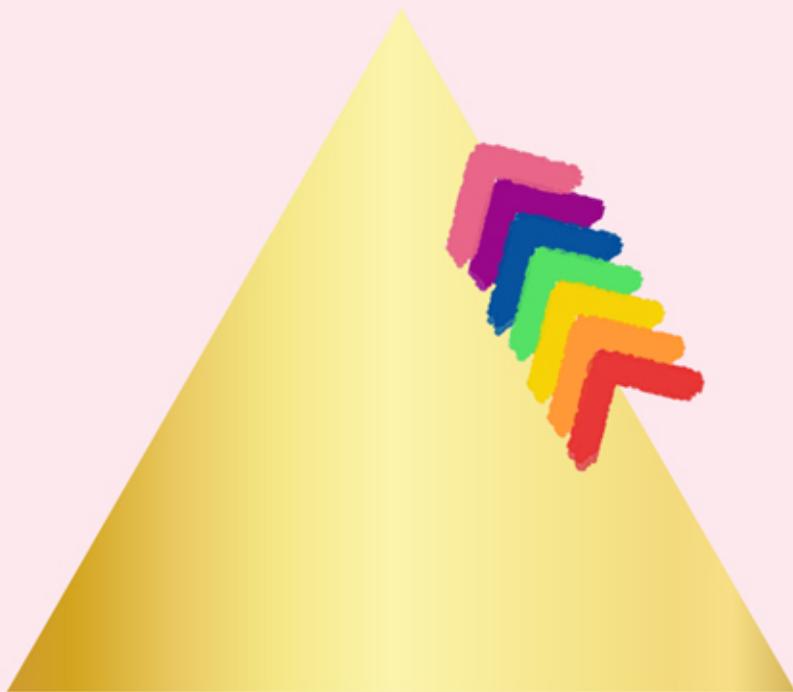
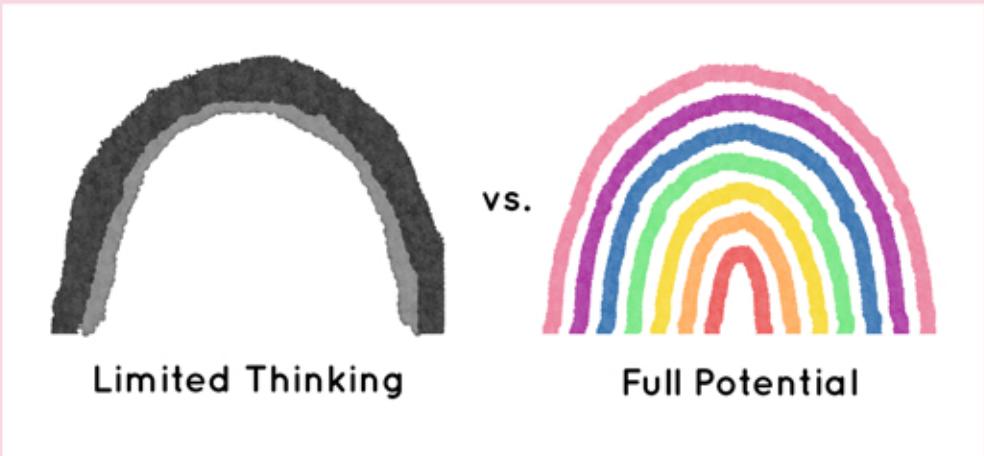


RAINBOW REALITY METHOD

The Rainbow Reality Method is a 7 step process that helps you reset your thoughts and realign with who you want to be.



Created By: Chelsea Krost & Marisa Hughes



Welcome to the Rainbow Reality Method. You are just 7 steps away from your Mindset Reset.

This Method was a true labor of love brought together by The Universe. As sisters-in law, we noticed that despite our industries being so different, there was such a universal need for everyone to get out of their own head and shift their thinking.

For as long as we can remember, it has been our dream to combine our 20 years of experience and come together to help people in a bigger way personally, professionally, and spiritually. (*Marisa Hughes in Trauma Therapy, Mindset Coaching and Intuitive Healing and Chelsea Krost in Millennial Mindset Marketing, Media, and Entrepreneurship*)

So without further ado, we are excited to introduce you to **The Rainbow Reality Method**.

The content and order of the 7 steps were consciously created to help you rewire your thinking and live on purpose. When you shift your thinking, you can change your life. *RRM was inspired by principles from Cognitive Behavioral Therapy (CBT) and Mindfulness, which are evidence-based practices in the field of Psychology.*

To get the most out of RRM, choose to take 7 minutes every day to get out of your head, reset your thoughts, and realign yourself with who you want to be. Consistency is key. Let go of trying to do this perfectly and instead focus on small consistent steps toward the direction of your goals.

Let this method become the framework for how you think about your own thoughts and how you experience those around you. Initially, it is most helpful to go through the steps in order. However, once they are familiar to you, they can be used individually as principles from which you choose to live your life by.

Living in a state of consciousness and in a life of purpose is living in your Rainbow Reality.

Enjoy your journey... ➤

With love,
Chelsea & Marisa

CHECK IN WITH YOURSELF

Check in with
yourself
as much
as you check
your phone.

STEP 1 ➤

In this fast paced and high stressed world we live in today, it's easy to forget to check in with yourself. Well, now it's YOUR time.

What is bothering you right now?

CHECK IN WITH YOURSELF

What are the negative thoughts in your head? **Check all that apply.**

"I can't"	"I'm not good enough"	"Why not me"
"I'm Fat"	"I'm not smart enough"	"I'm anxious"
"I'm Sick"	"That will never happen"	"I missed out"
"Why me"	"Nothing ever goes my way"	"I'm disappointed"
"I'm scared"	"I'll never be able to afford it"	"Too good to be true"
"I'm weak"	"No one shows up for me"	"I hate my job"
"I am ugly"	"I feel taken advantage of"	"I am not worthy"
"I'm sorry"	"No one cares what I think"	"I'm less than"
"I should"	"What's wrong with me"	"It's all on me"
"I shouldn't"	"There is so much on my plate"	Other _____

Don't feel bad
about feeling.
You're only human.

So, How are you feeling? **Check all that apply.**

Passionless	Self Pity	Obligated	Sad	Hopeless
Competitive	Anxious	Neglected	Stressed	Abandoned
Silenced	Jealous	Frustrated	Awkward	Judged
Over it	Powerless	Angry	Depressed	Embarrassed
Fearful	Abused	Insecure	Exhausted	Excluded
Unmotivated	Envious	Pressured	Used	Stuck
Helpless	Shame	Drained	Lonely	Overwhelmed
Burnt out	Guilty	Confused	Rejected	Seeking approval
				Other _____



Your thoughts create your feelings,
which ultimately create the story you are telling yourself.

STEP 2 ➤

Stories can change how we see the world, especially the ones inside our head. Sometimes our thoughts can get the best of us even when they are not true. Our stories can lead us down the rabbit hole of negative thinking causing us to make assumptions, question our worth, judge our actions, and totally impact our mood. We overcompensate for this with defense mechanisms such as people pleasing, procrastination, perfectionism, and deflecting.

So, before you hit publish on your story that is causing you stress, anxiety, and internal chaos
-----> PAUSE and rewire your thinking. Ask yourself, “Is there truth to this story?”

Stories we tend to tell ourselves...

- I'll always be single, all the good people are taken
- I can't leave my job, my boss said I'll never find anything better
- I can't lose weight, I don't have time to workout
- I can't launch that business, I'm not a risk taker
- I can't calm down, my parents taught me how to worry

When really...

- You are not as alone as you think, there are plenty of fish in the sea
- You don't have to stay at a job you hate
- You can always create time for things that matter
- You can choose to step outside your comfort zone

The story I am telling myself is:

When really:



Suggestion: Next time you are bombarded by a story or negative thought that throws you off balance... Just simply ask yourself, “Is the story I am telling myself true?”

WHOSE VOICE IS IN YOUR HEAD

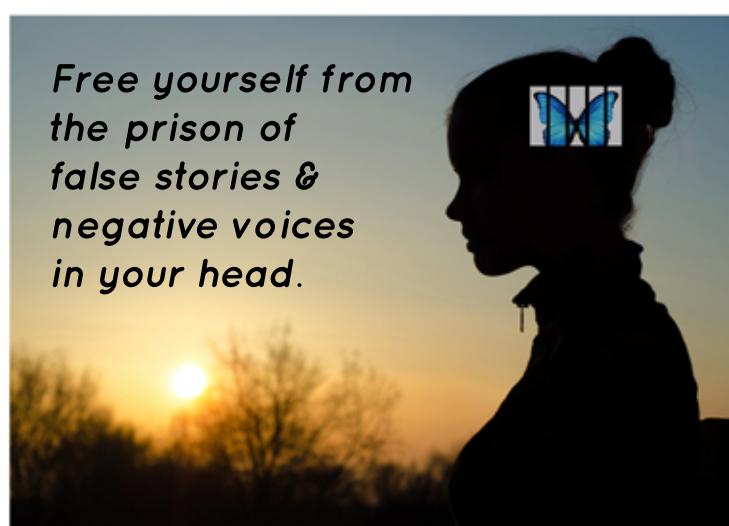
STEP 3 ➤

💡 Did you know that you may not have been the creator of your stories? Your stories are created by your past experiences and the messaging you receive from those around you and society as a whole. So, you know that little voice in your head that either beats you down or lifts you up? That voice may not even be yours!



Whose voice is in your head? Where did these thoughts originate?
Check all that apply.

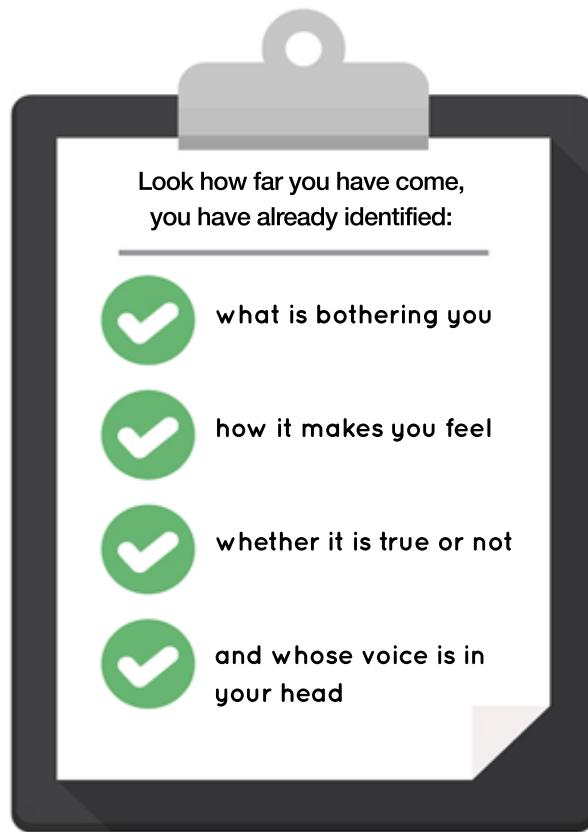
My Own Positive Self	My Friend	Social Media
My Own Negative Self	My Client	My Coach
My Mom	My Colleague	My Doctor
My Dad	My Boss	Society
My Partner	My Teacher	Culture
My Ex Lover	My Trainer	Religion
My Sister	My Frenemy	Other _____
	The Media	



*Free yourself from
the prison of
false stories &
negative voices
in your head.*

LET IT GO: TRASH AND ADD TO CART

STEP 4 ➤



Now let's release! Trash any thoughts, stories, and messages from steps 1-3 that don't make you feel good by writing them into the trash can below. Take a moment to honor that your feelings are valid and you don't have to release everything all at once. Ultimately, you choose what's best for you.



LET IT GO: TRASH AND ADD TO CART

Choose which positive thoughts you want to “add to cart” so you can rewrite your story. Pause and accept that you don’t have to believe everything yet, you just have to want to believe it for yourself.

Letting go and feeling better doesn’t happen instantly, it’s a process we have to honor and not judge ourselves along the way. The more you apply these principles to your day to day thought process, the easier it will be to shift your thinking and really feel it from within. Stop second guessing yourself and start believing in yourself.

Check off how you want to feel about yourself.



- | | | |
|---------------------------|------------------------|-------------------------------------|
| “I can” | “It will happen” | “I am not to blame” |
| “I am worthy” | “It’s not meant to be” | “I am content” |
| “I am a work in progress” | “It’s ok” | “Good things can happen” |
| “I am healthy” | “I am prepared” | “I choose” |
| “I am enough” | “I am thankful” | “I have handled harder in the past” |
| “I am strong” | “I am beautiful” | “There is a solution” |

OTHER: _____

★ **Suggestion:** Let these positive words and thoughts become your mantra(s) and the voice you hear throughout your day. Whenever your mind starts to spiral, go ahead and repeat your mantra(s) to yourself to get back into alignment and reset your thinking.

MINDSET RESET: WHAT DOES YOUR BEST SELF LOOK LIKE?

STEP 5 ➤

Practicing self love
means accepting yourself
as you are in progress.

To reset in the present moment envision your best self to create the direction you want your life to move in. Bring a clear image to mind by using as many senses as you can and fill out the questions below.

➤ Best Self = Your best self is when you live boldly, authentically, and can truly say,
“This is who I want to be - This is who I am proud to be.”

What do you look like? _____

Inspiration: smiling, fit, healthy, comfortable in my skin, empowered, like a boss, happy, confident, self expressed, glowing, hair down, high heels, sneakers & jeans, etc.

How do you feel? _____

Inspiration: fulfilled, balanced, strong, financially secure, safe, respected, validated, joyful, spontaneous, sexy, proud, at peace, in love, inspired, creative, rejuvenated

Where are you? _____

Inspiration: home, the kitchen, the beach, the mountains, traveling, at work, in a spa, in bed, in a garden, outside in nature, volunteering

Who are you with? _____

Inspiration: your partner, your lover, your family, your children, your friends, colleagues, people that support you, people who inspire you, your therapist, your coach, your yoga teacher, your pets, animals

What activities do you do in your day? _____

Inspiration: journal, meditate, drink your coffee outside, go for a morning walk, go to happy hour with friends, cook, gym, volunteer, read, listen to music, dance, express love, practice gratitude, take a bath, yoga, paint, swim, take a lunch break, get it on... ;)

Free thoughts:



Suggestion: Whenever you are feeling off, go ahead and remind yourself of this vision, and ask yourself, “Is what I am doing or thinking right now in alignment with my best self?” Acknowledge when you are off track and then reset by checking in with what your best self would think and do.

SIT IN THE DRIVER'S SEAT AND TAKE ACTION

STEP 6 ►



We tend to place so much focus on what we can't control, comparing ourselves to others, and telling ourselves, "I can't." Instead it's time to get clear on what we do want and take action on what we can control. The definition of insanity is doing the same thing over and over expecting to get different results. So, what purposeful action can you take to get one step closer to being your best self?

What action(s) will you take today?

💡 Suggestion: it helps to use the framework of **SMART** goals as you do this exercise. Create realistic goals that are **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**ime-based.

Action One: _____

Action Two: _____

Action Three: _____

ATTITUDE OF GRATITUDE: WHAT ARE YOU GRATEFUL FOR?

STEP 7 ➤



It's easy to get stuck in the tornado of negative thoughts, but instead give yourself a gentle reality slap and remind yourself of what you are grateful for.

List 7 things you are grateful for below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Remember, there will always be rainy days but after it rains the sun always comes out.

Without the rain and the sun we wouldn't see the beautiful rainbow.

Step into your Rainbow Reality.



DAILY CHECK-IN : 7 STEPS TO YOUR MINDSET RESET

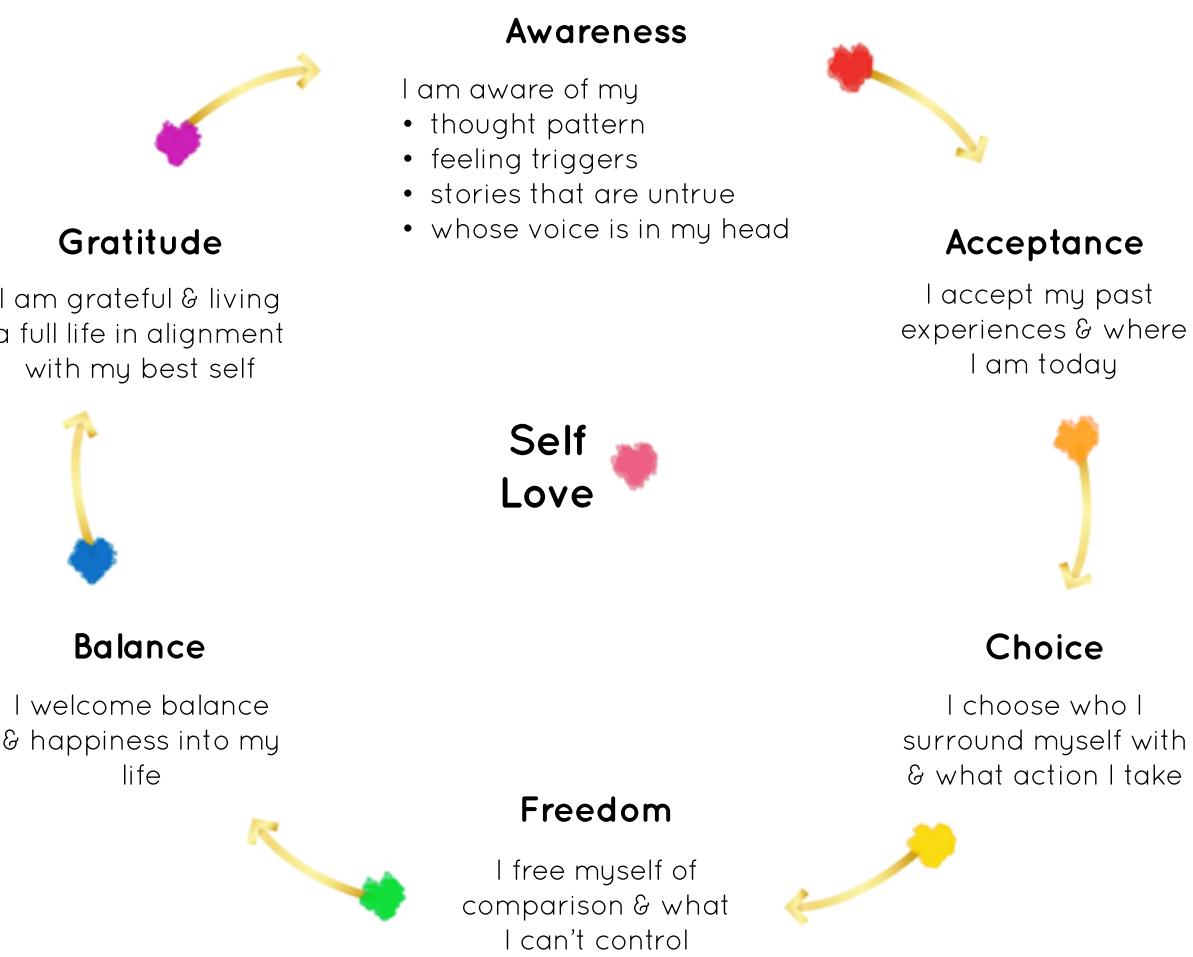
To get the most out of the RRM, choose to give yourself 7 minutes to check in every day to get out of your head, reset your thoughts, and realign yourself with who you want to be.

Initially, it is most helpful to go through the steps in order. However, once these steps are familiar to you, they can be used individually or as principles from which you choose to live your life by.

When you need a quick mental reset use the Daily Check In to shift and get centered.

Daily Check-in: Your Mindset Reset

1. What is bothering you right now?
2. Is the story you are telling yourself true?
3. Whose voice is in your head?
4. Which thoughts are you going to trash/replace?
5. Are you in alignment with your best self?
6. What actions are you going to take to become your best self?
7. What are you grateful for?



Meet the women behind the method:

As described by Chelsea....Marisa Hughes is a Licensed Clinical Social Worker and EMDR Trained Trauma Therapist who helps clients break free from their black and white thinking and shift their mindset so that they can change their lives from the inside out.

Marisa is a true healer and works with a variety of people struggling with varying highs and lows in life including anxiety and depression, grief and loss, post traumatic stress disorder, substance abuse, postpartum depression and so much more.



Marisa is an emotional-firefighter, ready to run into the building and put out the flames for her friends, family, and clients. She is more than your average therapist and combines her clinical Masters degree in Social Work, expertise in Trauma, and intuitive gift to work with her clients in a variety of ways, such as traditional therapy for Florida residents and online coaching. She leads in-person and virtual mindset programs, intuitive reading sessions, and group workshops for those ready for a life long shift. When she is not working, you can find Marisa in her happy place doing hot yoga at 6am or at home elbow deep in diapers, playing with her husband and two little ones.

marisahughes.com

@marisahughescollective



As described by Marisa... Chelsea has always had a passion for empowering Millennials and helping women shine since she launched her first radio talk show, Teen Talk Live, at just 16 years old. With a decade of traditional broadcast and digital innovation under her belt, Chelsea is a leading marketing strategist, global speaker, LinkedIn instructor, media personality, and the host of #MillennialTalk Twitter Chat. While people are often drawn to her expertise in Mindset Marketing and Personal Branding they come away with so much more.

Chelsea helps people squash fear, work smarter not harder, and build a business aligned with their passion and purpose. She digs deep and genuinely cares about everyone she works with, a trait that is hard to come by. Chelsea has a gift for helping you move out of your own way, bring structure to your passion, and gain clarity in your path forward. Chelsea says, "It's time to focus on the human behind the Entrepreneur. If you are not feeling your personal best how can you perform your professional best." When she is not working or traveling you can find her doing yoga, outside in nature, riding horses, flipping through animal medicine cards, or hanging at home with her husband and fur baby, Gigi.

chelseakrost.com

@chelseakrost



Visit Rainbowrealitymethod.com to learn more about the creators and the community.
The free guide is available for download on the website.