



3 Part Podcast Series

The 3 C's to Live Life, Love Life and Be Your Best RESILIENT Self!

COURAGE | CONNECT | COMMUNICATE

Welcome to my 3 Part Podcast Series where you will learn the **3 C's to Live Life, Love Life and Be Your Best Resilient Self**.

My name is Pix Jonasson, Host of The Couragepreneur Podcast.

In this series, we talk about how to have Courage, how to Connect and how to Communicate.

WHY IS THIS REALLY IMPORTANT?

I don't like seeing people not realizing their potential because of either:

1. A lack of awareness or knowledge. I want to fill in these knowledge gaps for you; or
2. They believe things to be true that are quite simply false. I want to explain the truth about what your life can be like and how to create it.

My ultimate massive purpose and goal here for sharing the **3 C's to Live Life, Love Life and Be Your Best Resilient Self** is to make a positive impact and influence on something that occurs worldwide and is the leading cause of death for people aged between 15 and 44 in Australia.

And that is SUICIDE.

We also have a high rate of suicide attempts. For every death by suicide in Australia, it is estimated that there are 30 attempts made. Tragically, my own nephew died by suicide around Christmas 2015. His passing fuels my passion for making a difference in my life, my family's life and globally!

Not being COURAGEOUS or resilient leads to poorer mental health, something I am personally extremely passionate about.

Poorer mental health is something that can lead to unhappiness, disconnection, isolation, loneliness, depression, suicidal ideation and tragically, suicide.

It's also very important because.....

- I know exactly what you are going through as this was me a few years ago.
- I truly understand where you are at.
- I feel your feelings of judgement, frustration, hurt and pain. Of not feeling valued or worthy.
- I completely get that feeling of obsession and pride, not wanting to ask for help.

I want you to develop your courage, uncover your purpose, toughness and strength.

My gift to you is to inspire faith in you and uncover your unlimited possibilities and potential to triumph over abuse and adversity, tragedy and trauma.

When you do the inner work on yourself.

I want you to be the courageous and resilient victor over adversity.

In times such as these, leaders need to lead, so here we are.

I want you to live your true potential and grow into your true, authentic self.

Congratulations for being on the training. And now, onto **EPISODE 1: COURAGE**

WHAT YOU ARE GOING TO LEARN TODAY

- An introduction the problems that you may be facing and how this negatively impacts on you
- My personal courageous story and journey of how I have overcome the issue and what is happening now in my life and business
- Top reasons why people remain stuck and lacking courage
- I will touch on the valuable information you will receive when we dive deeper into in Episodes 2 and 3, as well as the checklists I have created for you and how these can help you to **Live Life, Love Life and Be Your Best Resilient Self**
- So stay tuned so you'll find out where you can access the second and third episode and checklists

What is COURAGE?

Let's start off with defining COURAGE.

Brene Brown says:

Courage, the original definition of courage, when it first came into the English language – it's from the Latin word cor, meaning heart – and the original definition was to tell the story of who you are with your whole heart.

-Brené Brown

Cambridge Dictionary definition is: *the ability to control your fear in a dangerous or difficult situation. It's the ability to do something that frightens one; it's bravery. It's strength in the face of pain or grief.*

Not being COURAGEOUS leads to a victim mentality and a life of existence, not purpose.

Of not Living Life, Loving Life or Being Your Best Resilient Self.

Problems that you and others face and how this negatively impacts

Many of the problems you experience are due to a victim mentality.

Those feelings of not feeling valued, feeling frustrated, feeling stuck, not knowing where to go or what to do whilst knowing you want to BE / DO / HAVE / GIVE more.

Those feelings of sadness, hopelessness, guilt, shame or jealousy negatively impact in every area of your personal and professional life.

What is a victim mentality?

Victim mentality is an acquired personality trait in which a person tends to recognize or consider themselves as a victim of the negative actions of others, and to behave as if this were the case in the face of contrary evidence of such circumstances.

Victim mentality is a psychological term that refers to a type of dysfunctional mindset which seeks to feel persecuted in order to gain attention or avoid self-responsibility.

People who struggle with the victim mentality are convinced that life is not only beyond their control, but is out to deliberately hurt them. This belief results in constant blame, finger-pointing and pity parties that are fuelled by pessimism, fear and anger.

No one is born with a victim mentality, just as no one is born clinically depressed or anxious. Instead, the victim mentality is an acquired personality trait, meaning that it is the result of early life conditioning and coping mechanisms.

Most victims were victimized in some way as children, whether that was through physical abuse, sexual abuse, emotional abuse or psychological abuse.

Self-victimization can also develop through the co-dependent relationships we had with our parents, or simply by observing and adopting the unhealthy victim mentality exhibited by one or more of our family members.

However, although what happens to us as children is completely beyond our control, it is our responsibility as adults to step into our power and reclaim responsibility for our happiness.

Responsibility is the ability to respond.

○ **Personal story and journey of how you have overcome the issue and what is happening now in your life/business**

- Pix - overcoming adversity and abuse, tragedy and trauma
- Third of three car accidents - epiphany
- C.O.U.R.A.G.E. acronym – 7 steps

○ **Top reasons why people remain stuck and lack courage**

Playing the victim actually has a number of ‘benefits.’ These benefits or rewards make it very difficult to break out of such a mindset, which is why most victims seem to be so emotionally invested in perpetuating this type of toxic behaviour.

Some of the perks of not being courageous and having a victim mentality include the following:

- Not having to take responsibility for anything;
- Other people lavishing you with attention;
- Other people feeling sorry for you;
- Other people are less likely to criticize or upset you;
- You have the “right” to complain;
- You’re more likely to get what you want;
- You feel interesting because you get to tell people all of your stories;
- You don’t have to feel bored because there’s too much drama going on; and
- You get to avoid and bypass anger because you’re too busy feeling sad.

Also, I have a saying, you don’t know what you don’t know!

I am only now learning about the brain physiology, Law of Attraction, Law of Vibration, RAS – Reticular Activating System, meditation and neuroplasticity of the brain.

I now have the **courage** to **connect** and **communicate** with some of the world’s leading experts in brain science and spirituality. Some of these incredible minds will be featured on **The Couragepreneur Podcast** and in my coaching and trainings.

○ **Seeding the valuable information, you will be diving deeper into in Episodes 2 and 3, as well as the checklists you have created for them and how these can help them**

■ Connect and communicate

HOW YOU ARE GOING TO LEARN IT

This is your space, your time.

You will learning by doing. By experiential learning. I can't do your push ups for you!

Knowledge is powerful and applied knowledge is even more powerful.

I will train you, but it's YOU who will do the work.

There is a Resilience Quiz, Worksheets and a Workbook (Funbook).

WHAT IF YOU WERE MORE COURAGEOUS PERSONALLY AND PROFESSIONALLY?

We are going to have a lot of fun with this one getting creative and enjoying the journey.

It will challenge you and you may struggle, but when you decide and commit with discipline, focus, determination, you will triumph.

You will feel the hero, uncovering your true destiny with courage.

You will surrender the victim mentality with honour, humility and strength.

You will be courageous and resilient.

You will be the champion, the winner, the victor.

You will develop your own personalised **The Pix Factor® Blueprint to a Courageous You.**

You will be your own HERO.

The HERO Archetype has the Spiritual Contract: *"To prove the spirit through courageous action and triumph over adversity."*

○ **In Episodes Two and Three, we look at;**

■ What is connection?

■ Types of connection

■ How to connect

■ What is communication?

■ How to communicate

Here's to uncovering your COURAGE Muscle to Live Life, Love Life and Be Your RESILIENT Best.

In Success,

P. Jonasson

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