

# DIY LIFE COACHING



## with the 4P Framework

Anne Brookes



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Anne Brookes, the Canalside Life Coach

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*This book is dedicated to my Mum and Dad, no longer with us. Both had been through wartime and it's aftermath and knew how to be patient, trust yourself and your values in this pressured world. It's only now that I truly appreciate all I learned from the way they lived life with grace and principled love.*

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# INTRODUCTION

## Why DIY Life Coaching?

If you prefer to think through your issues and “get stuff straight” in your own space, this is the book for you.

Whatever stage or age you are at, take time to accept where and who you are now - all your experiences, skills, highlights, problems, relationships, mistakes, discomforts, resources and events that make up a life are relevant and to be honoured.

If you’ve been feeling a little stuck lately – like life’s been happening to you rather than with you – then you’re not alone.

Maybe you’re feeling tired, unmotivated... just not quite yourself?

Perhaps your roles have shifted, or your energy’s gone into caring for others – and now you’re wondering - what about me?

That’s exactly why I created DIY Life Coaching with the 4P Framework.

It’s a gentle, supportive guide to help you press PAUSE... take stock... and reconnect with what truly matters to you.

You’ll explore:

- ◆ Pause – make space to breathe
- ◆ Protect – set boundaries that honour your energy
- ◆ Pivot – spot where change is needed
- ◆ Project – shape the future you want

This is not about radical overhauls or quick fixes.

It's about kind, sustainable shifts that bring you back into alignment — with your values, purpose and sense of calm - on YOUR terms.

I came up with Pause, Protect, Pivot and Project when I realised these actions were how I had dealt with many different challenges and changes over decades - in different ways and using some blunt tools at times!

This 4P Framework has helped me work through different life transitions in the last decade in particular.

I call it the Framework as an overarching phrase, however, it is also a STRATEGY that can be quickly deployed as necessary in an unexpected stressful situation.

You can quickly run through the 4P STRATEGY in your mind:

- ▲ Pause firstly to do deep breathing for a few minutes to help your focus
- ◆ Protect as you consider why you're off balance - is there a value that is being undermined or a boundary being crossed?
- ◆ The Pivot is to use your skills to navigate this, deciding on the response to match the circumstances on your terms.
- ▼ Project is acting in a positive way that aligns with who you need to be in this moment.

We are always learning and that is a key part of DIY Life Coaching. Be willing to learn and grow. Take the time to acknowledge your humanity and capacity to develop - in spite of, and sometimes because of, the many “slings and arrows of outrageous fortune”\*

You can take as long as you need at each stage to get to where you need to be. Or dive in to the P that appeals right now. However you approach this process will shift your thinking.

After this you can continue to use the 4Ps individually by developing more in each area as it suits, or in sequence as per the Framework, to gently guide you.

So if you're ready to begin your own quiet transformation — start your journey with the 4P Framework.

## Who am I?

I'm Anne Brookes, the Canalside Life Coach<sup>1</sup>.

I've lived for a number of decades and I've learned that it helps to keep a fresh and healthy attitude to life.

Many of us have had challenging experiences and life means adapting to changes, whether wanted or not.

I have always been interested in human and organisational behaviour, learning and communication. I have used a variety of approaches, theories and practices in my working life as a manager, trainer, lecturer, counsellor and life coach.

I have expertise, and I'm experienced in life.

DIY Life Coaching reminds you that YOU are the expert in your life.

When I mention videos, just click on the name of it and it will take you to the

 YouTube channel @canalsidelifecoach<sup>2</sup>

- Quote from the “To be, or not to be” speech given by Prince Hamlet in the so-called “nunnery scene” of William Shakespeare’s play Hamlet (Act 3, Scene 1). The speech is named for the opening phrase, itself among the most widely known and quoted lines in modern English literature, and has been referenced in many works of theatre, literature and music.

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<sup>1</sup><https://www.canalsidecoach.app>

<sup>2</sup><https://www.youtube.com/@canalsidelifecoach>

# **PAUSE**

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## **We do have control over at least ten minutes to an hour a day of our time**

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## **Understand your stressors**

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# **PROTECT**

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## **What really matters to YOU - no-one else**

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## **Your Top 5 Life Values**

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## **Boundaries**

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# **PIVOT**

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## **It's time to PIVOT your thinking**

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## **Worklife**

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## **How can you balance it all?**

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## **If paid work is your concern**

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## **Positive Thinking Strategies**

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# **PROJECT**

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## **PROJECT into your future**

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## **Enjoy the flourish of achieving clarity - nail your goals!**

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## **If you're thinking about career/job moves: get clued up!**

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## **Action time - topics to consider**

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## **Questions to ask about setting goals**

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## **Goal Setting Strategies**

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## **The classic mnemonic - SMART goals:**

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## **Sometimes this is the scariest part - stepping into your future.**

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# **SUMMARY and YOUR NEXT STEP**

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