



CREATE A LIFE THAT WORKS FOR YOU

More ease, more self-compassion,
more clarity, more YOU

DANIELLE SULLIVAN | NEURODIVERGING COACHING
JACKIE COURSEY | SACRED SPACE COACHING

W E L C O M E

Hi There!

Welcome, and congratulations on taking the plunge to start creating the life you've always wanted!

As neurodivergent people, we're usually not given what we need to understand and support our authentic selves. The world is full of ableist social standards that don't make room for our unique needs and ways of being.

Although there are some things about the world that we can't control, there is a lot that we can do to create and maintain lives that are full of meaning and value.

And that's what we're here to walk you through today. If you can commit to spending some time here with us, we'll help you get clear on your own personal values and your ideal daily experience. Once you know those things, you'll be able to act to strengthen your boundaries, advocate successfully for your needs, and take steps toward the life you want to live.

It's time to find your authentic neurodivergent self.

Jackie Coursey & Danielle Sullivan

WANT TO GO DEEPER?

If you are struggling to take action, but you know having less overwhelm in your life would solve a lot of problems (which is the truth!), consider enrolling in the From Defeated to Inspired course.

On top of recorded lessons you have access to for life, you'll get 6 weeks of peer support and live sessions with Danielle and Jackie.

You only get one life. Live it well!

[Enroll Here](#)

Step 1: Identifying Your Values

In order to live a life of meaning, we need to know what's important to us. Let's look at your personal values and how they affect your life choices.

Carve out a few minutes and think about what matters to you. Write down ten values that are important to you (not society or your family, but YOU.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.


Which three of these would you like to be remembered for after you die? Why?

Step 2: Living Out Your Values

Now, let's find more places to live out your values.

Can you identify any areas of your life where you are living your values fully? How do those areas feel?

Are there areas of your life where you aren't living your values?
How do those areas feel?

 What changes could you make to live out your values in more areas of your life?

Step 3: Dreaming Your Life

Let's figure out where you are now, so we know where you want to go in the future.

Answer the questions below honestly. Take your time.

What or who did you want to be as a child?

What or who did you want to be as a teenager?

What are 3 things you'd like to do in the next 10 years?

What are you most proud of having accomplished in your life?

Dreaming Your Life (Cont'd)

What is the most frustrating thing about your life right now?

What would you do with your life right now if money was no object?

Based on your answers, what do you think your ideal life would look like? What would be the same? What would be different?

What are some things you could do this week to get you a little closer to your ideal world?

Step 4: Strengthening Your Boundaries

What are boundaries? For our purposes, we like, “A boundary points out a limit,” because we all have only so much time and energy in a day. Boundaries point out that limit of time and energy.

Let's get cozy with this idea. Instead of thinking of our boundaries as fences we put around ourselves to keep others out, let's take another approach.

Let's use our personal values to conceptualize our boundaries as a blanket in which to keep safe.

A blanket is a warm protection. We think this is such a gentle way to approach our boundaries too!

We suggest using a process of careful discernment when selecting your commitments, rather than being overcome with other people's ideas of how you should spend your precious time.

Strengthening Your Boundaries (Cont'd)

What are some things you'd like to do more of?

What are some things you'd like to do less of?

Take some time now to think about where you may need to add some boundaries to create more freedom for yourself: What comes up for you?

Step 5: Make Your Plan

Go back through this booklet and consider what you've learned about your personal values, your dream life, your ideal boundaries, and the gap between where you are and where you want to be.

Write a sentence or two about what you can change this week and why you want to do it.



What will this change give you?



And what will this give you?



And what will this give you?



So, why is this change important?

Make Your Plan (Cont'd)

Once you've made the first change, what's the next thing you can do to lean into your values, your dreams, and reclaim some energy?



What will this change give you?



And what will this give you?



And what will this give you?



So, why is this change important?

You Are Worthy

As you work toward the life you really want and make these changes, please take a breath for a moment. Give yourself some grace. This is not about having to be perfect today, tomorrow, or the day after. You are taking steps to make your life better. It is okay to go slowly.

How do you keep moving in the right direction? Revisit your values often. Make time to look over what you've learned here. Begin to ask yourself, often, "Am I using healthy boundaries and living MY life? Am I considering my needs and sensitive nervous system? Are there people in my life who do not honor me and whom I may need to see less often, or never?"

Your life is precious. You are precious. If you need more help creating a better life, feel free to contact Neurodiverging.com or SacredSpaceCoaching.net to set up a free call to find out how coaching might help.

Now, get out there and live your dreams!

Jackie Coursey & Danielle Sullivan



Danielle and Jackie are certified, neurodivergent coaches and the founders of [From Defeated to Inspired.](#)

Thank you!

Bonus: Reducing Meltdowns, Burnout, and Anxiety

(This material is a small portion of what we cover in [From Defeated to Inspired](#).)
At this point, you know your values and are creating boundaries (think cozy blanket) to protect your time, energy, and sensitive nervous system. How else can you create the life you want and decrease meltdowns, burnout, and anxiety?

“The moment that we recognize that we are autistic and we don’t need to try to be neurotypical, we just need to try to learn who we are and how to exist in our world, that’s the moment we can really recognize inclusion in our own lives, self inclusion.

We can make our own happiness. We can make our own joy and we can find those who love and support us.”
- Lauren Melissa, @autienelle

Autistic burnout is a threat response and a state of exhaustion and overload. Meltdowns are an involuntary reaction to fear, sensory or emotional overload, anxiety, change, confusion, etc. Anxiety is an emotion marked with heightened alertness and is extremely common for autistic adults. All three are very difficult to experience!

Bonus: Reducing Meltdowns, Burnout, and Anxiety

Some ideas for how to make meaningful changes, decrease the anxiety, burnout, and meltdowns, and increase your joy and calm:

- Creating YOUR routine
- Listen to YOUR body
- Learn your triggers and create a plan
- Schedule sensory breaks
- Cuddle with your furry family members
- Have exit strategies for stressful, exhausting situations
- Give yourself time to stim
- Enjoy deep pressure like weighted blankets
- Engage in interests and passions
- Practice putting up boundaries
- Find your village of other neurodivergent people
- Monitor your sleep and get help if needed
- Create low demand environments
- Create a sensory toolbox with your favorite sensory items
- Remove the stressors
- Build new skills (as you are doing here!)
- Seek out accommodations at school, work, and even with loved ones at home

FURTHER RESOURCES



Sacred Space
COACHING

Neurodiverging Coaching
Coaching and Training for All Brains

www.neurodiverging.com
patreon.com/neurodiverging
[@neurodiverging](https://twitter.com/neurodiverging)

A promotional graphic for Neurodiverging Coaching. It features a white card with a watercolor illustration of red and orange roses and the handwritten text "keep blooming". The card is placed on a white surface next to two tulips with red and yellow petals. To the right of the card, the text "Neurodiverging Coaching" and "Coaching and Training for All Brains" is displayed, along with the website, Patreon, and Twitter handles.

From Defeated
to Inspired

—●—

This is the program you've
been looking for. Welcome.

Join Now

A promotional graphic for a program. The background is a photograph of several hot air balloons being launched from a grassy field at dawn or dusk. The sky is blue with some clouds. On the right side, there is a light blue text box containing the text "From Defeated to Inspired" with a progress bar below it. Below the progress bar, it says "This is the program you've been looking for. Welcome." and a dark blue button with the text "Join Now".