



5

STEPS TO DISCOVER

Your Unstoppable Power

PROCESS & WORKBOOK

heart of human™

Empowering Wellness, Wisdom & Wealth

“

*You always had the power my
dear, you just had to learn it
for yourself*
- Glinda The Good Witch

”



5 GENDER
EQUALITY



To achieve gender equality and
empower all women and girls



Welcome!

Each of us have an unstoppable power to create the life we want but not everyone has learned to access this inner power and cultivate a life that brings joy and happiness each and every day.

It's easy to get caught in the rat race and then find yourself questioning what it is all for? Why are you working so hard and still feeling like you haven't tapped into your best life?

I know....

....you want to follow your heart....

.....and that is why I've designed and created this exclusive and powerful process to enable you to do just that and reveal your unstoppable power.



HOPE

Know where you want to go



ENERGY

Acquire fuel for your journey



ACTION

Move towards your destination



RESILIENCE

Re-route quickly when necessary



TRUST

Cultivate your confidence

This experience is designed to give you some clarity and also to have some fun in the process of your self discovery.

Set some quality time aside and create some space so that you to get the most out of this experience. If it helps choose a friend to do this with and share your responses.

It's time to follow your HEART.®

Glin



STEP 1 *Hope*

"Where there is no vision, there is no hope" - George Washington Carver....."Where there is no hope there can be no vision" - Glin Bayley

Our journey begins with knowing where our heart wants to go.

Our heart is our inner guidance system and it knows intuitively the life we want to create for ourselves. The first step to following our heart is to begin to listen to what it is telling us about what we hope for.

Firstly, what do you want to be feeling?

What does your heart want for you to do?

What pathways could you see that would get you there?

How would your life be different if you followed what your heart wanted for you?

quick tip



Sometimes it can be hard to identify what you want, so if you get stuck start with thinking about what you don't want to feel or what you don't want to do and which pathways you don't want to pursue.



STEP 2 *Energy*

"You give life to what you give energy" - Unknown....."Energy is your fuel; no-one gets far with an empty tank" - Glin Bayley

We need fuel for the journey our heart wants to take.

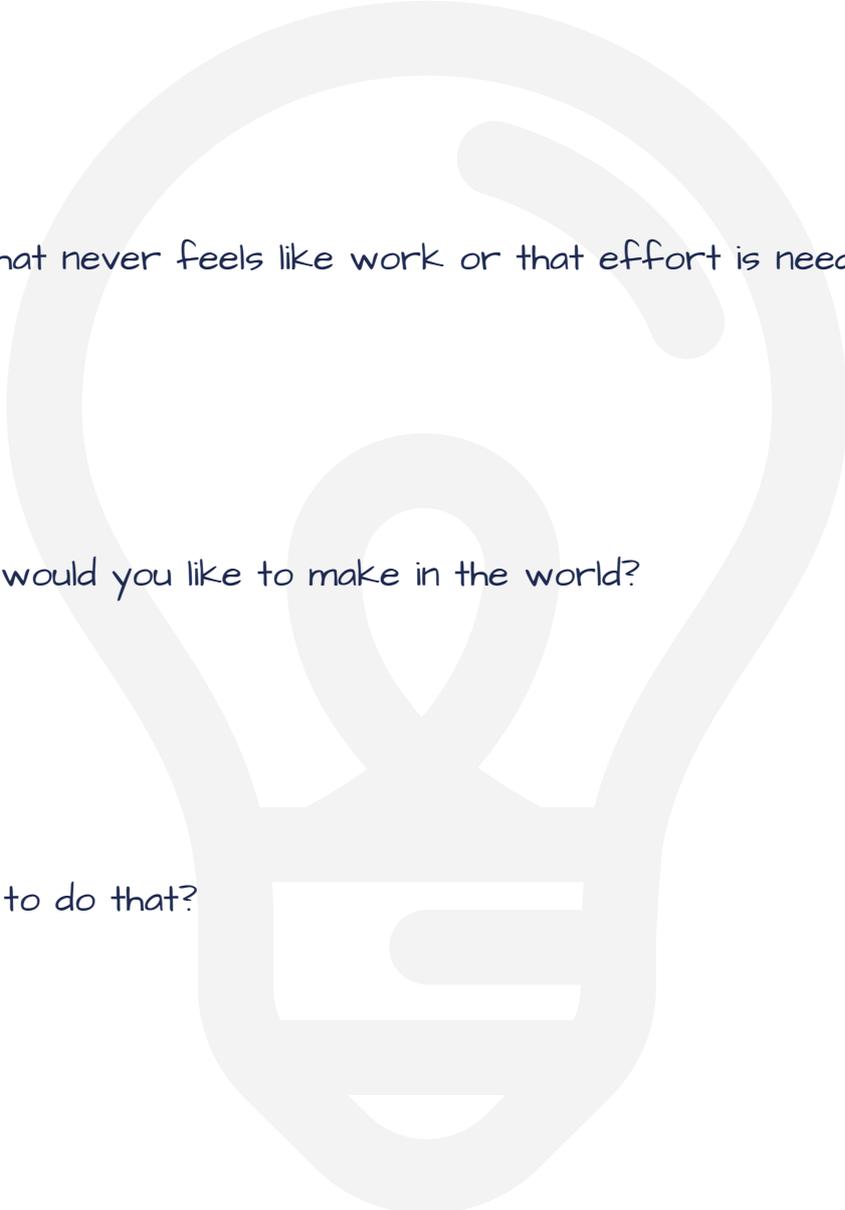
It's easy to get into our heads and stop listening to our hearts which can then lead us to draining our fuel tanks. This step is focussed on getting you into alignment with what fills you up and to help you recognise what fuel you need to reach your destination.

What/Who do you notice drains your energy levels?

What do you do that never feels like work or that effort is needed?

What difference would you like to make in the world?

How would it feel to do that?



quick tip



You will always find the energy for something that you are enthusiastic about. If it feels like effort then that is your clue that you will be draining energy. Fill your tank and time with activities or people that you are enthusiastic about.



STEP 3 *Action*

"I never worry about action, but only about inaction" - Winston Churchill....."To reach there you have to leave here" - Glin Bayley

We have to move towards the destination our heart wants to take us.

Consider this step in the context of the destination you want to reach. This is the step that is easy to get stuck on which is why the questions are designed to raise your awareness on what keeps your brakes on and where you find it most easy to accelerate.

What inhibits you taking action towards your destination?

What helps you take action?

Where do you notice that you avoid taking action?

What are you most inspired to take action on?

quick tip



Notice how action feels when you are inspired vs. having to find the motivation. You will accelerate much further when you are doing things you are inspired to do. Being inspired also shows you how aligned you are to your heart.



STEP 4 Resilience

"I can accept failure; everyone fails at something. But I can't accept not trying again." - Michael Jordan....."Resolve is the mother of resilience, resolve to find a way and you have already tasted success" - Glin Bayley

Following where our heart leads will need us to commit to getting up each time we fall.

This step helps you see that all of the things we experience that we didn't want have helped us to identify what we do want. Each time you face an obstacle in your path or when you find yourself falling acknowledge that this is the evolution of you becoming unstoppable.

If you were to make a statement to reflect your resolve to following your heart what would it be?

What are you appreciative of now as a result of the obstacles you have faced?

How would you stop your negative voice from speaking louder than your positive one?

When an obstacle appears in your path to following your heart, how will you navigate it?

quick tip



Building resilience is easy when you have a destination that is aligned to your heart. We only get this one precious life and the challenges we face help us really check out heart connection. We know if we are aligned when we feel unstoppable.



STEP 5 *Trust*

"Have the courage to follow your heart and intuition, they somehow know what you truly want to come." - Steve Jobs....."There is no trust where there is certainty" - Glin Bayley

To reach where our heart desires we have to trust where it is leading.

Your heart know much more than what you can see so you will need to trust the path it is taking you down. Sometimes it can be challenging to have trust when you can't see how things are going to unfold but your heart knows your truth and has the strength to carry you, if you trust it.

In what areas of your life do you struggle with having uncertainty?

What do you trust in that can't be seen?

How do you currently cultivate trust in yourself?

What gets in the way of you trusting in yourself?

quick tip



Trust is about having ultimate confidence in ourselves, others and our environment. If you didn't have certainty by following your heart. Would you trust yourself enough and find the courage to do it anyway?

Your Unstoppable Power!



1

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you want to go



2

ENERGY

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your journey



3

ACTION

Move towards
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4

RESILIENCE

Re-route
quickly when
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5

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Cultivate your
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If you've followed the workbook and the process outlined you'll have done some deep reflective work to discover what you want and what is getting in the way. Don't underestimate how much work you have done in completing this process and the value you will get from having taken the time for yourself to do this.

The only way to unlock your unstoppable power is through alignment with your heart. It's time now to acknowledge what you've revealed for yourself and put it together to guide your path.

HOPE - What do you want to pursue?

Energy - How will you fill your fuel tank?

Action - What's the first inspired and aligned action step you will take?

Resilience - What is your commitment to yourself?

Trust - What courage will you show?

Hi! I'm Glin.

I believe we all have unstoppable power to create the life we want when we connect to our heart. I created the H.E.A.R.T.® Self Leadership Framework from my own journey of self discovery and transforming my own life through following where my heart was leading me.

I had a seventeen year career in finance working for global companies before becoming an executive coach.

I now specialise in coaching female business executives and run female leadership workshops focussed on helping them reveal the power of their heart to be unstoppable in achieving the life they want.

I know I personally spent too long living the life I thought I should be living, instead of the life I actually wanted. So, it's inspired me to help others to avoid doing the same.



So What Next For You?



Check out the free Unstoppable Human Scorecard on the Heart of Human website and discover how unstoppable you are!



Book your free 30 minute call to discuss the results of your unstoppable scorecard and identify where to focus next



If you would welcome executive coaching support please feel to reach out I'm ready to help you create the life you want.

“*She was unstoppable not because she did not have failures or doubts but because she continued on despite them*”
- Beau Taplin



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