

How to
**move from
confusion
to clarity**
in 7 simple steps

m o o n b e a m m o n d a y . c o m . a u





Hi. We're Rebekah + Yvonne King.

Co-Founders of Moonbeam Monday Training + Coaching

Yep! We're a mother-daughter duo.

As Master Neuro-Linguistic Programming (NLP) Practitioners, we specialise in working with the unconscious mind of people and workplaces to eliminate stress and create calm environments.

NLP has changed both of our lives completely and positively. We know it can do the same for you and we want to share the full benefits of this with you.

This tool is the first step in solving any problem, no matter the size, in any area of your life.

We love hearing from you, so when you've completed the questions, please get in touch and tell us how you went!

Hey there.

How often have you tried to solve a problem, but given up on the process because you're overwhelmed?

Even if you know what you want, you may not know where to start and how to go about getting it.

Wouldn't it be good to have a simple tool that helped you solve your problem quickly and achieve your desired solution?

Welcome to ***'How to move quickly from confusion to clarity in 7 simple steps'***, where we unlock a powerful and transformative approach that will change the way you tackle your problems forever.

The process is elegantly simple, yet incredibly effective – just 7 straightforward questions designed to help you unlock the solution to any problem and move forward with an actionable plan.

This 7-step system will become your trusted companion and go-to tool to solve any problem. In fact, you'll wonder how you ever managed without it.

The beauty of these questions is that they are versatile – they can be applied to a myriad of situations, personal or professional.

The key is to be as specific as possible. The more detail you include, the easier you'll find it to put into action and solve the problem.

Let's begin!

With gratitude,
Rebekah + Yvonne 🙏

The background of the slide features a photograph of two women sitting at a table. The woman on the left is wearing a maroon top and is smiling. The woman on the right is wearing a grey blazer over a white shirt and glasses, and is holding a blue pen. They are both looking down at books or papers on the table. A large, semi-transparent white rectangle is overlaid on the image, containing the quote and attribution. A large yellow circle is positioned in the upper right corner of the white rectangle. A large, faint 'M' logo is visible in the background, behind the white rectangle.

“

We cannot solve our
problems with the
same level of thinking
that created them.”

- Albert Einstein

STEP 1

Problem

In order to solve your problem, you first need to identify what the problem actually is. The more specific you are, the better chance you have at creating an actionable plan and solving the problem.

What is the problem I want to solve?

EXAMPLE

My clothes aren't fitting me anymore.

STEP 2

Relevance

Before you take action, it's important to know where you are now and if it is relevant to your current life. Consider what the purpose of solving this problem is. What outcome do you want?

What is the purpose of solving this problem?

EXAMPLE

I want to feel better in my clothes, and also live a longer, healthier life where I am mobile and pain-free.

STEP 3

Options

Let's begin to break it down... you may think you haven't solved this problem because you lack motivation. But in fact motivation only comes from taking action. To take action, you need to know what your options are, then choose one to get you going because it's important to get started and begin seeing results.

What options do I have to help me solve this problem?

EXAMPLE

- Audit my current eating plan and identify any foods that aren't benefiting me.
- Create a simple weekly shopping list including foods I know will benefit me, and order my groceries online
- Eat smaller portions
- Work with a weight-loss coach
- Prep-prepare my meals (helps with portion control + is helpful when I work late)
- Start moving more regularly (walking, gym, swimming?)

The option from above that I can action now to get immediate results is number 2.

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

Circle the option you can do right now that will get you immediate results.

Bonus question!

If I could talk to someone who had already done this, what would they tell me to do?

STEP 4

Go Forward

To go forward, you need to set some boundaries and goals. Take your answer from the previous page (an option you can action now that will get you immediate results) and answer the following...

What do I need to do to start?

EXAMPLE

- Educate myself about which foods are going to get me the results I want
- Write my shopping list
- Create an online shopping account
- Place order

List the actions below that you need to take

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

Bonus question (but a SUPER important one!)

When will I start?

EXAMPLE

By Sat 8 Nov 4.30pm

STEP 5

Resources

You need to understand what resources are available to you and whether you need help. Asking for help might feel hard, but most people love to feel helpful! So identify what areas you need help in and ask.

Do I have all the resources I need (including help from others) that I need to complete these actions?

Yes / No

If the answer is 'No', answer the **questions** below...

What resources do I still need?

EXAMPLE

- Educate myself about the best foods for my lifestyle.
 - Find the best supplier for the kinds of food I want to eat.
 - Engage the family to help find new healthy eating choices.
 - Speak to Mary about what she did to achieve the same result.
-
-
-

How will I attain them?

EXAMPLE

- Use Google
 - Make time to speak to the family and explain why this is important
 - Text Mary and ask when a good time to chat is
-
-
-

Do I need anyone's help?

EXAMPLE

Yes. I will speak to the family tonight and text Mary tomorrow morning.

Lastly, if you need help, when will you ask them?

Excitement

What can I see, hear and feel, and what am I saying to yourself?

"When I solve my problem/achieve my goal of losing 10kgs, I will look and feel amazing. I'll be able to play with the kids without feeling worn out. I see myself reaching the top of Mt Lofty with my friends, feeling energised, then recovering well. I hear people complimenting me on how well I look and how radiant my skin is! I'll feel 10 years younger, look and feel great in my clothes and I'll tell myself, "Well done! You've done an amazing job! I am proud of myself for persevering to achieve this outcome."

STEP 7

Schedule

The last step is crucial! Setting a deadline and scheduling time to complete the actions is the only way to follow through and solve your problem. Remember to be realistic... i.e., your schedule should take into consideration any work, personal or family commitments you already have.

When will I start?

EXAMPLE

Tonight, by talking to the family. I'll know the problem is solved when my clothes begin to fit better, and I feel more comfortable in them.

What is the measure I will use to know I've solved my problem?

EXAMPLE

How my clothes feel on me (the fit).

How will I know when I have solved my problem?

EXAMPLE

My clothes will fit comfortably again!

Include a date or a way to measure 'solved'.

Now, add these dates, and any other relevant dates for your actions, into your calendar or diary. Remember to be realistic and set aside the appropriate amount of time for them.

Problem
Relevance
Options
Go Forward
Resources
Excitement
Schedule

Congratulations!

**You've completed the 7 steps to solve any problem.
And, you have an actionable plan. Woo hoo!!**

Now it's time to nail it down...

Using a scale of 1 to 10 - 10 being the highest or strongest...

How strong is your intention to take the first step? ___/ 10

How high is your enthusiasm to take the first step? ___/ 10

How strong is your commitment to take the first step? ___/ 10

If you score under 7...

Ask yourself what needs to happen to raise the score.

- Do you need to talk it over with someone?
- Is the problem no longer relevant?

Go back and revisit the original problem and each step to find out.

From confusion to clarity

Your checklist to solve any problem.

Once you're familiar with the 7 simple steps, all you need to do is follow this checklist to quickly solve any problem.



PROBLEM

Get clear on what the real problem is and how it's a problem for you.



RELEVANCE

Understand how the problem is relevant in your current life and what the purpose of solving it is.



OPTIONS

Brainstorm the options available to you to solve the problem.



GO FORWARD

List the actions you need to take to solve this problem. Remember, be specific!



RESOURCES

Investigate what resources you need, what's already available to you and what else you need (including help from others).



EXCITEMENT

Visualise what you see, hear, feel and think once you've solved your problem.



SCHEDULE

Decide when you're going to start, create timelines for each action and schedule in your calendar.



BONUS

Identify how you will measure success. I.e., how will you know when your problem is solved?

You're ready!!

You have everything you need now to solve any problem of any size, in any area of your life.

In following these steps, you may have come across some feelings or thoughts that you didn't realise were there. They could be the reason this was a problem for you in the first place and why you haven't yet solved it.

It's easy to feel stressed, anxious and overwhelmed when you have a problem. If that sounds like you, you're not alone. In fact, 17% of the Australian population experience an anxiety disorder of some sort.

Anxiety is a stress response that is activated in your brain. Each time you feel anxious, you trigger the anxious response based on how you felt in the past.

If this sounds like you, we encourage you to scan the QR code below and book a Connection Call to identify the root cause of the problem, and find out who we can help you.



"What would life be if we had no courage to attempt anything?"

- Vincent Van Gogh

Work with me



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Join a supportive community of women that helps you overcome self-doubt, mental exhaustion and a constant feeling of overload. By joining, you'll start to think clearer, feel calmer, and love with greater control and confidence.

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Private Coaching
with Rebekah King



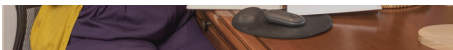
Private Coaching with Rebekah King

You've read the books, listened to the podcasts, and tried to 'think positive' - but something is still off. Through private coaching, you'll gain the tools, strategies, and mindset shifts to finally feel confident, clear and fully in control of your life and future.

[Learn more](#)



Reset + Recharge
The Mind-Body Reset Online Course



The Reset + Recharge Mind-Body Online Course

Feel wired, overwhelmed, or stuck in your own head? This course is for high-functioning professionals who are juggling too much, resting too little, and overthinking everything. In under 75 minutes, you'll learn how to calm your nervous system, reframe your mindset, and shift gently, without adding more pressure to your plate.

[Learn more](#)



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