

# Next Step Transformation Newsletter

November 2014

Vol. 3 Issue 8

## “If I had a hammer”



### Prepare for 2015

The best way to prepare for a bright successful future is to invest in you. Our NST Academy offers a variety of classes to help you improve your life. Whether it is improving your relationships or growing your business we have a class to get you there.

As a thank you for subscribing to this newsletter, I am extending a **50% discount** for any classes you register for between now and December 15th. Or use your discount to purchase a class as a gift for a loved one.

Visit our [NST Academy](#) use coupon code **subscriber** for your 50% discount

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When I am working with my personal power tools I always remember that song from Peter, Paul, and Mary “If I Had a Hammer.” Having a personal power toolkit is essential for navigating the twists, turns, and speed-bumps on the journey to success. Just like that “hammer”, we should be using our personal power toolkit morning, day, and night and throughout every aspect of our life.

What is a personal power toolkit? It is a collection of activities, affirmations, and objects that help you snap yourself out of any negative mental state. The very first product I developed was a themed toolkit which offers tools for every one of our five senses. The toolkit has a colored pouch and inside it contains a dram of my special blend of aromatherapy, a rubbing stone, a couple of affirmation cards, and some suggestions for sounds and tastes; this product is called the [“5 Senses to Change.”](#) I developed one of these toolkits for each of the five most common areas of life that often need support: Love, Health, Wealth, Creativity, and Joy.

Your personal power toolkit should have something that is easy to use and feels so natural to you that you reach for it anytime you need comfort and strength. For many people this might be as easy as a book—for example, the Bible. But for others it may need to be something that generates a more physical reaction, like a certain smell or taste. For example, the smell of roses or the taste of chocolate. The idea and effects are the same; you are moved from a place of hurt and struggle to a place of calm and hope.

Here are some basic tools to get your personal toolkit started:

1. When life feels like a struggle, have an affirmation that reminds you of your positive qualities. For example, “I am strong, patient, and kind.” Reach for this affirmation anytime you are faced with a new challenge or situation where you are not sure how you will resolve it but need to remind yourself that you **will** resolve it.
2. When you are overwhelmed, depressed, or frustrated look for something in your surroundings that you can observe in detail. Focus your attention on the color and details of the image or object you are looking at. Really allow yourself to enjoy and appreciate each aspect that you observe. This is a distraction technique that gives you an immediate mood shift.
3. A token, like a rubbing stone, is always handy to reduce anxiety. As you play with the stone or token notice the temperature, the texture, and the shape. The focus on the external token takes precedence over your internal stress and this allows your anxiety to dissipate.

To your success,

*Martha Soria Sears*