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GuidingCoaching

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How can i help you?

What can i do for you?

What is it you wish for now?

Try to imagine the moment you solved your problem.

What would life be like?

What do you need to make this happen?

Which steps do you need to take to get to that point?

How will you ask for help and what can you do yourself?

Awareness about the situation is the first step towards the change and to reach for the goals your focussing on.

A mode of doing can be changed into a mode of being.

Living your life conscious and with clear motivation can help you to see and find the purpose and the path towards it.

Recognising your feelings, your thoughts and also your behavior in the moment can help you to live in the moment more awake and present. This will make it possible for you to focus and pay attention to the important things in the moment.

Knowing what you are doing and what you need to do is part of our daily decision making state. Our attention can be losing the energy and the interest to stay relaxed and in control in the moment.

If you transform your experience by staying in the moment and guide and meditate yourself towards your goals, you can overcome pain and sorrow or fear and stress.

Transforming the experience of pain or fear into another state of being by meditating and breathing differently can help you to recover rapidly.

Thinking about the Fight, Flight and Freeze responses in our life, we also need to focus on a fourth option that is being Free From it all. Focussing on fun is the first step.

Finding Fantastic messages in the moment and getting more aware about the situation can help you to live a life without worry. Just doing the to do list and doing what can be without judgement is a non-judgemental way.

Be gentle to yourself and anything and anyone around you.

Your goals are important and you will become aware about what to do and what not.

Staying in the moment with aware attention is being present in the now and this can help you to make time and space for yourself.

It can also help you to find a focus to create connections and make it possible to communicate about it with someone.

Sharing is caring and the first step in communication is focussing on the needs of both.

The one who listens is as important as the one who speaks.

Everyone needs to get the chance to speak.

All that is emotional can be solved.

Positive emotions can be found in positive connections.

A different response will only be possible by compassion and concern for the other and finding ways to create empathy and compassion for each other in the situation.

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Talking about it can help you to find different perspectives and your emotions are as important as the other persons feelings.

Experiencing this process and doing it step by step will make it possible for people to reunite and find love and respect again for each other.

The brain is prepared to respond and reacts on actions.

The way we learned to react can be conditioned and might be the reason why we get blocked or lose focus and why we don't know what to say or do. This can also lead to the state of being that we don't know who we are anymore.

Losing our identity can be so uncomfortable and so distressing that we react so different to things that we would normally do.

Express your appreciation for the things you learn and you can experience. Empower yourself to find a positive change.

See the path towards helpfulness and make connection with helpful people. Find spontaneous appreciation in the daily life.

Sensing the uniquely human valuable qualities by appreciating things and being positive about life will bring you into the state of gratitude that helps you to enjoy life more.

Practice this gratitude state by boosting your relationships with compliments towards each other and telling each other positive stories with a smile and a lot of expressed joy.

Expressing gratitude will help to make a closer connection and it creates the bond for life.

Little moments of connection can feel as a boost into the relationship by expressing the way we feel.

In a positive way we can create insight by sharing thoughts.

Understanding the way positivity works can only be known by experiencing it by doing.

Changing your mindset and discovering the way we can fix things easily by being positive and open for positive connections.

Our language is the key towards the growth of our mindset.

It can also help to understand the people around you better and it makes it easier to trust each other and help each other.

Meditating is a way of breathing, moving, and changing our mind by thinking more positive thoughts.

Practicing these insights by being curious about your current state of being and expressing your awareness towards the world will bring you to the next state of being.

Challenging situations can lead to challenging experiences.

What we bring into the mind will be the road to the way we react to it. The path we choose on how we react on occurring moments and expectations from ourself or others can be the key towards the change we need. Envisioning the beliefs and rituals in our lives which builds our principals and rules we live for should be examined by your thinking.

Flip Thinking is a way to see it differently by thinking differently.

There's always a new layer and a next level.

Growing in our mindset will help us to find our life's shifting into well being and getting connected to our purpose.

Your skills and talents are there to help you to adapt and be as flexible to reach for that change you are focussing on.

Challenges may arise daily. Dare to ask for help.

Know that only by asking for help you can get the right help.

Also by staying motivated and discovering the sense of meaning in your daily activities and staying connected to your core values it will be as easy as following the way towards your goals and going with the flow. Keep flowing and focus on affirmations to release stress and to create more connection with a supportive control group.

A supportive control group of people who value the same values and who are there for your to advice you and support you or even help you by doing these things for you that you can't do yourself, can help you to find motivation, inspiration, being aware about the details or being activated and experiencing the sense of the choices you make.

Recognising that being calm can be helpful to yourself and others. Being connected towards someone may be the engine to generosity and true gratitude.

Flip Thinking is part of the process but also the road to take to get the process into the right direction.

Practicing connection and valuing how we integrate kindness into our life can help us to be more intentional and evaluate others more positively. When someone makes us feel sad we can focus on the sadness but we also can focus on the way it can be solved. If you can find kindness in your life by changing your script and making different choices you will get different responses and life will clearly change.

Encourage others to make suggestions and to review what you are saying and doing. Ask people to help you to help others and find ways to make the process more meaningful. Feeling lucky is the state of gratitude for being who you are and what you do. Knowing that is the most important step towards a more positive life. Take care of the body and the mind and understand the interactions you go for and focus on.

Know that there is always another moment and another way to make a new connection and communicate about things when you stay open-minded and positive in your thoughts.

Whatever you flip think, think it for a better life.

Set your intentions and recognise that flip thinking can help yourself and others to find positive energetic vitality in the moment and refind joy and gratitude in our lives.

Whatever you can say about your thoughts and the way you think, know that your flip thinking process can grow only and learn from every moment by thinking what was and is now but also focussing on the near future and all that can be possible. With an open-mind flip thinking is the key towards happiness and freedom from sorrows.

If you can't flip think it, let it go and accept it.

But know that your thoughts can always change.

So the flip thinking process will restart and help you to find better solutions.

**Learning by Doing. Learn new skills. Learn to change.**

## How to FlipThink?

Find the secrets to your success by letting the fear of failure go.

Letting go is step 1 of the process.

Flipthinking is an amazing way to change your mind.

It helps you to see things differently and to focus on opportunities and new choices and chances.

### Goals

The basics of flipthinking is about getting yourself outside the box of all the negative thinking and finding positive perspectives on a position or situation that looks difficult to overcome.

Positive thinking is part of the flipthinking process.

Making life easier by flipthinking is like an art.

It is easy but you have to try it, keep doing it and learn by doing it.

### Realistic

Valuable lessons can be seen by focussing on a realistic change.

With flipthinking you can rethink the situation and change your perspective towards something.

You can also see why things happened by explaining it to yourself as a lesson learned and a moment in time that was a confrontation with yourself and others because of cultural differences and many other reasons. Understand that something that was not so nice in your life can help you to become strong and resilient.

If people need to rethink things that traumatised them it can be important to know that positive thinking and flipthinking can be difficult without the help of a coach or psychological help.

In case of depressions and a low self esteem it is always important to ask for support and trust only the people who can help you.

Failure is a chance to begin again. Ask: What can i learn from this.

Failure makes you smarter. The fear of failure can overrule you.

Ask for help. Ask for input. Ask for opportunaties.

If you can flip think it, you can feel differently.

If you can feel differently you can act differently.

If you can act differently .. you can get different results.

Behavioral change doesn't always happen in a day or over one night but takes a longer period and needs to be inprinted by doing it over and over again. This rethinking, positive thinking and flipthinking proces is a thing everyone can learn. It is important to know that by repetitive actions and exercises and training the brain can learn to change the mindset and reprogramm the body and it's behavior.

Your mindset is all that is important. A relaxed moment, meditating, breathing well and focussing on your health is the key towards a better and more positive life without stress, anger, pain, fear, regrets and worries.

By doing the exercises you get by coaching and having the conversations that are needed to find peace the programming of flipthinking is possible and will find a way into your brain, body and behavior. Programming old reflections into new

patterns and creating positive reflections and reactions on repetitive actions from the past into the now will help you to focus on the future and see more clear goals. It also helps you to understand, explain and even manage things differently. By doing it differently it will also give different results. The new way of living with a clear mind and a healthier body will lead towards more happier thoughts and feelings and experiences that are positively giving you the confirmations that help you to stay on that path of learning and growing by doing good.

The GoDoGood theory about Flipthinking is part of the coaching sessions that the Flipthinking coach Stijn Gabeler helps you to make your own. It is a way of thinking and living that can help you for life. The focus on NLP ( Neuro Linguistic Programming ) is part of this change in behavior that can help you to redefine things by changing the script in your life with the purpose towards positivity.

Changing your life with different words and a better story to tell will help you to grow and learn by doing on a more positive way.

Flipthinking old patterns and difficult situations in the here and now will bring you into a state of being that gives you positive feelings, more acceptance and letting go of things that are unchangeable and more control on the thoughts and feelings but also on the situation occurring or possible things to happen. Tackling the negativities with a positivity is so strong that it will guide you and lead you towards such a different life with different choices.

The changes we overcome by thinking are always done by a positive mindset and can only be possible if you are openhearted and honest to your self, towards the world and reaching out towards the energy and knowledge that is there for you in this universe.

All universal truths are there for you to experience.

By opening your eyes and ears but most of all your heart and brain, you will be able to rethink things and flipthink it into a helping thought and a supporting memory that can overcome the old feelings of trauma and pain. It can overcome the fear and anger or even the hatred towards someone or something. It can also help to let go or even to find the path of forgetting and forgiving.

Learning by doing can be difficult for people when they still are in situations that lead to a Fight, Flight or Freeze moment.

Some reactions in life are programmed by trauma.

These reactions need to be reprogrammed by learning that there is a fourth possibility, the flipthinking way: Free From it all.

Feeling free and happy can only be done by starting with the brain.

The thoughts you have are the ones you choose.

Understanding this can help you to find a way out of any difficult situation. It is by rethinking, positive thinking, NLP and Flipthinking that you can reset the brain and the mind towards new thoughts and feelings.

By Flipthinking your life you can let go of the Fight, Flight and Freeze reactions. Your natural state of being will find root and grounds to overrule the old patterns by flipthinking it and by getting in contact with the positive mindset by using the brain as a tool to overcome any situation. This can lead to conversations that are helping you towards reaching your goals. It can also lead to helping yourself towards your own decision making process and it can provide you clear answers, more control and happier thoughts and feelings.

## What is your biggest wish?

# Have a dream and vision.

Write down everything you possibly want.

Find something you love to do.

Find a way to do it.

Keep doing what you love to do.

Dedicate yourself to learning and creating skills.

## Commitment, Contact, Choices, Changes,

We all have a future we can think about and we can have feelings for.

The fact that you love what you are doing can help you to create changes and make connections with the people that can help you to get to that place and circumstance you wished for.

Meeting people. Travelling. Finding joy in connecting and changing.

The time is there to make it possible. You only need to take the step.

Go there. Do it. Be as good as you can be.

## Experience the joy

Know your good and doing good. See the challenges in life and embrace them. Do something and enjoy it. Do it well and be good at it.



Knowing what you should and could do is nice and feels good when you are looking at your path as a road to take because it is your destiny.

See yourself as complete. Know yourself completely. Help people to feel complete and be the person who makes other people feel complete again.

### People and results

## Together is always better

The next key is in awareness, conscious steps and aware decision-making by thinking differently and making the FlipThinking process a daily thing to do. Easy. Simple. Successful and all makes sense.

### Sense and simplicity

What ever we put in it, we can get out of it. This is KARMA.

We all pay the price to be successful.

What is it you have to pay to reach towards your desires?

### Write down 10 goals

Make a bucketlist. Write down the goals you want to reach for in life.

Think about the fact that: What if ... you could only do 10 things in life.

What would it be? How would you do it? What do you need?

Get feedback that makes you smarter.

FlipthinkingCoach.  
Who am i?

Stijn Gabeler

CoachStijn VeganStijn PadelStijn StijnOnline

The initiator of Stichting GoDoGood,  
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