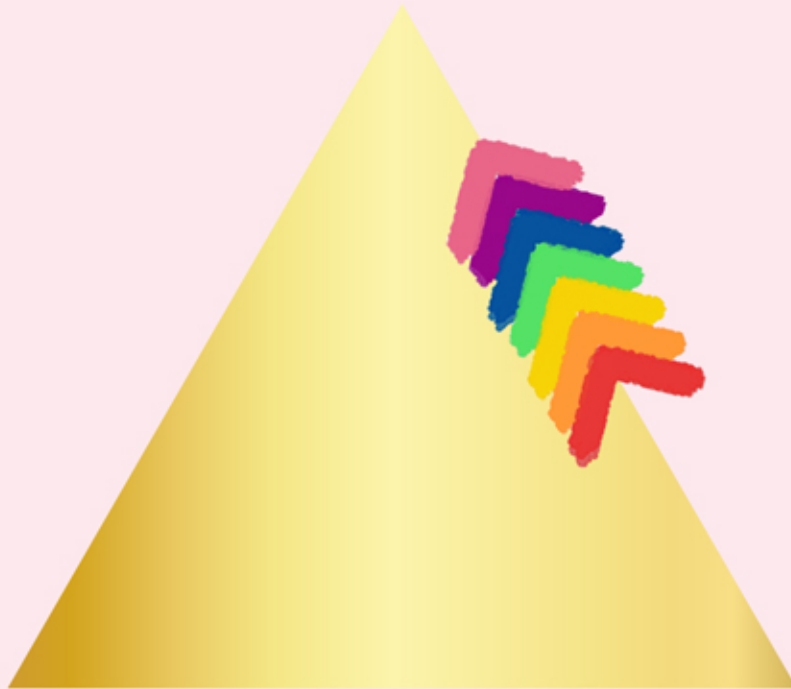
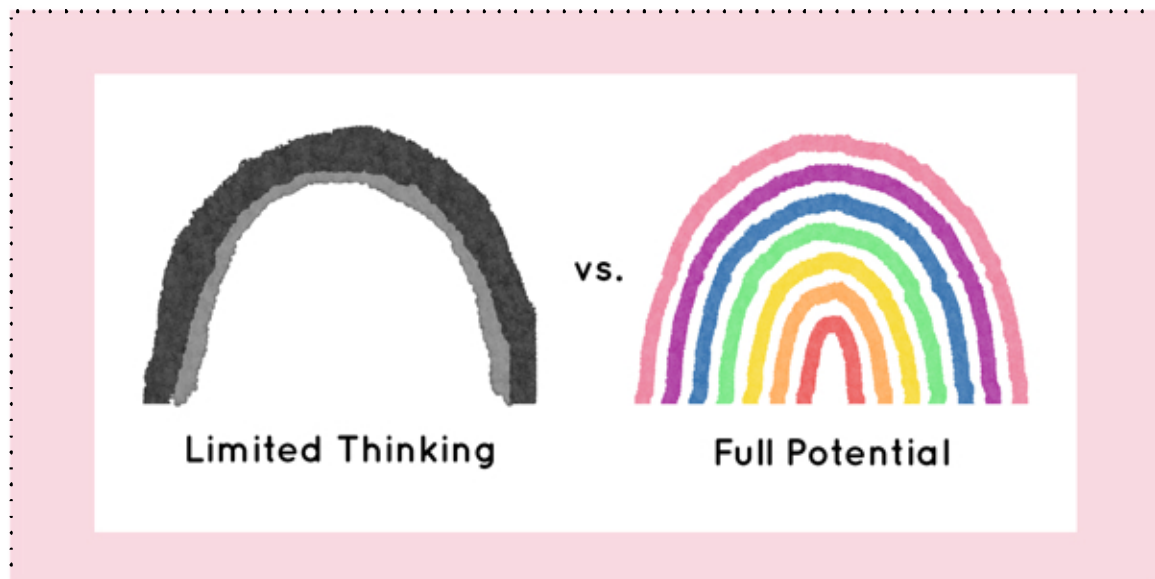


RAINBOW REALITY METHOD

***The Rainbow Reality Method** is a 7 step process that helps you reset your thoughts and realign with who you want to be.*



Created By: Chelsea Krost & Marisa Hughes



Welcome to the Rainbow Reality Method. You are just 7 steps away from your Mindset Reset.

This Method was a true labor of love brought together by The Universe. As sisters-in law, we noticed that despite our industries being so different, there was such a universal need for everyone to get out of their own head and shift their thinking.

For as long as we can remember, it has been our dream to combine our 20 years of experience and come together to help people in a bigger way personally, professionally, and spiritually. (*Marisa Hughes in Trauma Informed Therapy and Parenting Coaching and Chelsea Krost in Millennial Mindset Marketing, Media, and Entrepreneurship*)

So without further ado, we are excited to introduce you to **The Rainbow Reality Method**.

The content and order of the 7 steps were consciously created to help you rewire your thinking and live on purpose. When you shift your thinking, you can change your life. *RRM was inspired by principles from Cognitive Behavioral Therapy (CBT) and Mindfulness, which are evidence-based practices in the field of Psychology.*

To get the most out of RRM, choose to take 7 minutes every day to get out of your head, reset your thoughts, and realign yourself with who you want to be. Consistency is key. Let go of trying to do this perfectly and instead focus on small consistent steps toward the direction of your goals.

Let this method become the framework for how you think about your own thoughts and how you experience those around you. Initially, it is most helpful to go through the steps in order. However, once they are familiar to you, they can be used individually as principles from which you choose to live your life by.

Living in a state of consciousness and in a life of purpose is living in your Rainbow Reality.

Enjoy your journey... 🌈

With love,
Chelsea & Marisa

CHECK IN WITH YOURSELF

Check in with

yourself

as much

as you check

your phone.

STEP 1 ►

In this fast paced and high stressed world we live in today, it's easy to forget to check in with yourself. Well, now it's YOUR time.

What is bothering you right now?

What are the negative thoughts in your head? **Check all that apply.**

- | | | |
|---------------|-----------------------------------|-----------------------|
| "I can't" | "I'm not good enough" | "Why not me" |
| "I'm Fat" | "I'm not smart enough" | "I'm anxious" |
| "I'm Sick" | "That will never happen" | "I missed out" |
| "Why me" | "Nothing ever goes my way" | "I'm disappointed" |
| "I'm scared" | "I'll never be able to afford it" | "Too good to be true" |
| "I'm weak" | "No one shows up for me" | "I hate my job" |
| "I am ugly" | "I feel taken advantage of" | "I am not worthy" |
| "I'm sorry" | "No one cares what I think" | "I'm less than" |
| "I should" | "What's wrong with me" | "It's all on me" |
| "I shouldn't" | "There is so much on my plate" | Other |

**Don't feel bad
about feeling.
You're only human.**

So, How are you feeling? **Check all that apply.**

- | | | | | |
|-------------|-----------|------------|-----------|------------------|
| Passionless | Self Pity | Obligated | Sad | Hopeless |
| Competitive | Anxious | Neglected | Stressed | Abandoned |
| Silenced | Jealous | Frustrated | Awkward | Judged |
| Over it | Powerless | Angry | Depressed | Embarrassed |
| Fearful | Abused | Insecure | Exhausted | Excluded |
| Unmotivated | Envious | Pressured | Used | Stuck |
| Helpless | Shame | Drained | Lonely | Overwhelmed |
| Burnt out | Guilty | Confused | Rejected | Seeking approval |
| | | | | Other _____ |




THOUGHTS



FEELINGS



STORIES IN YOUR HEAD

 Your thoughts create your feelings,
which ultimately create the story you are telling yourself.

STEP 2

Stories can change how we see the world, especially the ones inside our head. Sometimes our thoughts can get the best of us even when they are not true. Our stories can lead us down the rabbit hole of negative thinking causing us to make assumptions, question our worth, judge our actions, and totally impact our mood. We overcompensate for this with defense mechanisms such as people pleasing, procrastination, perfectionism, and deflecting.

So, before you hit publish on your story that is causing you stress, anxiety, and internal chaos -----> PAUSE and rewire your thinking. Ask yourself, "Is there truth to this story?"

Stories we tend to tell ourselves...

- *I'll always be single, all the good people are taken*
- *I can't leave my job, my boss said I'll never find anything better*
- *I can't lose weight, I don't have time to workout*
- *I can't launch that business, I'm not a risk taker*
- *I can't calm down, my parents taught me how to worry*

When really...

- You are not as alone as you think, there are plenty of fish in the sea
- You don't have to stay at a job you hate
- You can always create time for things that matter
- You can choose to step outside your comfort zone
- You get to choose how you look at the world



In the examples above, it's not *you* that can't achieve the goal...
it's the story you are telling yourself that is holding you back.

Let's take a deeper look at your own stories.

The story I am telling myself is:

When really:



Suggestion: Next time you are bombarded by a story or negative thought that throws you off balance... Just simply ask yourself, "Is the story I am telling myself true?"

WHOSE VOICE IS IN YOUR HEAD

STEP 3 ►



Did you know that you may not have been the creator of your stories? Your stories are created by your past experiences and the messaging you receive from those around you and society as a whole. So, you know that little voice in your head that either beats you down or lifts you up? That voice may not even be yours!



Whose voice is in your head? Where did these thoughts originate?

Check all that apply.

My Own Positive Self
My Own Negative Self
My Mom
My Dad
My Partner
My Ex Lover
My Sister

My Friend
My Client
My Colleague
My Boss
My Teacher
My Trainer
My Frenemy
The Media

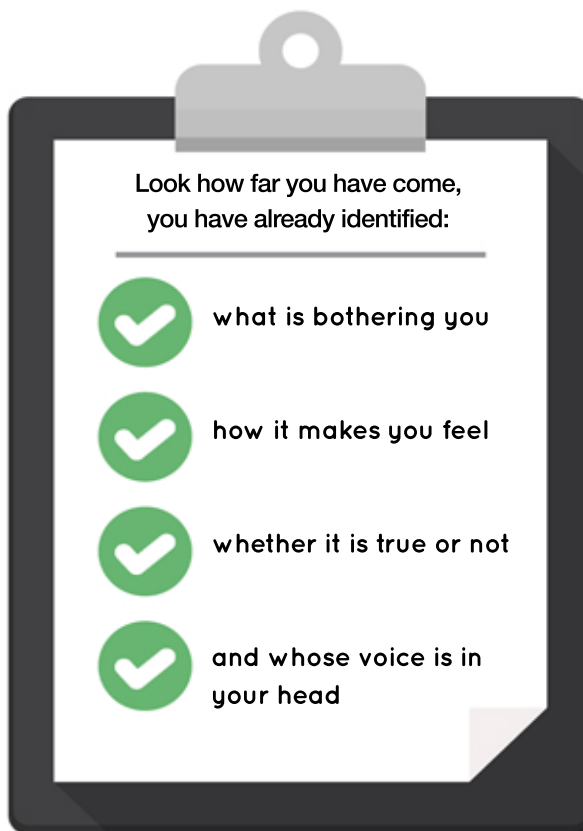
Social Media
My Coach
My Doctor
Society
Culture
Religion
Other_____

*Free yourself from
the prison of
false stories &
negative voices
in your head.*



LET IT GO: TRASH AND ADD TO CART

STEP 4 ►



Now let's release! Trash any thoughts, stories, and messages from **steps 1-3** that don't make you feel good by writing them into the trash can below. Take a moment to honor that your feelings are valid and you don't have to release everything all at once. Ultimately, you choose what's best for you.



LET IT GO: TRASH AND ADD TO CART

Choose which positive thoughts you want to “add to cart” so you can rewrite your story. Pause and accept that you don’t have to believe everything yet, you just have to want to believe it for yourself.

Letting go and feeling better doesn’t happen instantly, it’s a process we have to honor and not judge ourselves along the way. The more you apply these principles to your day to day thought process, the easier it will be to shift your thinking and really feel it from within. Stop second guessing yourself and start believing in yourself.

Check off how you want to feel about yourself.



“I can”

“I am worthy”

“I am a work in progress”

“I am healthy”

“I am enough”

“I am strong”

“It will happen”

“It’s not meant to be”

“It’s ok”

“I am prepared”

“I am thankful”

“I am beautiful”

“I am not to blame”

“I am content”

“Good things can happen”

“I choose”

“I have handled harder in the past”

“There is a solution”

OTHER: _____




Suggestion: Let these positive words and thoughts become your mantra(s) and the voice you hear throughout your day. Whenever your mind starts to spiral, go ahead and repeat your mantra(s) to yourself to get back into alignment and reset your thinking.

STEP 5

Practicing self love
means accepting yourself
as you are in progress.

To reset in the present moment envision your best self to create the direction you want your life to move in. Bring a clear image to mind by using as many senses as you can and fill out the questions below.

 **Best Self** = Your best self is when you live boldly, authentically, and can truly say, "This is who I want to be - This is who I am proud to be."

What do you look like? _____

Inspiration: smiling, fit, healthy, comfortable in my skin, empowered, like a boss, happy, confident, self expressed, glowing, hair down, high heels, sneakers & jeans, etc.

How do you feel? _____

Inspiration: fulfilled, balanced, strong, financially secure, safe, respected, validated, joyful, spontaneous, sexy, proud, at peace, in love, inspired, creative, rejuvenated

Where are you? _____

Inspiration: home, the kitchen, the beach, the mountains, traveling, at work, in a spa, in bed, in a garden, outside in nature, volunteering

Who are you with? _____

Inspiration: your partner, your lover, your family, your children, your friends, colleagues, people that support you, people who inspire you, your therapist, your coach, your yoga teacher, your pets, animals

What activities do you do in your day? _____

Inspiration: journal, meditate, drink your coffee outside, go for a morning walk, go to happy hour with friends, cook, gym, volunteer, read, listen to music, dance, express love, practice gratitude, take a bath, yoga, paint, swim, take a lunch break, get it on... ;)

Free thoughts:



Suggestion: Whenever you are feeling off, go ahead and remind yourself of this vision, and ask yourself, "Is what I am doing or thinking right now in alignment with my best self?" Acknowledge when you are off track and then reset by checking in with what your best self would think and do.

STEP 6



We tend to place so much focus on what we can't control, comparing ourselves to others, and telling ourselves, "*I can't.*" Instead it's time to get clear on what we do want and take action on what we can control. The definition of insanity is doing the same thing over and over expecting to get different results. So, what purposeful action can you take to get one step closer to being your best self?

What action(s) will you take today?



Suggestion: it helps to use the framework of **SMART** goals as you do this exercise. Create realistic goals that are **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**ime-based.

Action One: _____

Action Two: _____

Action Three: _____

STEP 7



It's easy to get stuck in the tornado of negative thoughts, but instead give yourself a gentle reality slap and remind yourself of what you are grateful for.

List 7 things you are grateful for below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Remember, there will always be rainy days but after it rains the sun always comes out.
Without the rain and the sun we wouldn't see the beautiful rainbow.

Step into your Rainbow Reality.



DAILY CHECK-IN : 7 STEPS TO YOUR MINDSET RESET

To get the most out of the RRM, choose to give yourself 7 minutes to check in every day to get out of your head, reset your thoughts, and realign yourself with who you want to be.

Initially, it is most helpful to go through the steps in order. However, once these steps are familiar to you, they can be used individually or as principles from which you choose to live your life by.

When you need a quick mental reset use the Daily Check In to shift and get centered.

Daily Check-in: Your Mindset Reset

1. What is bothering you right now?
2. Is the story you are telling yourself true?
3. Whose voice is in your head?
4. Which thoughts are you going to trash/replace?
5. Are you in alignment with your best self?
6. What actions are you going to take to become your best self?
7. What are you grateful for?



Meet the women behind the method:

As described by Chelsea... Marisa is a Licensed Psychotherapist and Parenting Coach who helps her clients transform their relationship with themselves and their kids. She specializes in Maternal Mental Health and Trauma.

Marisa is a true healer who is passionate about breaking multi-generational cycles of trauma. She helps her clients reparent themselves and challenge negative core beliefs that are keeping them stuck so they feel more authentic and confident in all areas of their lives.



Marisa is an emotional-firefighter, ready to run into the building and put out the flames for her friends, family, and clients. She is more than your average therapist and combines her clinical Masters degree in Social Work, expertise in Trauma and motherhood, and intuition to work with her clients in a variety of ways, such as traditional therapy for Florida residents and online coaching globally. She leads in-person and virtual programs, and group workshops for those ready for a life long shift. When she is not working, you can find Marisa in her happy place doing hot yoga at 6am or at home elbow deep in diapers, spending time with her husband and two little ones.

marisahughes.com

@marisahugheslcswh



As described by Marisa... Chelsea has always had a passion for empowering Millennials and helping women shine since she launched her first radio talk show, Teen Talk Live, at just 16 years old. With a decade of traditional broadcast and digital innovation under her belt, Chelsea is a leading marketing strategist, global speaker, LinkedIn instructor, media personality, and the host of #MillennialTalk Twitter Chat. While people are often drawn to her expertise in Mindset Marketing and Personal Branding they come away with so much more.

Chelsea helps people squash fear, work smarter not harder, and build a business aligned with their passion and purpose. She digs deep and genuinely cares about everyone she works with, a trait that is hard to come by. Chelsea has a gift for helping you move out of your own way, bring structure to your passion, and gain clarity in your path forward. Chelsea says, "It's time to focus on the human behind the Entrepreneur. If you are not feeling your personal best how can you perform your professional best." When she is not working or traveling you can find her doing yoga, outside in nature, riding horses, flipping through animal medicine cards, or hanging at home with her husband and fur baby, Gigi.

chelseakrost.com

@chelseakrost



Visit Rainbowrealitymethod.com to learn more about the creators and the community.
The free guide is available for download on the website.