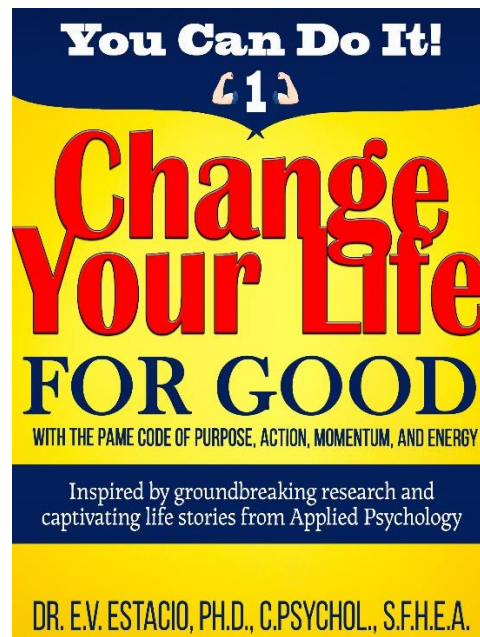


CHANGE YOUR LIFE FOR GOOD SHOW NOTES



Thank you for purchasing the audio version of *Change Your Life for Good with the PAME Code of Purpose, Action, Momentum, and Energy*.

I know what it is like to listen to audio content.

You hear an important link, but cannot immediately write it down.

So I have put together these show notes of every link or reference mentioned in *Change Your Life for Good*.

SHOW NOTES

PREFACE

Free bonus material

Congratulations! You have taken a step to changing your life for good. To help you in this journey, I have compiled 60 motivational quotes from remarkable individuals from all over the world. May you find encouragement from these tiny pearls of wisdom and live the life you truly deserve.

Download your free bonus at www.thepamecode.com/bonus

Chapter 1 – PURPOSE

Know what is important to you

If you are stuck and need a bit of help getting started, these 23 powerful prompt questions can really help.

Visit: <http://sassyzengirl.com/find-your-passion-purpose/>

Character strengths survey

Not sure what your strengths are? Visit:

<http://www.viacharacter.org/www/Character-Strengths-Survey>

Visualize your FUTURE PERFECT

I prepared a YouTube video that you can play in the background to help you with this process. Visit: <https://tinyurl.com/pamefuture>

Chapter 2 – ACTION

George Lucas at the Academy of Achievement

This is the clip of George Lucas talking about his passion in life.

Visit: <https://youtu.be/sCP2SGTlz28>

Gundi Gabrielle's Course on Self-Publishing

This course helped me in the process of writing and publishing this book.

Visit: <https://dreamclientsonautopilot.com/>

Chapter 3 – MOMENTUM

The PRACTICE Model

Key reference: Palmer, S. (2008). The PRACTICE model of coaching: towards a solution-focused approach. *Coaching Psychology International*, 1, 1, 4-8.

Want to know more about resilience?

Useful reference: Neenan, M., & Dryden, W. (2013). *Life coaching: A cognitive behavioural approach*. Routledge.

Chapter 4 – ENERGY

The Slim Mind Programme

This is a programme by Dr Catherine Sykes to help you change your mindset about food. Visit: <https://slim-mind.com/>

Ecotherapy

Want to know more about ecotherapy? Visit ecotherapy pioneer, Dr John Hegarty's website at <http://www.green-age.org.uk/>

Chakra dancing

Want to see chakra dancing in action? Visit: <https://youtu.be/8cYYzcTzm6Y>

The Forgiveness Test

Transgression-Related Interpersonal Motivations Inventory (TRIM-18)

Key reference: McCullough, M. E., Root, L. M., & Cohen, A. D. (2006).

Writing about the benefits of an interpersonal transgression facilitates forgiveness. *Journal of Consulting and Clinical Psychology*, 74, 887–897.

The Forgiveness Toolbox

The Forgiveness Toolbox:



A skills-based toolbox enabling individuals and groups to transform the impact of harm and violence and nurture peaceful co-existence.

Visit: <http://theforgivenesstoolbox.com/>

ABOUT THE AUTHOR

Dr. E V Estacio is the Founder of the PAME Code for Purposeful Living (www.thepamecode.com) and My Life's Purpose Life and Leadership Coaching for Servant-Leaders (www.mylifespurpose.co.uk). She is a chartered psychologist with over 18 years' experience in research, health promotion, and community development. She sits on the editorial board of several psychology journals and is an avid supporter of organizations that promote literacy, human rights, and social justice. In particular, she has led and supported projects that aimed to promote the well-being of migrant and ethnic minority groups, children and young people, older adults, people with learning disabilities, caregivers and nurses, LGBT groups, and indigenous communities. She is passionate about living a purposeful life and is keen to help others to do the same.



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