



# THE GOOD LIFE

## FEELING ALIVE BUNDLE

A selection of techniques to help reduce  
anxiety & overwhelm and return you back to  
peace and happiness

A Community Interest Company

# Welcome Friend!



Allow me to introduce myself!

My name is Laura Barker, owner and director of 'The Good Life CIC', a community interest company created with the soul mission to help our key workers return from overwhelm, stress and burnout to a place of calm, peace and love for the outstanding work they do. You can find out more about how you can support this incredible vision at the end of the workbook as it is so important to raise awareness for the wellbeing of our hero's

I will be your guide through this workbook.

I have served hundreds of wonderful people return back to a place of peace, transformingg their lives into happiness and fulfilment through a variety methods over the past 4 years. Some of the simplest (don't underestimate the power of simplicity!) I have selected for this self paced workbook for you to try yourself.

Take it slow, follow the video's where provided and if you have any concerns, reach out on social media where I can help you further.

*Laura Barker*

Transformation Mentor  
Educator  
Director

# FEELING ALIVE BUNDLE



Welcome to your bundle of techniques that have been designed and created for you to use and choose when you need to feel more centred, happy and peaceful.

Ranging from fast diversion techniques to longer meditations.

BUT,

Before we begin.

Join me for a moment.

Wherever you are in this EXACT moment, standing or sitting, stop.

Close your eyes.

Place your hand on your heart.

Take a breath in.

Say out loud or in your mind

" I give myself permission to practice.  
to learn, help and guide myself back to peace.  
I forgive myself when I simply 'can't'.  
I choose myself in every moment"

One more breath.

!Well done!

Let's just remember that every moment, every moment is yours.

Forgive yourself when it gets hard and you simply 'can't' do it.

Feel through the emotions.

Celebrate yourself when you can and you do, no matter the result.

It is a journey. Your journey and learning to meet yourself where you are with compassion is the most important skill you can have.

What's been has been, what is to come hasn't happened yet.

But you DO have now.

# FEELING ALIVE BUNDLE



1

## Choose again

When ever you realise you are stuck in your head and your thoughts are snowballing. The moment you become aware you are in this place, immediately and quickly say out loud or in your mind – 'I choose again' or 'No'.

You can even clap your hands once.

Then immediately stand up and do something that is the complete opposite and directs your mind to something entirely different.

In this very short and quick change of stance, pace and emotion you are actively and consciously choosing something better for you in the pulse of the moment. The repetition of this over time will create new awarenesses and help empower you to take back control over damaging thoughts and ultimately, aren't true.

2

## 54321

Another great short ways of bringing yourself out of the space in your head that is over thinking, overactive and not serving you.

When. you realise you are in your head and stuck in looping thoughts, The moment you catch the thought. Bring yourself into a centred position. Take a breath and return to the present moment.

Notice or write down:

5 things you can see

4 things you can hear

3 things you can touch

2 things you can smell

1 thing you can taste.

Click below to watch here...

[54321 video](#)

# FEELING ALIVE BUNDLE



## 3

### Tapping

EFT Tapping focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. It can be incredibly effective in relieving debilitating thought patterns, memories, limiting beliefs AND reducing the emotional charge behind anxiety and overwhelm.

You can do tapping anytime you need to! It is a great tool to have and use and you can even use points on your hand to help you if you are out and about and don't feel comfortable tapping through the body points. Some of my previous clients have had profound shifts with tapping as they can use it anywhere, overcoming agoraphobia.

Follow my video below,  
Grab a pen and paper or journal.  
Use the following pages to help remind and prompt after you have  
tried the video.

Click below to watch here...

[.Tapping Video](#)

# Your Tapping Guide

## Remember

1) Set up statement or the MPI Statement:

This is your Most Pressing Issue/set up statement – What

number do you rate it on the scale of 1–10?

Tap through three times on the Karate Chop.

"Even though.....I deeply & completely love & accept myself"

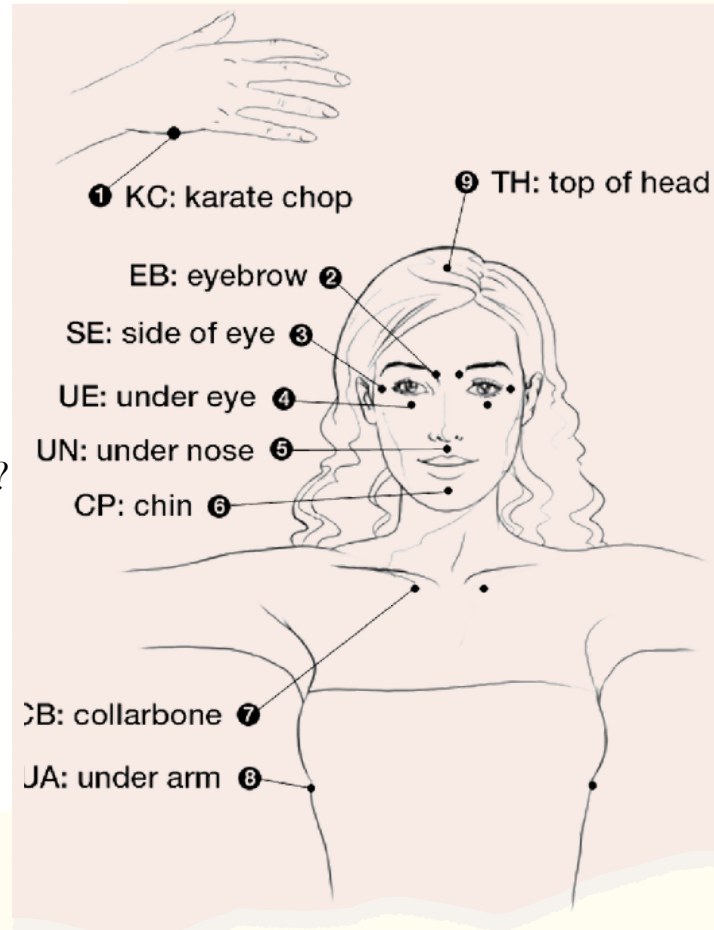
Then move onto your sub phrases:

Your phrases relating the MPI – Tap these whilst making your way down the points.

Breathe after each round and asses your intensity number. Do you notice any change?

If the intensity didn't change perhaps something else? Location or a different feeling or emotion?  
Repeat if needed.

15 mins per day – For intense issues  
3 Times a week or when needed.

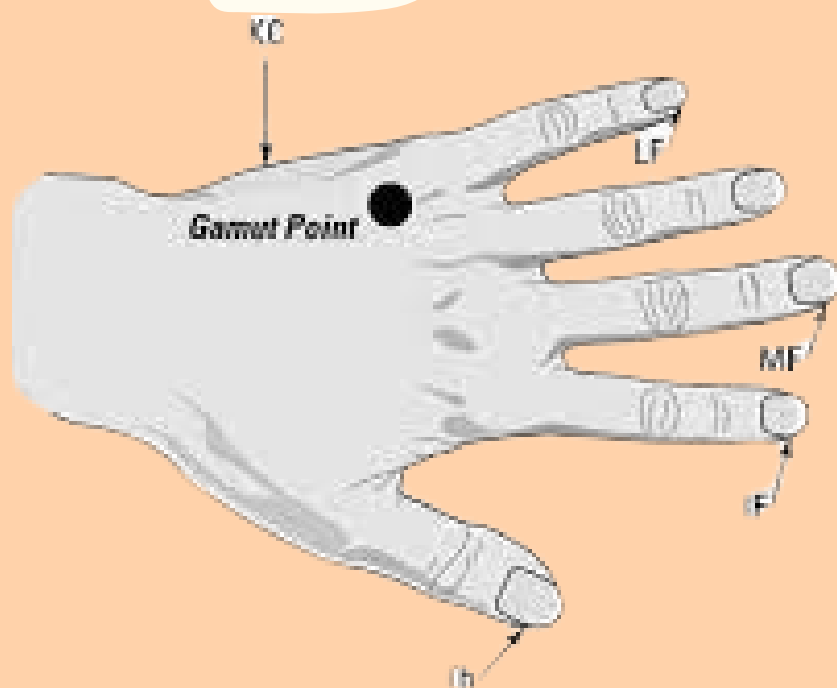


YOU CAN'T GET TAPPING WRONG!

# Your Tapping

## Guide

*Hands*



These points are great to use if you are out and about and feel the need to tap through a worry or trigger.

KC – Karate Chop  
LF – Little finger  
MF – Middle finger  
IF – Index Finger  
TH – Thumb

# FEELING ALIVE BUNDLE



4

## Meditation

Use this energising and replenishing meditation to the you away for a few minutes and allow your mind and body a change to release the things that don't serve you and recharge yourself with more positive energy.

Some days will feel easier than others. Don't let that stop you from meditating.  
Keep going!

[Click below to watch here...](#)

[Replenishing Meditation](#)

5

## Morning Meditation

This is a shorter meditation to pop on as soon as you open your eyes. It is drenched in positivity. The purpose is to set you up for the day ahead in the most positive way.  
This can feel at times like this much joy and positivity is far away, but the more you do it, the more you will start to believe it. Trust.

[Click below to watch here...](#)

[Soul Aligned Mornings](#)

6

## Bedtime Meditation

One last meditation to prepare you for a restful nights sleep.

[Click below to watch here...](#)

[Bedtime Meditation](#)



# FEELING ALIVE BUNDLE



## Holding more than tangible evidence...

When we are deepening our understanding of our selves within the framework of personal development, we have to start thinking a little differently.

Usually we learn and we are conditioned, to expect a tangible result from something that confirms and validates our expectation.

For example – I hit myself, it hurts and there is a bruise.

Or, you work hard at something, you are rewarded by a driven result and reward.

I invite you to lean into your body and emotions here as more tangible and valuable evidence building skills.

Every time you follow your own way of doing something and you feel a certain emotion in your body, that is evidence for you. For example, feeling happy and content in your body telling you – ‘Good job, this is right for you’. Relying on your mind and what others have used, isn’t always going to have the same result for you, but your body will always be your best source of validation.

Everytime you ask for guidance and you hear your favourite song on the radio and you think – ‘ooo was that a sign?’ Yes, it was and you use that as evidence.

Every time you ask yourself a question and you use the body sway technique to get an answer without giving your power to someone else to tell you – That is evidence.

All of these small ‘energetic’ pieces of evidence are just as important, if not more than tangible physical results as the energetic ones strengthen your connection to self and build on the relationship and trust you have of your own body and spirit.

Something we yearn for as humans,  
Knowing what the right thing is for us.  
Your body is your guidance system.

By giving power to ourselves and our own responses, day by day, bit by bit and piece by piece we build momentum. This momentum compounds and we start having huge breakthroughs, confidence, acceptance and courage to move forward.

What evidence are you experimenting with today?

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Remember, try, take a small step each day.  
It's ok, if you can't.  
We try again.

Reach out if you need further help on Instagram or Facebook.



The Good Life CIC was created in September 2024 with the huge and inspiring vision to create free help for our key workers.

This includes, but is not limited to, doctors, nurses, midwives, paramedics, social workers, care workers, and other frontline health and social care staff including volunteers; the support and specialist staff required to maintain the UK's health and social care sector; those working as part of the health and social care.

Childcare, support and teaching staff, social workers, police and support staff Ministry of Defence civilians, contractor and armed forces personnel, fire and rescue service employees, (including support staff)

National Crime Agency, those maintaining border security, prison and probation staff and other national security roles. Those who we depend that are over worked, over stretched and under constant strain to do their job and live a life.

The effects that this pressure is having on these individuals is causing severe mental health concerns for those doing their absolute best.

The Good Life CIC is committed to providing a FREE, safe and facilitated space to encourage rest, peace and relaxation to lower these issues and even provide holistic alternatives to help individuals cope long term, aiming to alleviate the pressure on the mental health crisis our country and world is currently facing. This is done through funding, grants and donations to support those whom we rely on.

For more information please visit the website...

[The Good Life CIC](#)