

# 3 Steps to Thriving

IN THE MIDST OF CHANGE

A Worksheet for  
Kindly Rebels

# Are you Too Much and Not Enough?

BE A KINDLY REBEL

Do you ever feel you are **Not Enough**?  
Not loud enough, not brave enough,  
not kind enough, not smart enough?

Do you ever feel you are **Too Much**?  
Too pushy, too quiet, too loud, too  
ambitious, too opinionated?

You want to thrive and be your real self. You want to choose your own path, not follow the crowd. And you want to stay connected to people even if you want different things.

You are Enough, just as you are.

I'll help you get clear on what YOU want and find ways to stay yourself. You'll get started taking tiny steps. So that you will

- enjoy more of every day
- be happier being yourself
- know that you are enough
- be a great role model
- have a way to approach life and change with confidence.

And you will be **More Than Enough** and **Just Right**.

Life is all about change, whether we choose it or not. Rebel Kindly helps you adapt & thrive. Rebel is Passion. Kindly is Compassion. Put the two together and you have a way to approach change in a way that's positive and effective. Kindly Rebels help people thrive with change.

# TELL ME ABOUT REBEL KINDLY

Life is all about change, whether we choose it or not. Rebel Kindly helps you adapt & thrive. Rebel is Passion. Kindly is Compassion. Put the two together and you have a way to approach change that's positive and effective. Be a Kindly Rebel to live well with change & help people thrive.



## BE A REBEL

It's good to rebel. Society often paints rebellion as a bad thing. Stability and structure are key to society humming along nicely. But without a bit of rebelling, we all lose out. On good ideas, on adapting to a changing world, on getting the best out of everyone.

Anyone can be a rebel. You have the skills to be a rebel right now. Use your strengths and don't wait until you are ready. You can start small, just start.

So Rebel, what expectations are there, and what path will you choose? If you get stuck, think about what your passion is and how you can use that to overcome expectations, keep moving through. Be a rebel with a cause.

## WORK REBEL

A leadership role just opened up. What expectations are there? Do people expect you to apply because you're a "career person" or they like you or you should set an example to other women. Or you think you should so you are a role model or because you should achieve in life.

Or people think you shouldn't because you're a parent or you're not sure you'll can do it well or you'll be thought pushy, ambitious.

Time to step back, think about **what you want, your values**. Choose your own path, take your own journey.

# WHY IT'S GOOD TO BE KINDLY

Being Kindly helps makes all this change easier to get through. There's a heap of research about how being kind is good for everyone. It's good for the person doing a kind action and for the people receiving it. Kindly is action not just an attitude. Kindly is Thinking **and** Doing.

Being Kindly is for the selfish & the selfless. It's good for you, makes you happier and calmer. It's good for others, they feel heard and appreciated. It helps you build strong relationships rather than breaking bonds. Strong relationships are key to happiness in life. Being Kindly is being brave and compassionate.

## HOW TO BE KINDLY

Spend some time thinking about how others might feel rather than jumping straight in. How might you want to be spoken to? What would make you feel valued? How might you react?

Put yourself in their shoes. Be authentic and compassionate. Really look and listen, to see how the other person is feeling. They might feel scared, worried, or annoyed by you.



You can help them to stay engaged with you, rather than tune you out or rage at you. Their appreciation for your Kindly ways will make them feel better and more likely to hear you. The outcome you want is more likely.

Change happens when we are supported, not judged, get a chance to try and fail at things. Learn and grow and try again.

# DOES REBEL KINDLY WORK?

Yes being a Kindly Rebel works! It lets you live a bigger bolder life, thrive with change. How do I know?

My clients tell me. They feel "much less anxious and much happier" and that my coaching and the Rebel Kindly way are "incredibly helpful". Having support, challenge and accountability are great but the main thing is practicing using Rebel passion & Kindly compassion together so you live your best life.

And my biggest experiment was on me! I've gone from being the quietest kid in school to travelling, living, working, volunteering all over the world. Making choices, making friends, failing, being me & thriving. Being a Kindly Rebel is how I did it.

“So much clearer on what thriving is for me”

{Rebel Kindly Client feedback}



## ABOUT SUSIE

Hello, I'm Susie. I am a Rebel veteran and a Kindly novice. A leader, a volunteer, a mama, a friend, an introvert, a learner, a thinker. A big believer in living by your strengths. I strive to live life by these values: curiosity, humour, courage.

A Change Navigator with 25 years experience leading change around the world. A Rebel Chaperone with a lifetime of challenging expectations to live a bolder better life. A Kindly Counsel, grateful for all the Kindly ways I have learned from others and eager to pass it on. This is me!

# WALK ME THROUGH IT

Now you know how it works, here's a friendship example. Remember that change is hard, messy and all around us. Be kind to yourself and don't try to fix everything at once. Pick just one change, it can be tiny. This is all practice and you are learning.

The steps in this worksheet will help you try new ways of thinking and doing, so that you learn how to Rebel Kindly. You'll see how being a rebel is a good thing & how you can be kindly even when it's a tricky situation.



# SPEAKING UP

So you've got a friend who says things that really upset you. The expectations might be that you just keep quiet to keep the relationship or that you take them to task and tell them why they're wrong or you start to avoid them.

The Kindly Rebel will think about what the options are, maybe talk about them with a trusted person. Choose whether you want to keep the friendship or not, whether to address it or not. Choose your rebel path. And keep it kindly. For example, by saying how you feel, saying that you don't like their words not that you don't like them, being ready to listen to their views, being open. Or by saying nothing and just letting it go.

# ARE YOU READY?

The worksheet guides you through three steps. This is your Rebel Kindly journey, so you need time to think, plan and then take action. **You are ready.**

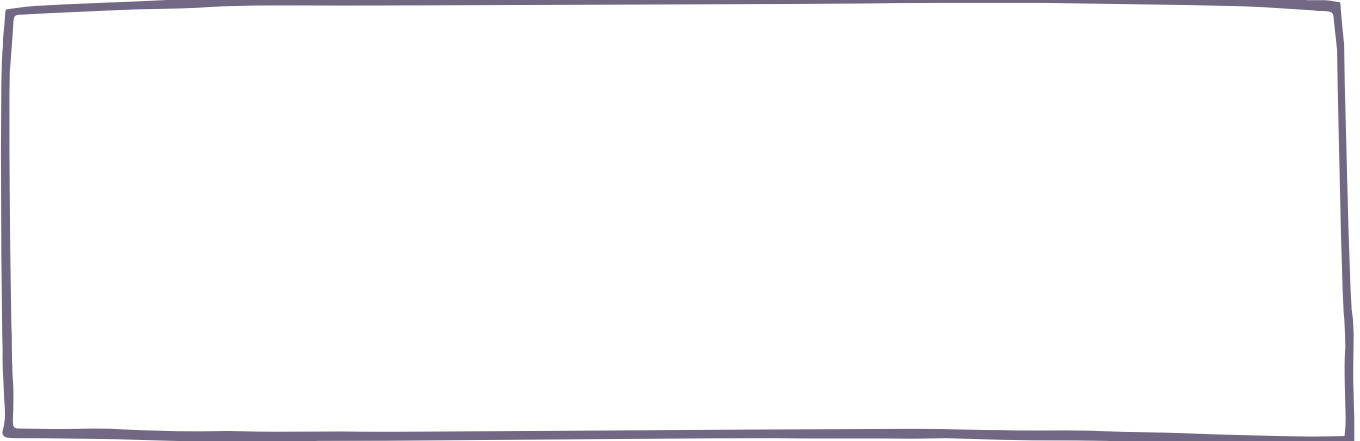
1. Pause - Change and You
2. Rebel Kindly - Be a Kindly Rebel
3. Doing - Time to Start

You'll thrive when you use your strengths, ask for help and try things that scare you. Let's go!

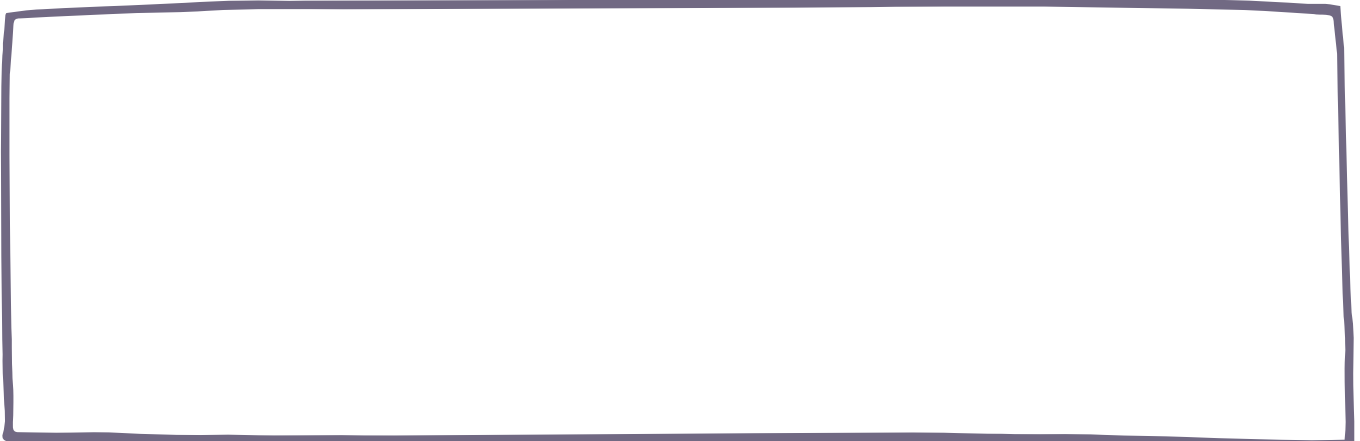
# STEP ONE – PAUSE

Take a little time. You need to get clear on what changes are happening, where you want to be and who you really are.

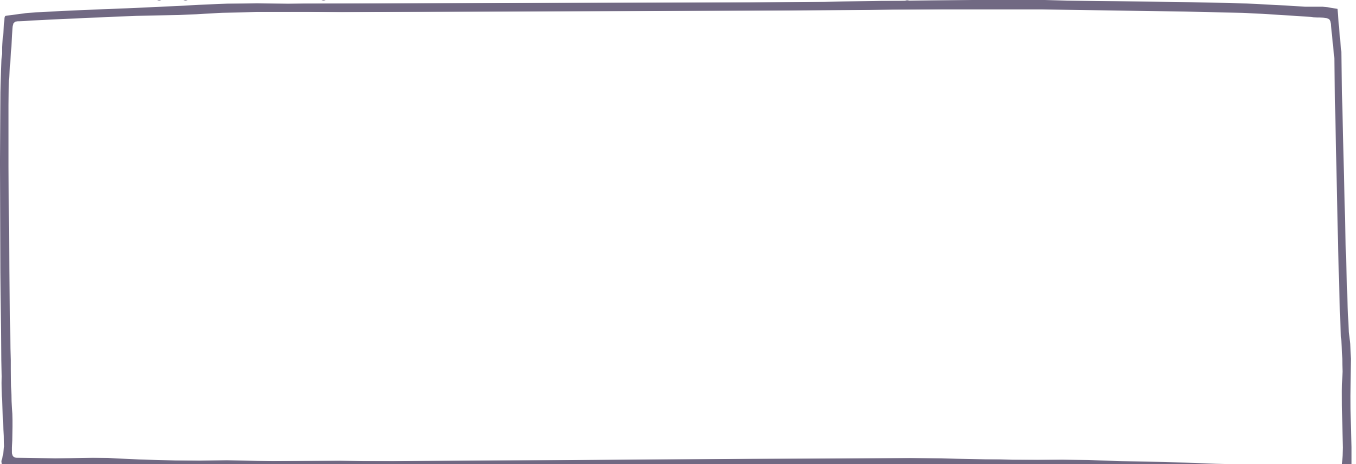
What is **really** frustrating you? That's the change to start with. Describe it - what it is, who's involved, why it's hard.



What would this frustration have become in an ideal world? Be specific. How will you feel, think and act differently. Think thriving!



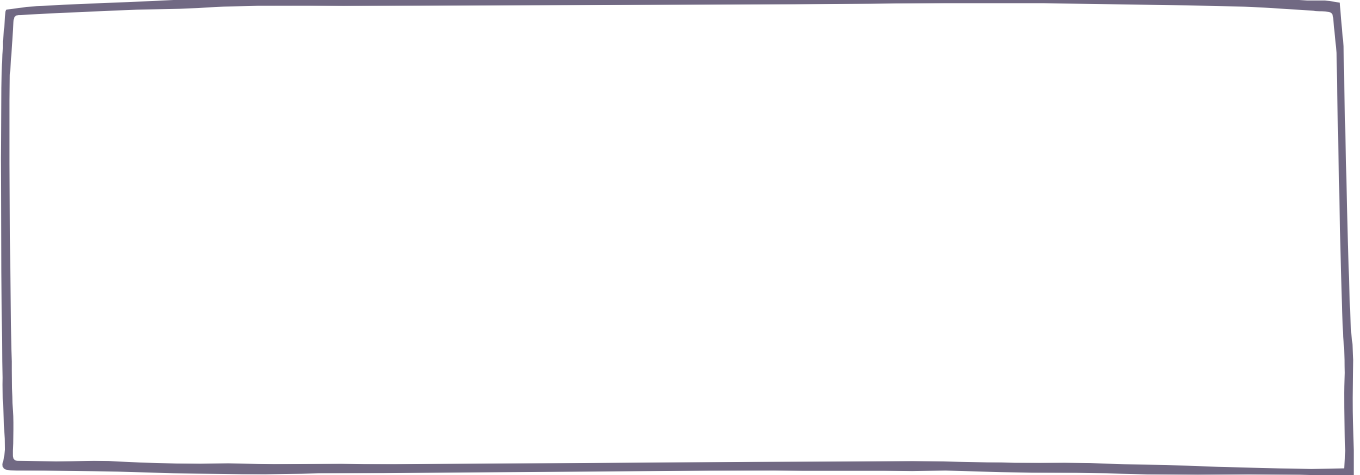
Describe your authentic self. Your strengths, passions, values and joys. The real messy you that you often hide. You'll use this to help you thrive.



# STEP TWO – REBEL

How can you make a start in thriving with this change? Get clear on expectations. Allow yourself to Rebel well and practice new ways of being Kindly.

For this one change you're tackling, what expectations do others have of you?



What expectations do you have of yourself? (any "shoulds" you can think of!)



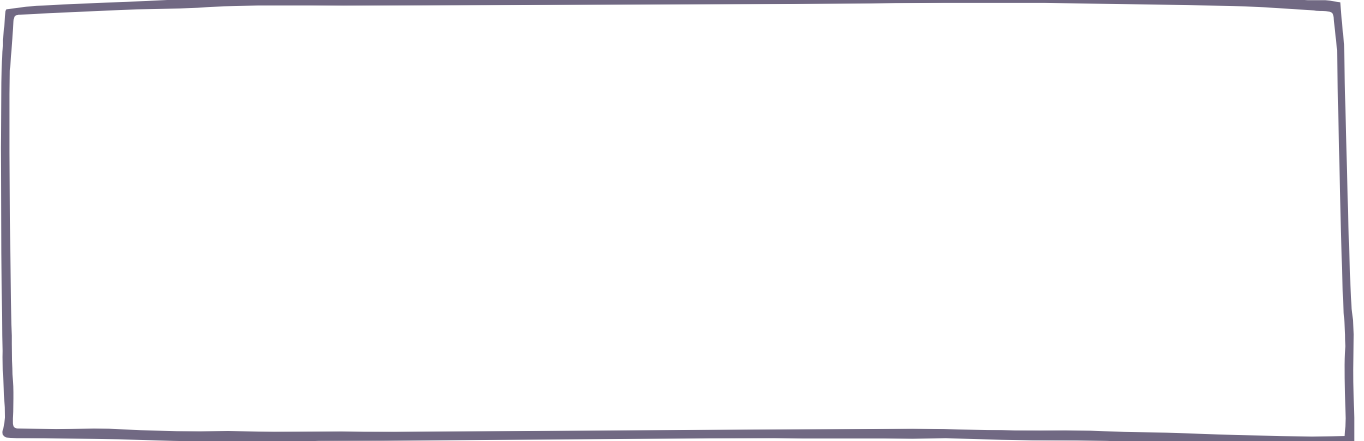
How are you being unkind? To others, yourself or both? What 3 tiny ways could you be kinder?



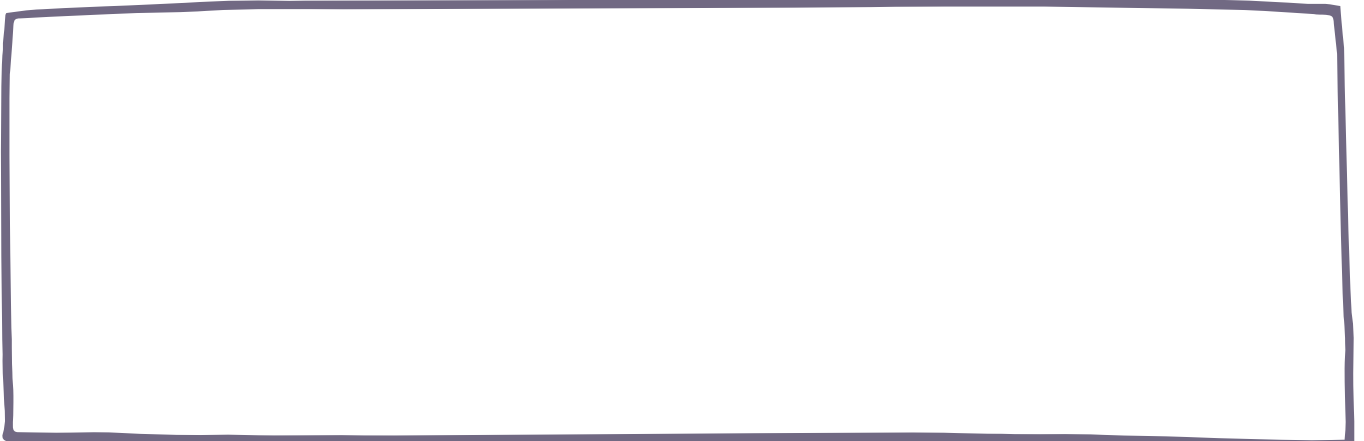
# STEP THREE – DOING

**Time to do! Now you're clearer on what change is bothering you, how you could rebel a little and be kindly. So be your brave self and get started.**

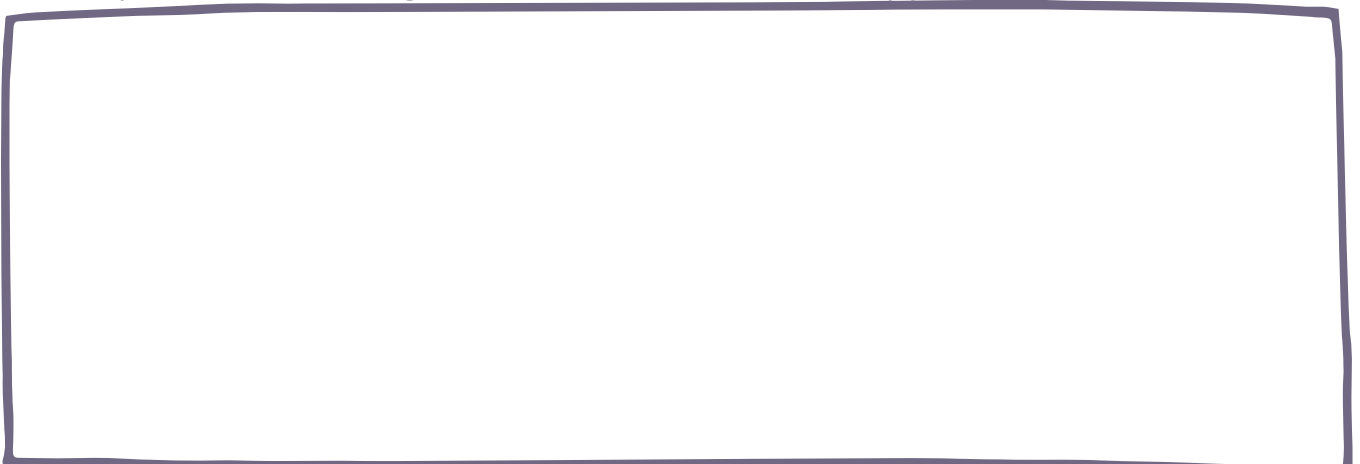
Keep your future vision in mind and think of some actions you can take. A phone call, saying no to something, practicing a tough conversation, a course to start....



Be prepared - what or who will be your roadblocks? How could you respond? Avoid them, get support from others, practice saying yes? Note them down!



Choose 2 easy actions and 1 hard one. Write them down and the date you'll do them by. Remember, things don't need to be perfect, they just need to be done!



# Here's to You Thriving!

IN THE MIDST OF CHANGE

**Congratulations Kindly Rebel. You are on your way.  
Oh the places you'll go (as Dr Seuss would say)!**

Let's see what you've done:

- Learned a new way to deal with change
- Thought about one change that's frustrating you
- Have a vision for a thriving future
- Looked at expectations of you
- Got clear on your strengths
- Chosen actions to take
- Worked through roadblocks
- Started thriving.

So you are starting to

- enjoy more of every day
- be happier being yourself
- know that you are enough
- be a great role model
- approach life & change with confidence.

Well done! And thanks for making our world better.

Drop me a line at [susie@rebelkindly.com](mailto:susie@rebelkindly.com) and tell me how it went! I'd love to hear your successes & learning. Find me on Instagram @rebelkindly, Facebook, LinkedIn and my website [RebelKindly.com](http://RebelKindly.com). Let's be Kindly Rebels