

10 STEPS TO

BECOMING UNSHAKEABLE

by
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ABOUT THE AUTHOR

Hi! I'm Margaret and I am so glad you are here!

A bit about me...

I am a mom to an incredible teenage daughter, partner to an amazing guy, doggie mom, adventure enthusiast, collector of funky shoes, tarot & oracle card reader, and lover of sunrises, sunsets and all things chocolate!

I am also the CEO & Founder of EVOLV coaching, a Woman's Life Empowerment & Grief Coach, Co-Founder of Unshakeable ME Summer Camps for Teenage Girls, TEDx Speaker, Educator, Writer, and Certified Dare2Declare© Vision Board Facilitator. My mission in life is to help spiritually aligned adult women find Joy again after trauma or grief and become Unshakeable within themselves so that they are no longer defined or controlled by their past experiences. As a multiple trauma & grief survivor myself, my personal healing journey taught me how to find joy and become Unshakeable and I am passionate about supporting other women, like you, to do the same.

Because, my darling, YOU are worth it!

LET'S CONNECT

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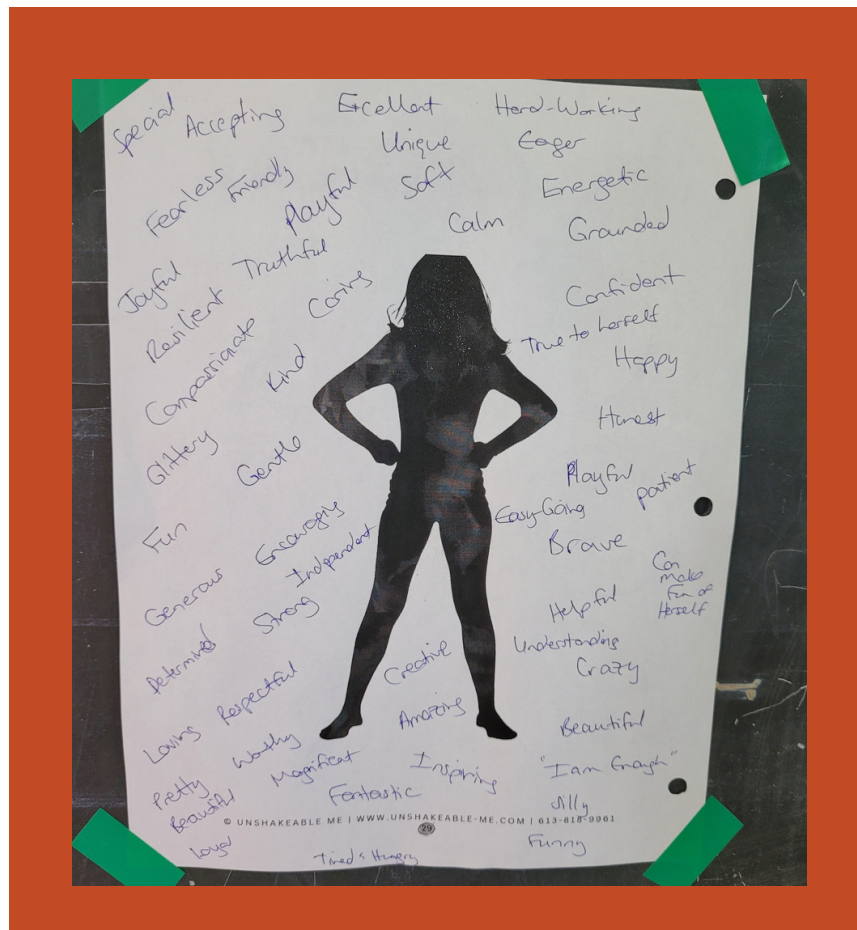
WHAT IT MEANS TO BE

Unshakeable

To be Unshakeable is:

- to know & accept yourself fully (warts and all)
- to be comfortable being your authentic self ALL the time (the goofy, awkward, funny, smart, determined, shy, outgoing YOU)
- to possess the ability to recognize & believe in your strengths
- to face your fears head-on and do it scared anyway

In our UNSHAKEABLE ME summer camp for teenage girls we asked the girls to brainstorm characteristics they thought would make "UME" unshakeable. They came up with the characteristics below in less than 5 minutes! However, when we turned it back to them they had a hard time applying these characteristics to themselves.



THE IMPORTANCE OF BEING

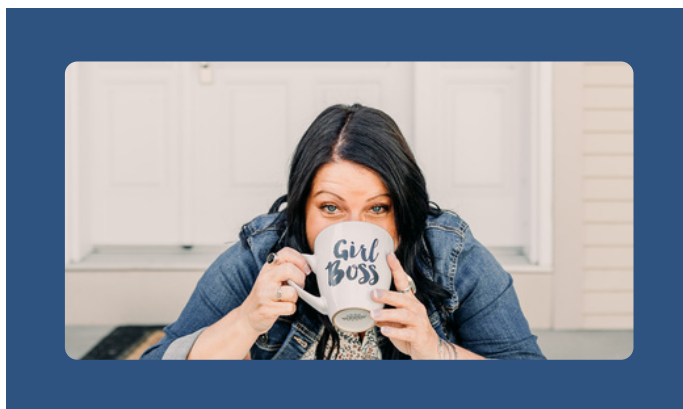
Unshakeable

Becoming UNSHAKEABLE allows you to be who you truly are, at your very core, without worrying about what other people think. It is freedom, peace and full acceptance of yourself. You get to stop pretending to be someone you aren't or hide parts of you that you worry other's won't like or accept just so you can "fit in". When you are unshakeable, you get to be brave and courageous and go after what you want, facing your fear and doing it scared anyway. You allow yourself to be vulnerable and you support others in their vulnerability, without shame or judgement. You don't let your past define or control you and you have learned how to find happiness from within yourself, not relying on others to make you happy. You allow yourself to play and connect with your inner child, experiencing the world from a place of creativity, fun and exploration.

Being Unshakeable helps you overcome the feelings of "less than" or "not good enough" - something ALL of us struggle with at some point in our lives, especially women.

Being Unshakeable allows us to be who we are meant to be!

And by role-modelling for our children what it is like to live a life from a place of being Unshakeable, we teach them how to be unshakeable too!



Becoming Unshakeable Ebook | Page 5

- **Let go of being a people-pleaser**
- **Know what is important to you & are not afraid to ask for it**
- **Fiercely go after your dreams**
- **Full acknowledgement, acceptance & expression of your emotions**
- **Can confidently handle any challenges that get thrown at you**
- **Truly feel joy, love & happiness**
- **Know happiness comes from within you**
- **Know you are not defined by what other's think of you**
- **Inner peace and fulfillment**



WHO CAN BECOME

Unshakeable

Being UNSHAKEABLE is a state of mind, a state of belief, a state of being, and a state of radical acceptance of who you are.

Being UNSHAKEABLE is open to anyone and everyone who is willing to put in the deep personal work to get to know themselves fully and completely and to release their fear of showing up in the world as their amazing, authentic self.

Truth - not everyone will like you or accept you...and that is OK. You weren't meant for everyone. The world needs you to be YOU!



Our children can be UNSHAKEABLE...

We just need to show them HOW to do this. Being UNSHAKEABLE needs to be taught, modelled, and encouraged from a young age, so that our daughters & sons can all grow up feeling unshakeable in who they are, so that they don't go through life feeling "less than" or that they are not enough. YOU can be that person for them!



10 STEPS TO BECOMING Unshakeable

The following steps provide you with a road map to becoming Unshakeable.

**1**

IDENTIFY YOUR EMOTIONS

All emotions are valid and you will feel a myriad of emotions throughout your lifetime. Learning how to identify and accurately label your emotions is KEY to creating understanding about yourself. For example, if you feel sad, look deeper and explore if the sadness is coming from frustration, disappointment, or anger. An amazing reference is [The Emotions Wheel](#) by Abby Vanmuijen.

2

FEEL & EXPRESS YOUR EMOTIONS

Your body holds onto every single experience you have - good, bad or otherwise - and attaches an emotional reaction to it. Over time, these emotions can build up like a pressure cooker if you don't allow yourself to feel & express your emotions and will start to show up as other things, such as stress, anxiety, depression, issues sleeping, skin conditions, disease, etc. By honouring your emotions and giving yourself permission to feel and express your emotions as they arise, without judgement, allows you to release the internal emotional pressure and make room for other more positive, comfortable, unshakeable emotions.

3

IDENTIFY TOP 3 CORE VALUES

Knowing what is truly important to you at your deepest core level is vital in gaining insight and understanding about yourself. By identifying your core values you can start to understand why some people or situations "trigger" you - in almost all cases it is because one of your core values is being violated. For example, if you value honesty and someone continually lies to you, you will become upset. When you know what you value, you can communicate this to others and seek out those who share values similar to yours..

4

IDENTIFY YOUR STRENGTHS

When was the last time you made a list of all the things that you are good at? Are you an amazing mom? Financial wizard? Choreographer? Friend? Can you cook like a chef? Are you an amazing author? So often, we are hesitant about acknowledging our strengths out loud for fear of being judged as conceited. But it isn't! Knowing what you are good at helps you to become the human you were put on this earth to be. If you LOVE what you are good at - WIN/WIN!! Find a career where you get to use your strengths. Choose hobbies that allow you to shine. And if you have no idea what your strengths are, ask your friends! They might see something in you that you can't see for yourself.



TESTIMONIAL

"...A year after I retired- I still couldn't talk about Covid without crying...Enter EVOLV coaching. 12 weeks later, I am a believer! Margaret facilitated EXACTLY what her web-site states. "... gentle and loving coaching ... supportive and challenging, ...to connect to your deepest emotions...finally release the death-grip that your past experiences ... allowing...Joy ..." Through Margaret's mastery of individualization, I have for the first time in my life, discovered what lightness-of-being feels like for me..." ~ K.B.

5

WHAT MAKES YOU HAPPY?

What does happiness feel like to you? Can you recognize it when it shows up in your life? Do you know what makes you happy? Is it the smell of rain? A hike in nature? Meditating? Spending time with your family or friends? Surprise road trips? Cuddles with your dog? Writing your great novel? Or traveling the world to exotic locations? Knowing what makes YOU happy puts happiness 100% in your control. Relying on others to make you happy usually leaves you disappointed and disillusioned. So take back control of your own happiness and do what makes you happy!

6

CREATE "I AM" STATEMENTS

Harness the power of "I AM" Statements. They reinforce your identity and self-appreciation, especially during moments of self-doubt and feelings of "not enough". Take some time to brainstorm what you love about yourself and what you want to aspire to.

Write these into "I AM" statements and display them throughout your home - mirrors, cupboards, fridge, as your screensaver. For even more impact, write them down daily in your journal. There is power in putting pen to paper as it forces you to slow down and fully focus on the words. What you focus on is what you manifest. Some examples: "I Am Enough", "I Am Capable", "I Am Beautiful", "I Am Someone who makes a Difference", "I Am Strong & Brave".



TESTIMONIAL

"Margaret is a very talented and natural coach. Her values-centered guidance challenged me to think...and allowed me to dig deep into what was and is of real value to me. She focused on my strengths, my passions and what my main drivers are in my life. Her uplifting, positive, and fun personality make her easy to open up to and wonderful to work with...and the strategies, lessons and guidance she has provided to me have inspired and motivated me to live my life which balances both my values and passions. Margaret is truly one-of-a-kind, and I would recommend her to anyone looking for an intuitive, sincere, and deeply passionate coach." ~ T.D.

7

PLAY WITHOUT FEAR

When was the last time you allowed yourself to play? To feel completely free to create, explore, laugh, have fun, and connect to your inner child? Going through trauma and becoming responsible adults often stifles our passion to just play. We get scared to let loose and release our inhibitions, afraid that something bad might happen, that people will judge us and think we are being irresponsible, or that we won't even know where to start. I encourage you to do one thing each day that helps you connect to your inner child and play. Jump in rain puddles. Have a tickle fight with your children. Make a friendship bracelet.

8

BE HUMAN

Be human and recognize the human in others. We are all human. We all come with our own baggage and challenges. We all have our own lessons to learn during this lifetime. We are all imperfect and we all make mistakes. Being able to recognize this in others, as well as yourself, garners empathy and understanding and creates better relationships with the people in your life. When you are able to recognize & accept this humanness within yourself, you don't beat yourself up and think that you are a complete failure when you make a mistake. And you apologize when you do, owning your actions and standing in your power.



TESTIMONIAL

"I have found every coaching session with Margaret to be powerful and impactful. Her coaching style creates an enabling environment for truth to rise to the surface. As a female entrepreneur it carries significance to be coached by her. You know without any shadow of doubt that she is rooting for you and for your best self to come through. Her approach has helped me realize and cement new behaviours and thought patterns to help me achieve the things I value in life. If you are looking for a coach to work with you side by side and take you to the next level in your business or personal development, look no further..." ~ D.D.

9

BE BRAVE / BE VULNERABLE

Embracing bravery and vulnerability is the key to unlocking your true unshakeable potential. It's in those moments of courage that you discover new depths within yourself, and by opening up, you create authentic connections and invite deep personal growth. Being vulnerable doesn't signify weakness; it showcases your strength to face challenges head-on, to face your fears and do things scared anyway. Be brave & courageous and share your thoughts and feelings, and watch as your journey becomes enriched with meaningful experiences and profound connections.

10

FIND YOUR TRIBE

Once you've embarked on your journey of self-discovery in steps 1 - 9 above and you have embraced your unshakeable authentic self, get ready to find your tribe! The energy you radiate when you're true to yourself attracts like-minded souls who celebrate your uniqueness and accept you for who you are. It is with your tribe that you will feel like you truly belong. No more hiding. No more pretending to be someone you aren't. No more trying desperately to fit in. Your tribe offers you pure freedom to be yourself! Trust yourself, be brave and move forward with enthusiasm knowing that your tribe is out there, waiting to celebrate, uplift, and grow alongside you.

TESTIMONIAL



"Margaret has been my coach for over two years now and I always walk out of a coaching session with a vivid vision and a solid plan on how to make progress in my personal and professional life. She...has an incredible gift of asking powerful questions that enable my reflection process and propel me to find my own solutions. I particularly love her genuine excitement for my weekly wins and acting as an accountability partner for me...She has a great ability in creating a safe space for me to open up, get in touch with my emotions, and be more vulnerable. I would recommend Margaret to anyone who is looking to grow into their next-level selves. Thank you Margaret for being an amazing coach!" ~ V.P.



THANK YOU & WHAT'S NEXT?

Becoming UNSHAKEABLE is a journey and won't happen overnight, so be patient with yourself. One thing that I learned along my journey to becoming Unshakeable was that I couldn't do it alone. Without my coach, I wouldn't have been able to see my blind spots or face my fears and darkest emotions. My coach helped me feel safe so that I could be vulnerable in rediscovering myself, healing my traumas and becoming Unshakeable. If you would like help on your Unshakeable Journey, I would love to support you.

Book your [FREE Discovery Call](#) Today!
Let's explore how you can become Unshakeable.

YOU are worth it!



LET'S KEEP IN TOUCH

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