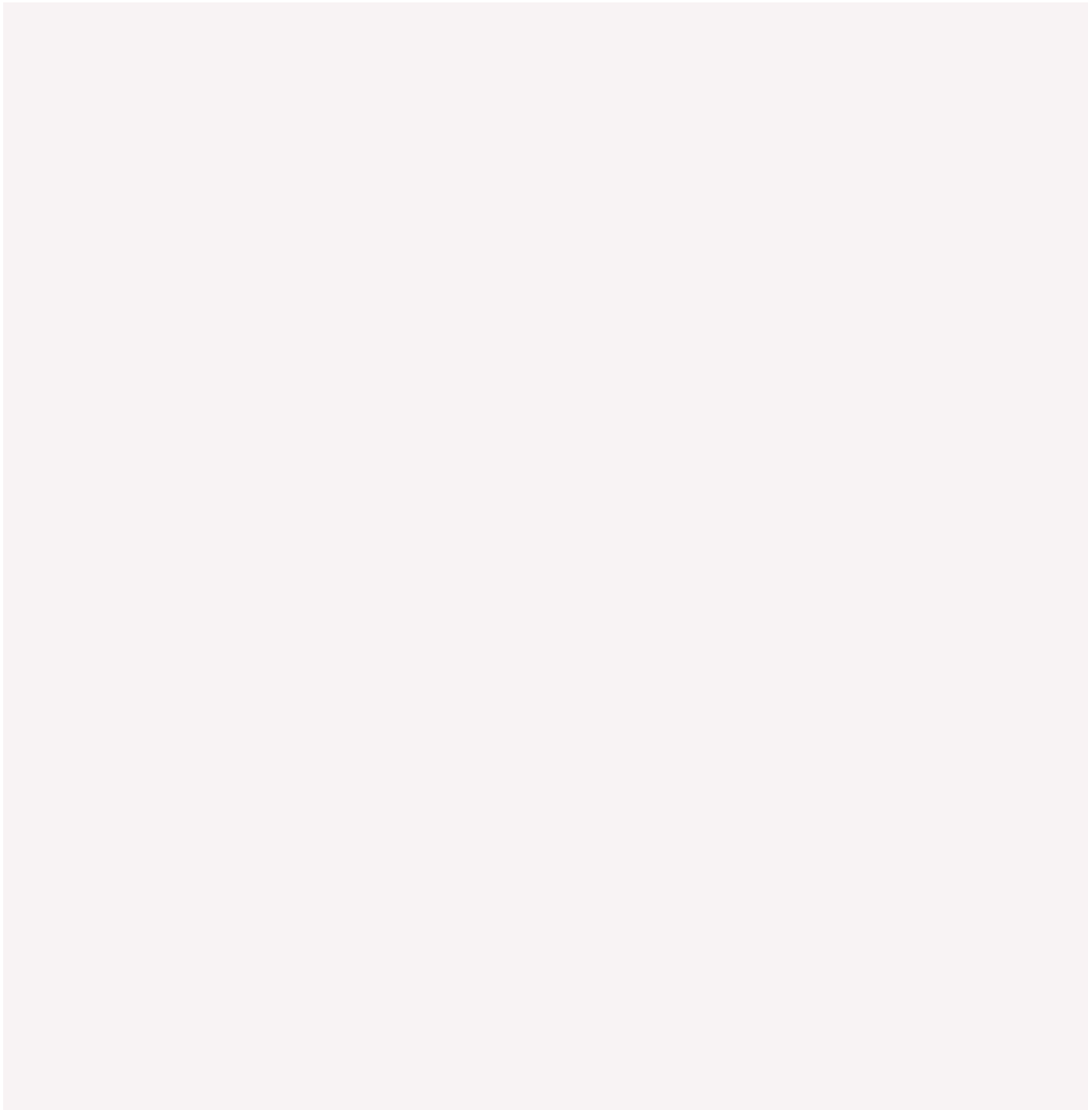
Keep this plan in your "wish bank." Then, be willing to let go and release your attachment to a particular outcome.

*All power-truth® content and exercises by Amy-Noelle are protected by copyright.*

**Step 2:** Write down all the annoying things that can “ruin” your day or “derail” you:

A large, empty rectangular area with a light beige background, intended for the user to write down their answers to the step 2 prompt.

**Step 3:** When things don't go as planned, be **READY** to enter  
**Door Two: REALITY or Plan B.**

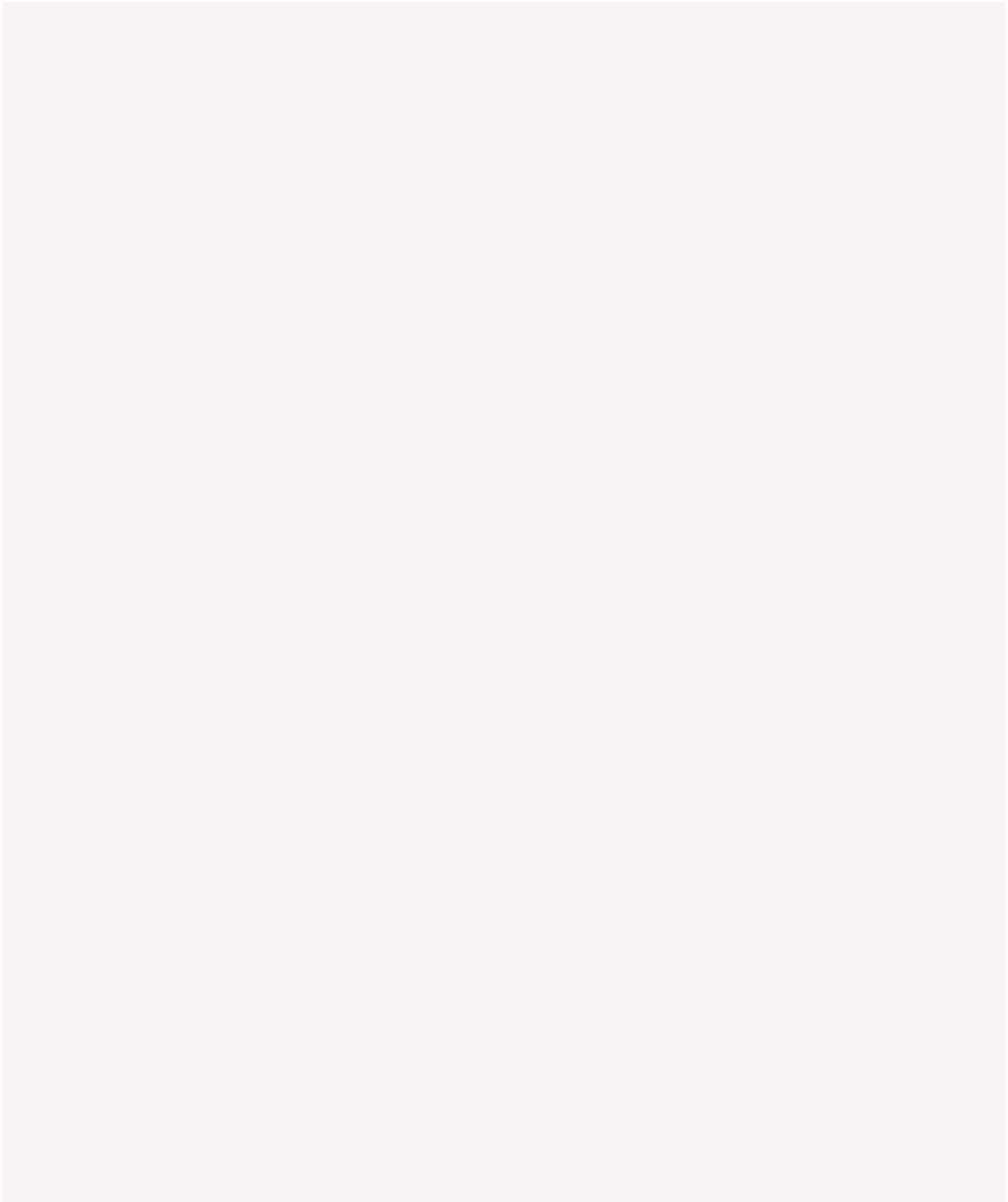


Look over your list and see if you can **“reframe”** each thing you wrote down.

What is your "new" best for "now-circumstances?" Think about some of the ways you can take control by accepting your current reality. Identify some things you can do to harness your resources - and energy - and respond to your present situation.

**All power-truth® content and exercises by Amy-Noelle are protected by copyright.**

**Step 4:** Now write out your Plan B.



*All power-truth® content and exercises by Amy-Noelle are protected by copyright.*

How did you do? Were you able to shift, pivot, course-correct, accept, respond, flow with the isness?

The more you practice, the more you WILL be able to develop a high tolerance for daily interruptions and unforeseen challenges, with the confidence that you can still have sovereignty over your life - and your mind - regardless of any seemingly "external enemy" sabotaging your fantasy.

**Wishing you a fantasy-wonderful and reality-wonderful day!**

love,

*amy-noelle*

\*\*To have power-truth® content and exercises delivered directly to your "inbox," go to [www.amy-noelle.com](http://www.amy-noelle.com) and subscribe to our newsletter.



All power-truth® content and exercises by Amy-Noelle are protected by copyright.