

PREDICT YOUR OUTCOMES

STRATEGIES FOR TAKING CONTROL
OF YOUR DESTINY

A.P.P.L.E.

TECHNIQUE

GUIDEBOOK

ANDREEA PARC

Disclaimer

This self-help book is intended to provide guidance, inspiration, and support. The content within is based on the author's experiences, research, and personal insights. However, individual circumstances may vary, and the information presented should not replace professional advice. Readers are encouraged to consult with relevant experts or professionals for personalized guidance pertaining to their specific situations. The author is not responsible for any consequences resulting from the implementation of the ideas and suggestions presented in this book.

Personal growth and well-being are subjective, and success in applying the concepts discussed may vary from person to person. This book is not a substitute for professional counseling, therapy, or medical advice. Readers should use their discretion and judgment when incorporating the principles outlined in this book into their lives. The journey to self-improvement is unique for each individual, and this book is merely a tool to assist on that journey.

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Your World

YOUR REALITY

WELCOME TO YOUR JOURNEY TOWARDS A NEW REALITY

This powerful resource, fully at your disposal, unlocks endless opportunities. Guard it carefully. This guidebook is your companion on your journey, providing insights, support, and references for personal growth along the way.

This Guidebook is your private space, accessible only to you. Your privacy is our priority, and your words are always yours alone. With this Guide, you have the power to shape your destiny, unlocking endless possibilities and charting your own course to success.



In the pursuit of excellence, see failure as a step, not a stop. It's a tool refining your journey, like a chisel shaping a sculpture or a brushstroke crafting a masterpiece. Success, like a skyscraper, rises from these trials. Learn from setbacks—they're lessons in your path to triumph.

Albert Einstein once reflected,

“SUCCESS IS A FAILURE IN PROGRESS.”

Look at the tales of the greats: Walt Disney's initial struggles, Stephen King's literary rejections, or the countless attempts of Thomas Edison and Colonel Sanders. Their paths were paved with setbacks, yet they pressed on, turning adversity into fuel for success. So remember, failure is not the end; it is the bridge to your next achievement.

This Guide

BELONGS TO

 Name: _____

 Address: _____

 Telephone no: _____

 Email: _____

 Date Of Birth: _____

 Age: _____

 Gender: _____

 Notes: _____

If found, please return to the person listed above. Thank you.

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Spreadsheet and Overview

A.P.P.L.E.

Awareness | Perspective | Presence | Letting go | Empowerment

28 DAY - THREE MODULES

MODULE ONE

Your journey to greatness begins with embracing the present and being aware. By nurturing self-belief, you transform into an unstoppable force that turns visions into reality. Thoughts alone won't suffice! Your actions breathe life into your dreams, weaving them from distant aspirations into remarkable achievements that define the vibrant tapestry of your existence.

LESSON ONE	LESSON TWO	LESSON THREE	LESSON FOUR
<i>Awareness</i>	<i>Awareness</i>	<i>Perspective</i>	<i>Perspective</i>
Decoding the Game	Setting your GPS	PowerHouse Mindset	Taking Charge of Your Actions
* Agreement w/MySelf	* My Life Plan	* Recycle Yourself	* Competence Level
* My Absolute Boundaries	* Seven Levels Deep	* 6 Human Needs	* CRAP Exercise
* My Values (Priority Wheel)	* Emotional Vibrational Chart	* Pillow Mantra	

28 DAY - THREE MODULES

MODULE TWO

From Chaos to Calm: Exploring the Art of Emotional Resilience in today's fast-paced world, mastering your emotions isn't just valuable – it's essential. Whether in court, at work, or at home, emotional control is key for clear decision-making. Letting go of negativity frees your mind for creative thinking and effective problem-solving. Adaptability helps turn challenges into opportunities, using what you have to succeed. These qualities define great leaders and pave your way to success and happiness.

LESSON ONE	LESSON TWO	LESSON THREE	LESSON FOUR
<i>Presence</i>	<i>Presence</i>	<i>Presence</i>	<i>Presence</i>
How do we cultivate laser sharp focus?	Unveiling Trigger Points	Managing your Emotions	Unleash the Power of Resourcefulness
* STOP Exercise	* 5 steps to calm down	* Positive Emotion Brainstorm	* The Ultimate Success Formula
* RAIN Exercise	* Psychological Sigh	* Gratitude Ritual	* The Secret Formula to Conquer Everyday Challenges

28 DAY - THREE MODULES

MODULE THREE

From the Courtroom to Life's Crossroads Master your legal career and personal life with unwavering confidence. Embrace challenges, fuel growth, and inspire others. Take control, open doors to endless possibilities, and ignite change. Your confidence sparks transformation to bridge the gap in your life. Your potential knows no limits —shaping a lasting impact on the world.

LESSON ONE	LESSON TWO	LESSON THREE	LESSON FOUR
<i>Empowerment</i>	<i>Empowerment</i>	<i>Empowerment</i>	<i>Empowerment</i>
Designing your Success Story	Mastering Your Power Control	The Ultimate Rule of Control	Bridging the Gap M.O.N.E.Y.
* Client Choosing Exercise	* Honoring the Self	* Questions for Myself	
* Success Cycle	* Living by your Terms		

Part 1

5 EMPOWERMENT BLUEPRINT WORKSHEETS

My Values

DATE:

Mark all that are relevant, with a minimum of six selections:

- | | | |
|--|--------------------------------------|--|
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Fairness | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Adaptability | <input type="checkbox"/> Flexibility | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Growth | <input type="checkbox"/> Openness |
| <input type="checkbox"/> Assertiveness | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Poise |
| <input type="checkbox"/> Boldness | <input type="checkbox"/> Generosity | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Happiness | <input type="checkbox"/> Resourcefulness |
| <input type="checkbox"/> Competency | <input type="checkbox"/> Honesty | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Humor | <input type="checkbox"/> Self-Respect |
| <input type="checkbox"/> Curiosity Courage | <input type="checkbox"/> Integrity | <input type="checkbox"/> Self-Reliance |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Inner | <input type="checkbox"/> Sustainability |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Harmony | <input type="checkbox"/> Trustworthiness |
| | <input type="checkbox"/> Justice | |
| | <input type="checkbox"/> Kindness | |

What does a purposeful life mean to me?

What gives meaning to my life?

What am I most proud of in my life?

What are three things I commit to doing to improve my relationship with my values?

If I got everything I wanted, what would my life look like?

What if I could wave a magic wand and be at peace with my life? How would that feel?

Am I keeping up with my values?

What are at least three things that upset or frustrate me at work or home?

Part 2

7 MANIFESTATION MAGIC METHODS

STOP

TECHNIQUE

Mastering Stress with the STOP Technique

The STOP method serves as a powerful tool when faced with overwhelming situations, stress, or the onset of negative emotions. Employ this technique to interrupt automatic reactions, regain control, manage anger, and alleviate anxiety or panic attacks effectively.

S = STOP: Begin by halting whatever you're doing. This initial step holds the power of acknowledging the situation. Stopping marks the end of that cycle, allowing for a crucial pause in your reaction.

T = TOUCH: Directly engage with the physical sensation accompanying your overwhelming emotions. Touch the specific area of your body where you feel the intensity, whether it's sweaty palms, a knot in your stomach, or tension in your throat. This tactile connection serves as a means of acknowledgment, fostering self-awareness and compassionate recognition. By acknowledging these sensations, you unify your body, mind, heart, and soul. You're validating yourself, reassuring that you're seen, heard, and safe.

O = OBSERVE: Objectively observe the emotions surging within you without judgment. Take deliberate deep breaths, allowing these emotions to express themselves. If there's fear, frustration, panic, or an overwhelming sense of pressure, give yourself the space to let it out. Exaggerate the expression if needed. By granting permission for these emotions to surface, you gain control over their range and intensity. Recognizing that you can amplify these emotions implies that you also possess the ability to tone them down.

P = PERSPECTIVE: With this newfound understanding of your control over emotions, reassess the situation. From this empowered vantage point, consider the most appropriate response. Reflect on how you can act or react to the circumstance from a place of control, strength, and kindness—both to yourself and others. This moment presents an opportunity to exercise agency over your thoughts, emotions, and actions. Embrace this realization of complete control, and notice how it impacts your feelings and reactions.

The STOP method offers a structured approach to navigate through moments of distress, facilitating a shift in perception and empowering you to respond thoughtfully rather than react impulsively. Through this process, you cultivate a deeper awareness of your emotional landscape and hone your ability to choose responses that align with your best self.

Part 3

7 LIFE-ALTERING TOOLS

The Gratitude

RITUAL

The Gratitude Ritual, known as "Ho'oponopono" (pronounced HO-oh-Po-no-Po-no), has been an invaluable practice for me. It has the remarkable ability to shift one's perspective from scarcity to abundance, even in the most challenging of times. Through this ritual, I've uncovered a treasure trove of things to be grateful for, including people, opportunities, and blessings that had always been present but were obscured by my scarcity mindset. By regularly engaging in this gratitude exercise, focusing on what I have rather than what I lack has become second nature.

This is a deeply personal practice that we undertake within ourselves without the need to share it with others unless we choose to. Rooted in ancient Hawaiian teachings, Ho'oponopono serves as both a means of communication for reconciliation and a tool for restoring self-love and balance. The term itself roughly translates to "cause things to move back in balance" or "make things right."

THE ESSENCE OF HO'OPONOPONO LIES IN A SIMPLE MANTRA COMPRISING JUST FOUR PHRASES:

The essence of Ho'oponopono lies in a simple mantra comprising just four phrases: "I am sorry, Please forgive me, I love you, Thank you."

There is no prescribed right or wrong way to perform this prayer; it thrives on your intention to acknowledge the abundance in your life. Begin by contemplating the aspects of your life you may have taken for granted, asking forgiveness for times when you haven't fully utilized these gifts.

Reflect on your physical body, which enables you to be who you aspire to be, and apologize for any harm you may have inflicted on it through unhealthy choices.

Extend your love and gratitude to your home, understanding that imperfections are part of its nature. Express appreciation for the modern marvels, gadgets, and conveniences that make your life safe and comfortable, honoring the hard work and sacrifices of those who made them possible. Express gratitude for the financial resources that provide security and comfort while also seeking forgiveness for any misuse.

Acknowledge the nourishment your food provides and request forgiveness for times when you've used it to escape or withheld it.

Thank your parents for bringing you into this world and shaping your identity, apologizing for any unkind words or actions. Pay homage to your ancestors and cultural heritage, recognizing their contribution to your magnificent existence.

Express love and appreciation for your family, job, clients, coworkers, and education, and apologize for any times you fell short. Be grateful for your talents and skills developed through opportunities. Acknowledge your courage and forgive yourself for opportunities missed due to fear. Recognize the lessons learned from wrong choices and procrastination, expressing gratitude for their value.



Acknowledge moments when you may have used your talents to manipulate others and use this practice to release that burden. Finally, express gratitude for the moments spent on meaningful endeavors and with loved ones. Recognize your past successes and look forward with gratitude for what the future holds.

Be thankful for your innate talents, intelligence, and aptitude that have contributed to shaping who you are today.

The power of these words:

"I am sorry, Please forgive me, I love you, Thank you" when spoken with intention, channels gratitude and forgiveness from your heart into the universe, creating a cycle that returns these blessings to your heart.

Ho'oponopono is a profound practice that can bring about a transformative shift in your perspective and a profound sense of gratitude and balance in your life.

Part IV

7 TOOLKITS FOR MASTERING MASTERY

Honoring

THE SELF

The other day, I stumbled upon a fascinating analogy regarding cows and buffaloes in the face of an impending storm. Both animals sense the approaching tempest. The cows, in their fear, opt to flee from the storm's path. Desperately running, they exhaust themselves as the storm inevitably catches up. They end up wet, drained, and defeated, expending all their energy in their attempt to escape. On the contrary, the buffalo, equally fearful, charges headlong into the storm. They push through, traversing the tempest. As they emerge on the other side, the storm has passed, and the buffalo revels in the aftermath - basking in the sunshine, quenching its thirst with the freshwater, and grazing on clean grass.

EMBRACING CHALLENGES AS BUFFALOES

The analogy of cows and buffaloes facing a storm offers an insightful lesson about our approach to challenges. As we delve deeper into this analogy, we'll explore how embracing challenges aligns with our innermost desires and values, transcending societal or external expectations. This exercise will help us honor our true selves by confronting challenges head-on, much like the buffalo.



EXERCISE STEPS:

Self-Reflection:

Begin by reflecting on a recent challenge or situation where frustration arose due to a discrepancy between your actions and your soul's deepest desires or values. Consider moments where fear or avoidance dictated your response instead of aligned action.

Identifying Core Values:

Delve into your core values, those deeply embedded desires of your soul that drive your aspirations and actions. List these values, considering what truly matters to you beyond external influences or societal expectations.

Mapping Challenges:

Now, identify a current challenge or obstacle you're facing that may conflict with these core values. This could be a personal, professional, or emotional challenge.

Embracing Buffalo Behavior:

Imagine embodying the spirit of the buffalo. How might you approach this challenge differently if you were to face it head-on, aligning your actions with your core values? Consider strategies, actions, or perspectives that align with confronting challenges rather than avoiding them.

Action Plan:

Develop an action plan that reflects your newfound approach, aligning your actions with your core values. Outline steps or strategies that allow you to face this challenge courageously, embracing it as an opportunity for growth.

Reflection:

Take a moment to reflect on this exercise. Consider how embracing challenges aligning with your core values might impact your mindset, actions, and overall well-being. Journal your thoughts and emotions regarding this shift in approach.

Final Thoughts:

Honoring our true selves involves navigating challenges in alignment with our core values and desires. By approaching obstacles with the resilience and bravery of the buffalo, we open ourselves to transformative growth and align our actions more closely with our soul's deepest aspirations. This exercise serves as a reminder to confront challenges head-on, embracing them as opportunities for growth and self-honoring progress.



Personal Integration

FORM

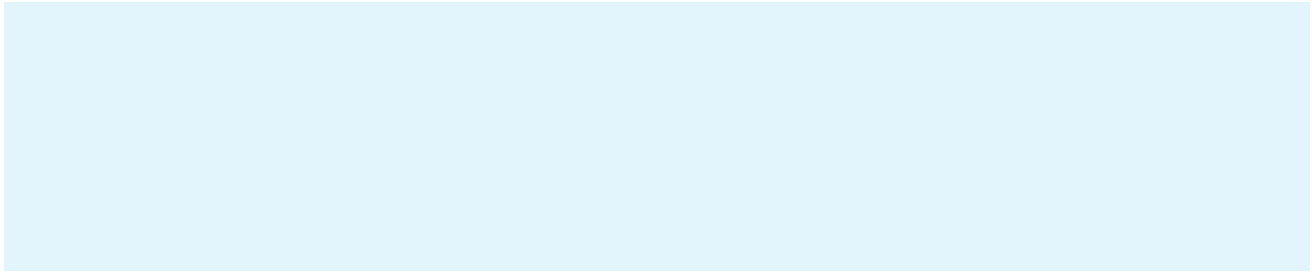
The key to this form is to capture your learning, progress, and commitments. You are welcome to adjust these questions to better meet your needs. You can use these questions as often as you want, however I recommend you do it after each exercise.

Personal Integration:

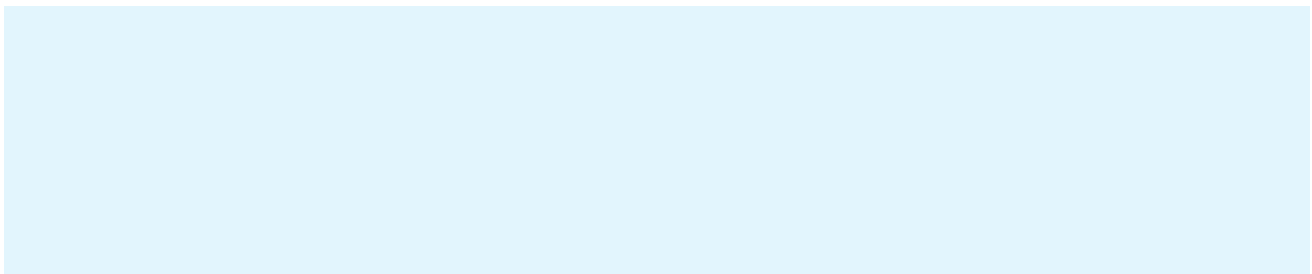
What did I discover or learn about myself from this exercise?

On a scale from 1 to 10 how satisfied was I with my level of commitment to my growth and development during my work?

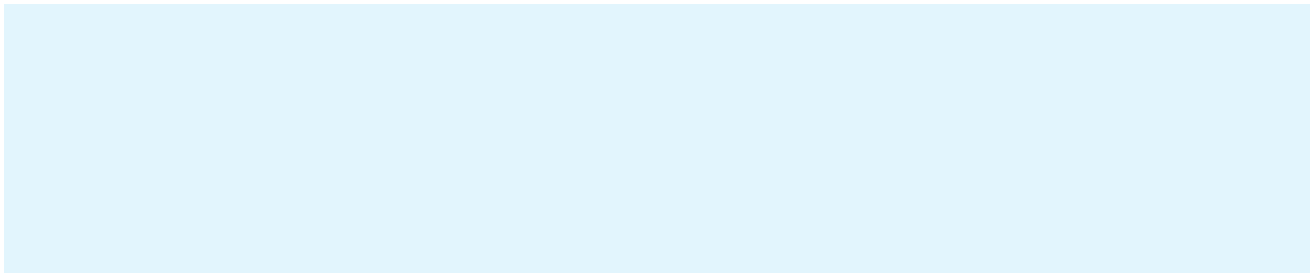
Considering what I learned, what is my committed focus and actions for this week?



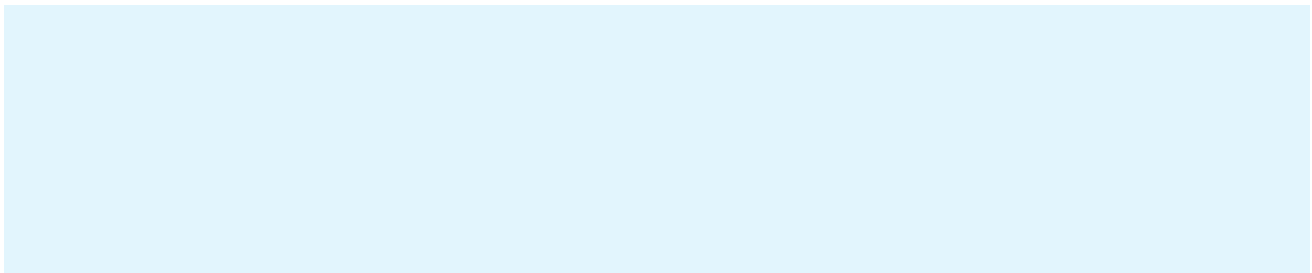
What is the benefit of following through with these commitments to myself?



What is the benefit of following through with these commitments to myself?



What is the cost of not following through with these commitments to myself?



About the Author

ANDREEA PARC

Coach, Consultant, Author, Speaker

Andreea coaches attorneys and high-achieving professionals who struggle with life challenges to regain clarity, confidence, and control over their lives.

She consults and assists women attorneys and other professional women before and after their prison experiences.

Andreea Parc is a former New York State attorney, with a unique perspective, having spent almost three years in Federal prison. She is a fervent advocate for embracing awareness in life. Drawing from her own challenges and experiences, Andreea helps people unlock their power of choice and break free from self-imposed mental constraints, enabling them to live more peacefully despite life's challenges.

She emphasizes that greatness lies just beyond our self-created barriers, and without awareness, we remain stuck in repeating patterns that lead to unwanted outcomes.

Andreea is the creator of "Predict Your Outcomes," which teaches action-based techniques that empower individuals to take charge of their destinies, rather than allowing life to dictate their paths.

"Alive. Again. My Journey from Attorney to Redemption... in Prison," published by The Three Tomatoes Publishing, is Andreea Parc's riveting story that takes readers on a transformative journey through her nearly three years of incarceration, providing profound insights into the power of redemption and resilience.

From her unexpected fall from a successful attorney to her rise as a motivational coach and speaker, Andreea's narrative is a testament to the strength of the human spirit.