

# FLIP IT

FLIP

IT

4

Life

By Tara Simmons

# FLIP IT



## What is FLIP IT?

FLIP IT stands for: Turn Impaired Powerlessness Into Living Fearlessly

FLIP IT 4 LIFE is a way to Turn Impaired Powerlessness Into Living Fearlessly 4 LIFE

(Love Increase Fear Eliminated)

Flip It 4 Life is more than a program it's a lifestyle. This is designed to educate, encourage and empower you to see, to feel and to have MORE love in life right NOW. You can FLIP IT right here right now. When you decide to FLIP IT and every time you FLIP IT you receive instant change that continues to grow stronger every time you choose love over fear. The purpose of FLIP IT 4 LIFE is for personal awareness and growth using the mind, body, and soul to live the life that makes you SMILE, SHINE AND SOAR.

Do YOU want 2 FLIP IT 4 LIFE ...?

If your heart, mouth and/or soul answered YES to that question here is your solution in one sentence:

*In every moment, situation, and event choose LOVE always no matter what.*

How do you do that?

*By choosing to FLIP IT.*

FLIP IT?

*FLIP IT is something you choose to do whenever LIFE feels not of love you choose to FLIP IT in order to restore the love and joy by looking for what is true.*

Life happens and there are no neutral encounters. There are only two options in life, LOVE or FEAR. You choose 86,400 times a day, with every inhale and exhale you take. You live intentionally or by default, you make the choice consciously or subconsciously. FLIP IT 4 LIFE is a lifestyle that involves MIND, BODY and SOUL. These 3 steps will educate you on how to **recognize** the difference between LOVE and FEAR, encourage you on how to nurture and **reject** your doubts and fears, while empowering you by **replacing** truth and love into your life 4 LIFE.

FLIP IT 4 LIFE is a cycle just like life.

Recognize, Reject, Replace, Repeat

## FLIP IT

Phase ONE: Get your mind right. Move from the fixed mindset to a growth mindset.

Step 1: What are you expecting?

In the summer of 2009 I delivered my third and last child. These event sparked a chain of events that would lead me to the fight of my life. Shortly after having 'Monkey' I experienced a mental break physically and a spiritually awoken while being hospitalized for two weeks. Within a month of returning home I was verbally and physically abuse one night which lead me to packing up my three kids and leaving for the last time. I fought for years, in family court for custody and a divorce. For about 6 years I slowly begin to find myself again, through the eyes of my children aka as my greatest teachers, exercise, reading and faith. As I physically became stronger, I also emotionally became stronger and begin to have the urge to share with others.

I started to share more with others In group therapy and eventually started a moms group called D.A.S.H., destiny awaits self honesty. Without any intentions I was beginning to see a connection with being honest with myself and choosing me, life would flow like water. I was starting to see patterns and cycle more clearly once I got out of the toxic relationship. However I need help, I needed accountability partners to help me continue on the path that felt at peace. Also I felt like why should moms struggle trying to figure this thing called life out alone, thought we could help one another by sharing our lessons, with one another. It most surely lead to be a catalyst for me to becoming more intentionally with the life I wanted, desire and deserved to co-create with the higher source.

During one of our first gathering, my sister, Brooke, was actively listening to me share, as she always does. Brooke is my only sister and my younger sister. She has ALWAYS been the person in my life that has told me what I needed to hear, not what I wanted hear. She never held back her opinion and for a long time it just sounded like verbal punches. Overtime the verbal punch turned into a verbal tight hug. I could finally hear her and the love in her advice. She truly loves me and is telling exactly what I need to hear in order to become the best version of me. So as I was saying, I was sharing how hard it is to hear good things said to me, about me anything that involved me. For example, someone "Tara, great outfit!" Me, "this old, \$5 dollar dress, no way it is so far from great, you are just being too kind" I was truly incapable of receiving a simple compliment. Whenever I was on the receiving end of a positive/loving statement, I immediately felt uncomfortable and needed to turn it into a negative. While sharing this my sister and others, the group also shared they understood and could related to the unfamiliar feeling that would overcome us whenever someone said something nice, positive and/or loving. I also shared that I was very aware that in the exact opposite type of interaction, when someone gave hate or negativity I was completely comfortable with that feeling and very accepting of the statement. I would quickly take full responsibility for this unpleasant interaction. I would then reflect and search for what I did wrong to cause this hate/negativity. After a moment of silent, a few shared nods of understanding. And an

## FLIP IT

understanding that I wasn't alone, a nod that said 'Oh girl, I feel you because I've done the same and/or I'm still having interactions and reactions like these'. This moment included deep breathes along with subtle nods. Brooke grins and ask, "Well, answer this question, what are you expecting?" I blurted out "failure and criticism". And in the moment I realized I had the pen and I would and have created the expectation no matter what.

Brooke, "What would you rather to expect? What is it that you WANT to expect?" Me, "What do I want to expect?(LONG PAUSE) I want to expect LOVE and JOY"

Brooke, "Now do that!"

GAME CHANGER, just like that

Up to that moment I had been living life by default, as a powerless victim. Unaware, and unintentionally living the life I had been expecting. I was expecting failure and criticism and that was exactly what I saw day in and day out. In every interaction I was seeking it even when it wasn't there I was creating it.

That very next morning I started asking God please show me LOVE and JOY. From that moment I began to co create my life with God becoming more and more aware of how important it is to be intentional in each and every interaction. You control your thoughts or your thoughts control you. Trust me when I tell you, contrary to society. The feeling of LOVE and JOY are wonderful feelings. Within a year I found myself apologizing to other for feeling so happy. I got to a place where all I can see is LOVE & JOY. I'M NOT saying that all of a sudden my life magically became easier and challenge free. What I'm saying is that over time my perceptive on experiences shifted. And I'm so grateful it has, there is nothing in me that would want to go back. It's like the feeling you have when you lose 50 pounds in a year and maintain the weight loss. You are motivated to keep it off. And it starts with becoming intentional.

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Step 1 to Radiance: RECOGNIZE

Take some time and just breathe. Truly go inside and ask yourself, "what is it that I really, truly want to expect each and every single day of my life?"

You Try:

Recognize/Reject: What are you expecting?

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Recognize/Replace: What would you rather expect? What do you WANT to expect?

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Repeat Daily: Make this your mantra until you believe, feel and see change. Before you let your feet hit the floor, say aloud

I want \_\_\_\_\_ for the day.

Example: I want love and joy for the day. Show me love and joy today.

Reflection:

# FLIP IT

Remember: Recognize, what you are expecting and receiving in your life, then Reject unpleasant outlooks and Replace with desirable beliefs

Step 2: Fear or Love? React or Respond? The choice is your each and every time.



Fear is	Love is
<ul style="list-style-type: none"> <li>• HATE</li> <li>• INDECISION</li> <li>• FEAR OF BEING HURT</li> <li>• LACK OF SELF-CONFIDENCE</li> <li>• LACK OF SELF-APPRECIATION</li> <li>• ANGER</li> <li>• JUDGEMENT</li> <li>• ADDICTION</li> <li>• DIVIDES</li> </ul>	<ul style="list-style-type: none"> <li>• ALWAYS THE ANSWER</li> <li>• APPRECIATION</li> <li>• CARE</li> <li>• RESPECT</li> <li>• PASSION</li> <li>• TENDERNESS</li> <li>• DEVOTION</li> <li>• UNCONDITIONAL</li> <li>• INCLUSIVE</li> </ul>

FLIP IT 4 LIFE is not a program that magically eliminates fear forever. Living Fearless does not mean a life without fear. Living fearlessly is recognizing fear can and will show up and the fear will change in shapes and sizes. FLIP IT 4 LIFE helps you to practice, and prepare for when it does show up. You are able to choose love over fear. Take a breath, decide fear or love. When you choose to reject fear and replace it with love, you will feel this emotion of peace. You will begin to see another way of living. You will begin to yearn for this feeling, the more you do eventually it becomes the choice you make every single time because you recognize it for exactly what it is. Fear is an illusion and love is real. Fear is not real only love is. So, when life shows up you have a choice to make, will you respond with love or will you react with fear.

When you choose to point outward to blame, judge and/or defend yourself and others you are choosing to act out of fear. This never brings peace, fear divides. You might receive mild satisfaction at most.

When you point one finger out there are always three fingers pointing back at you and your thumb is up. You can only control yourself no one else. When fear creeps in focus on you. Before reacting breathe and recognize, reject, and replace. The thumb reminds you take the high road and keep your head up and you are not alone. The universe is on your side and every thing happens FOR you, For your GOOD.

## FLIP IT

Step 2: Take full responsibility. Responsibility is the ability to respond. Choose to reject reacting and replace with a responds.  $E + R = O$ , Events plus Reaction(fear)/Response(love) equal Outcome. What outcomes are you creating in this world for you and others?

Think about it

When could you have loved more today?

If you could do it again how could you go about it differently?

## FLIP IT

Step 3: What is your story? What is Real?

Your mind shapes your world. If you don't have control of your mind it will control you. When that happens you are living life from a victim mindset. When you live from a victim mindset the world is against you and everything is happening to you instead of for you. And you truly believe you have no control. I lived that way for so long that and I'm so thankful it was just a nightmare that I'm finally waking up from.

Love is real Fear is not

When life is happening you must slow down and check in and take inventory of what is real and what is not. Love is real.

FLIP IT 4 LIFE will help you gain the control back too.

Recognize, life is for you!

Reject, anything that is not love

Replace, doubt with boldness

Repeat and remember you are LOVE

# FLIP IT

## Phase Two

### Get Your Body Right

#### Step 1: Set a goal for physical wellness

Goal: \_\_\_\_\_

This goal will involve our MIND, BODY and SOUL. YOU will achieve this goal by **RECOGNIZING** what YOU are capable of, **REJECTING YOUR** doubts/fears of the mind, and **REPLACING** the truth of who YOU truly are at our soul.

\* You should understand that when participating in any exercise group, there is the possibility of physical injury. If you engage in this exercise group, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself and agree to release and discharge FLIP IT and I AM BEACON from any and all claims or causes of action, known or unknown, arising out of FLIP IT's group negligence.

#### Sample of a weekly Activity Plan for a couch to 5k

##### Weekly Activity Plan:

- 2 rest days
- 2 walk days of at least 30 minutes
- 2 jogging/running workout days
- 1 cross-training day (swim, dance, bike, yoga...something other than running)

\* BE SURE TO STRECTH BEFORE AND AFTER EVERY WORKOUT\*

# FLIP IT

## Weekly Activity Plan

Activities	Su	Mo	Tu	We	Th	Fr	Sa
REST Pick 2 days							
WALK 30 ≤ mins Pick 2 days							

## FLIP IT

### Step 2: Accountability partner(s)

In the silence the ego has a solo on the stage. SPEAK. SPEAK. SPEAK. Say how you feel. Say it to yourself. Say it to God. Say it to your best friend.



Encouragement is like oxygen to the human spirit. Don't forget you're carrying someone else's air. Encourage them; help them breathe. This

Quote and The Picture Was Posted By Sebrina Bastidas

Whenever you need a pick me up

Send an encouraging text/email this week. Call someone and lift them up this week. Say something encouraging to a stranger/friends/family member this week.

Who will you contact?

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Step 3: Results

# FLIP IT

Phase Three

Too be continued...

Get Your Soul Right

Step 1: Morning routine (Pray, Mediate, Read, Write...)

Step 2:

Step 3: LOVE

Live your DASH

Its not a race

Its your Destiny

Time to Reflect

Honesty

Self

Awaits

Destiny

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Destiny

Awaits

Self

Honesty