

THE MOOD SHIFT

With Lisa Corduff

WORKBOOK

HOW TO GET THE MOST OUT OF THIS TRAINING

In *The Mood Shift*, you'll learn how to shift your headspace FAST — so that you can shake off a crappy mood, instantly feel good again, and climb out of a funk whenever you need to.

Here's how it works:

1. Start by reading the introduction here in this workbook.
2. Then watch the video (which you'll find in your member dashboard).
3. Then come back to the workbook again — you'll find a series of exercises here, designed to cement your learnings, take you even deeper, and create new patterns for how you manage your mood and energy.

Let's go!



INTRODUCTION

It's 6pm, and you've been in the kitchen for hours, cooking a tasty dinner, tidying up, and prepping healthy snacks for the week ahead.

You feel so good — you're *organised!* You feel on top of things! Heck, you feel positively cheery!

Then your partner walks through the door. They seem quiet, subdued. A bit gruff, even. Still, you start chatting away — after all, you've got a whole day's worth of funny stories and witty comments saved up! You want to share!

But your partner is clearly NOT in the mood for banter, and with a grunt, they dismiss you — stalking off to the lounge, flicking on the TV, and collapsing onto the couch.

Alone at the stove, with a pot of bolognaise bubbling in front of you, your cheeriness suddenly evaporates. You feel your positivity leaking out of you like a tyre that's been slashed, and tears start prickling the corners of your eyes as a familiar sinking feeling sets in...

.... As usual, your partner's energy has rubbed right off on you

.... As usual, you feel powerless to stop it

.... And as usual, you're sliding into a crappy mood, with no way of climbing out.

I spent nearly four decades of my life believing that I had no control over how I felt. My moods seemed like these magical, mystical things, that were buffeted and swayed by the winds that swirled around me. That's truly what I believed, and how I lived my life.

So if everything was going well, then I was in luck: those good vibes would pick me up, and my mood would be high as a kite — happy, energetic, joyful... I was a delight to be around (if I do say so myself! ☐)

But when something wasn't going according to plan — say, my kids were having a meltdown (as is completely normal for the under ten set!), or my husband was tired or cranky, or when I spilled coffee down my favourite linen shirt, or when I was running late, or when I couldn't find my keys, or when I got bad feedback on a project, or when a new product failed to take off, or when ANY NUMBER of other circumstances popped up... then my mood would be instantly weighed down by what was happening, and I'd sink into a funk.

Even worse, once I was in a funk, it could last for aaaaaages. Like, I could have one bad moment at 7am (say, a kid refusing to put on their shoes), and it would ruin my whole morning. Sometimes even my whole day!

It took me far too long to realise that getting tossed around by everyone else's energy, and feeling like I was at the mercy of every circumstance that came my way, was NOT the only way to live, and that a funk didn't HAVE to last for hours — or days, or weeks — on end... There was another way. A better way.

For Me, Change Started Happening When...

... I finally got bored of myself

!I can't pinpoint the exact moment when it happened, but it was a few years back — probably after having my 75th meltdown in one week — and I suddenly realised that I was on a rollercoaster that everyone else in my life was driving, and I was just along for the ride.

In a true lightbulb moment, I realised that if I didn't take responsibility for how I was feeling, I was going to keep yoyo-ing around for the rest of my life. And I did NOT like the sound of that.

So I got serious about figuring out how to get back in the driver's seat. And everything I learned — all the tools, techniques, skills and insights — you'll find here, in this training.

It All Begins With This One Big Truth...

Here's the starting point for everything that's to come, and the first major lesson I learned:

Fact: You have so much more control over your mood and how you feel than you think.

This was an uncomfortable truth for me, at first. After all, if I had agency over how I felt, that meant that when I felt crappy... it wasn't anyone else's 'fault'! I had no one to blame! I had to take responsibility for myself! #gulp.

It was a hard — maybe even a scary — pill to swallow, but also one of the most empowering realisations of my life.

I summed this principle up as 'taking responsibility' (and we're going to dive deep into this very soon).

The next big lesson I learned was this:

Fact: Your energy is everything. And if you want to change your life, you need to learn how to master your energy.

I had always been a bit of an 'energy slob' — I was 'all over the place', frantic and frazzled and fragmented... no wonder I was so impacted by everyone else's energy, mine was a mess!

I had a lot to learn in this area, but once I did the work, and figured out what tools worked for me, hoo boy — the change was immediate.

I call this principle 'mastering your energy' (and you guessed it: expect a deep dive, very soon.)

Working on these two areas allowed me to reclaim control over my moods and stop being blown around by whatever energy my kids / partner / the random person on the street were sitting in.

It also meant that I could climb out of my 'funks' much faster — instead of letting an incident or argument spiral into a weeklong crank-fest, I now had tools to reclaim responsibility, regather my energy, and reset my mood...

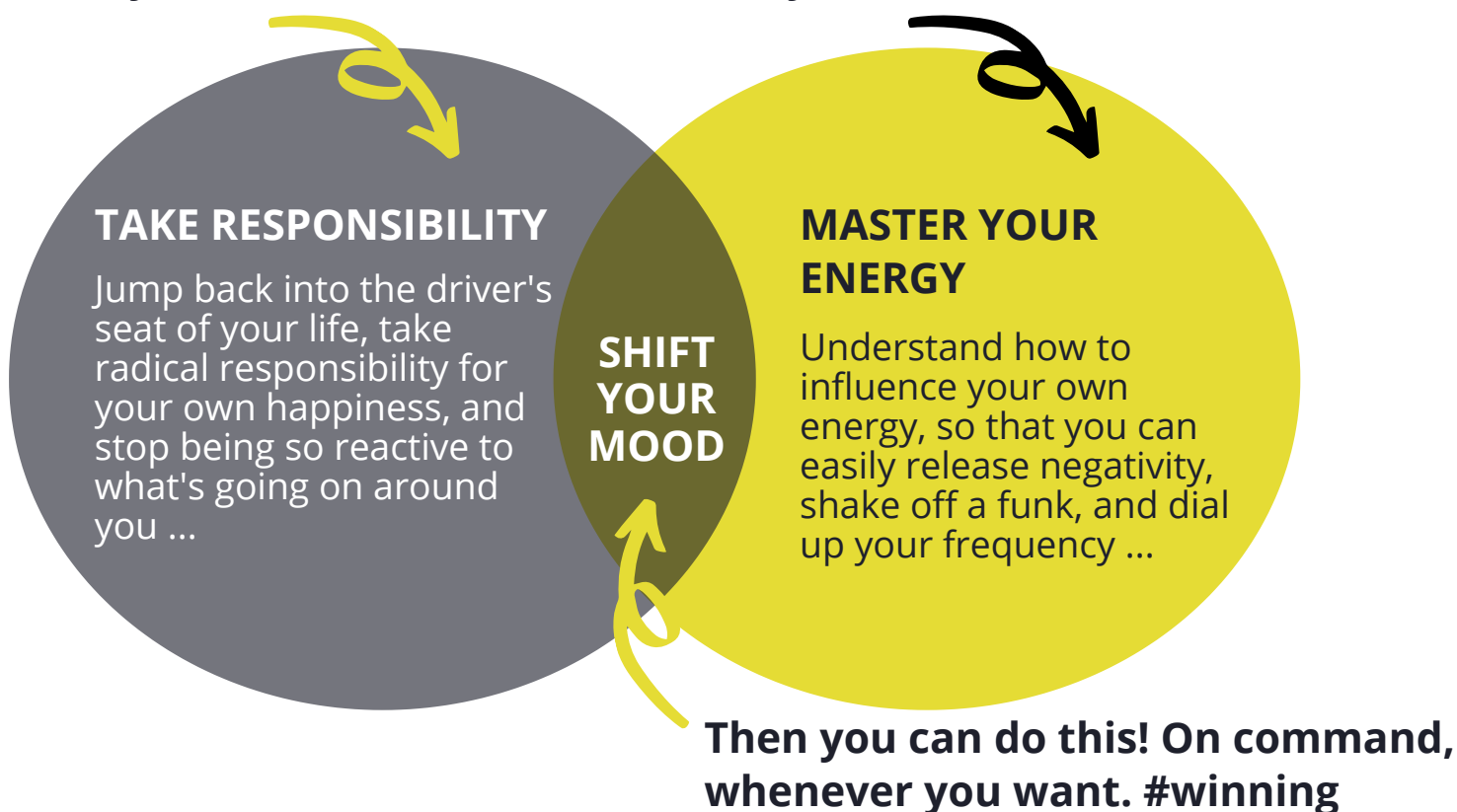
And friend, let me tell you, it's been life changing!

In The Mood Shift, You'll Be Learning The Exact Steps To Master These Two Areas: Energy and Responsibility.

Here's how I like to think about the intersection between the two:

First you do this!

Then you do this!



So now that we know where we're headed, let's get practical and start diving into the action steps, shall we?

Jump on over and watch the video training now. Then come back here to the workbook and work through the exercises.

PART 1: RESPONSIBILITY

You are 100% RESPONSIBLE for your own life.

Remember, when I say “responsible”, it doesn’t mean taking on more responsibilities. It means taking responsibility for the choices and decisions you’ve made — and continue to make — every day that have created your current reality.

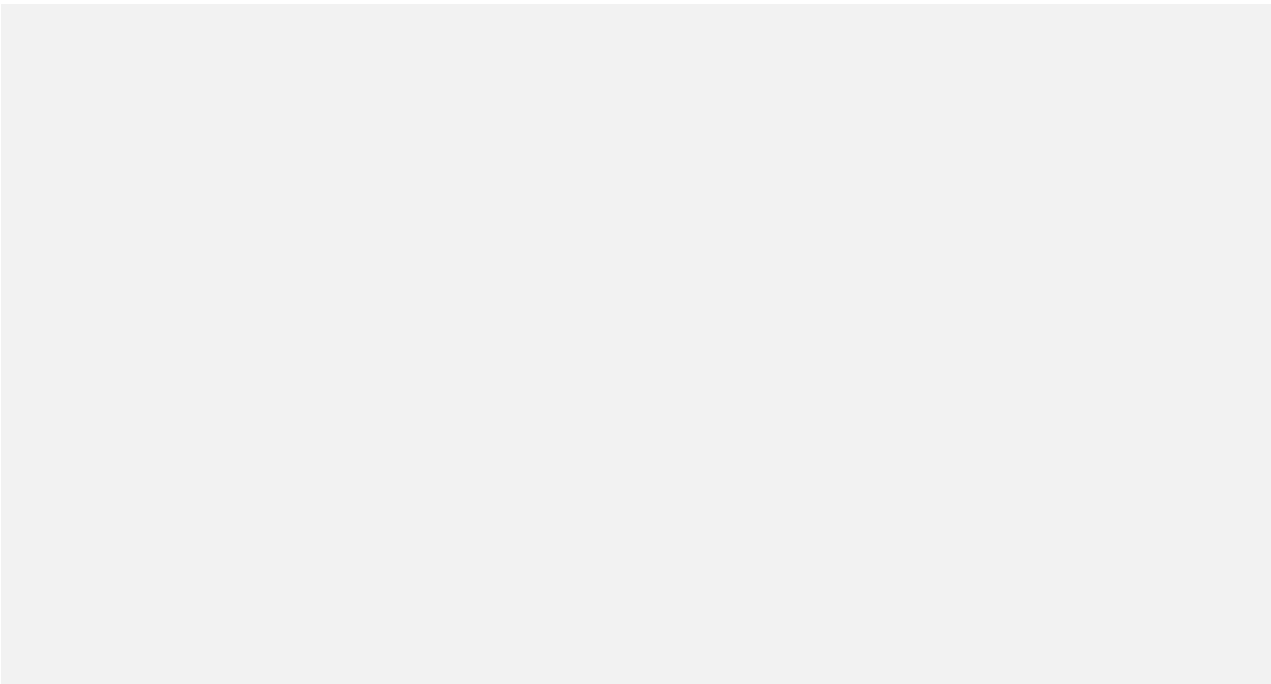
Where Have You Been Resisting Taking Responsibility?

When examining your own life for areas where you’ve been resisting taking responsibility, look out for victim language, blaming other people, blaming your circumstances, or areas where you just can’t seem to make progress no matter what you try.

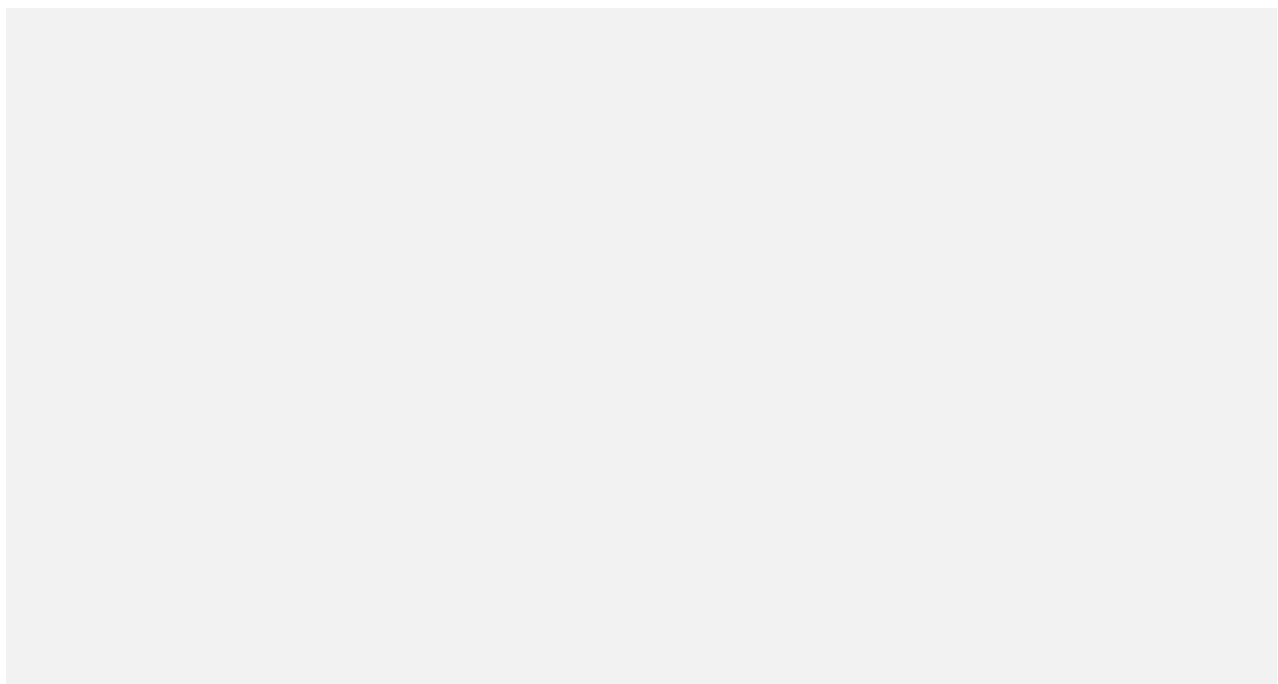
Common areas where people don’t take responsibility include:

- Their health (“I can’t help my genes!”, “I’ve always just had a sweet tooth”, “I’m not good at sticking to a fitness routine”)
- Their relationships (“It’s not my fault, it’s theirs!”, “I never get any help around here!”, “If he wasn’t so XYZ, I wouldn’t be so ABC”)
- Their happiness (“All these bad things have happened to me”, “The whole world is against me”, “I’ve got it so much harder than other people.”)

ARE THERE AREAS OF YOUR LIFE WHERE YOU'VE RESISTED TAKING RESPONSIBILITY? LIST THEM HERE:



WHAT SORT OF LANGUAGE GOES THROUGH YOUR HEAD ABOUT THESE "PROBLEMS"? WHAT WORDS AND PHRASES ARE ON REPEAT ON YOUR MENTAL SOUNDTRACK?



LET'S REWRITE THOSE PHRASES, USING EMPOWERED LANGUAGE.

The language we use to talk to ourselves is so incredibly influential. So changing our language is a powerful first step in taking responsibility and creating change.

How can you take the “victim language” you’ve been using and instead, flip it on its head so you’re taking responsibility?

Here are some examples —

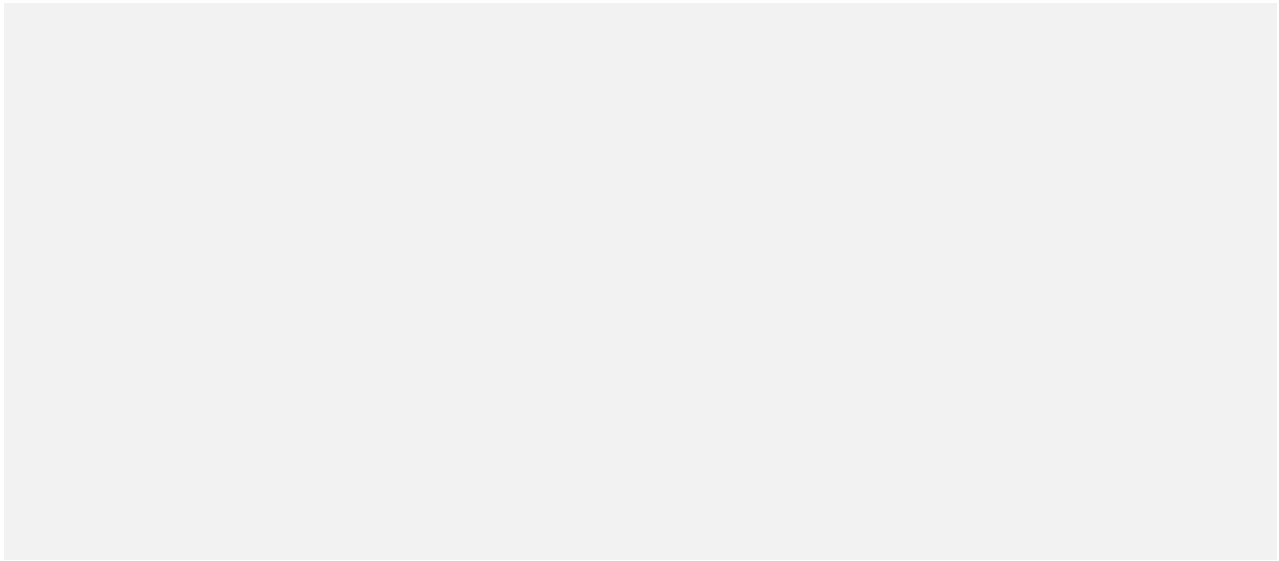
Victim Language...	Taking Responsibility...
“I’ve always had a sweet tooth.”	“I’m in control of my choices, including what I put on my plate.”
“I’ve never been good at X.”	“When something doesn’t come naturally to me, I can seek out help, support and solutions.”
“So many bad things have happened to me.”	“I can’t change what has happened, but I can choose how I respond.”

NOW REWRITE YOURS:

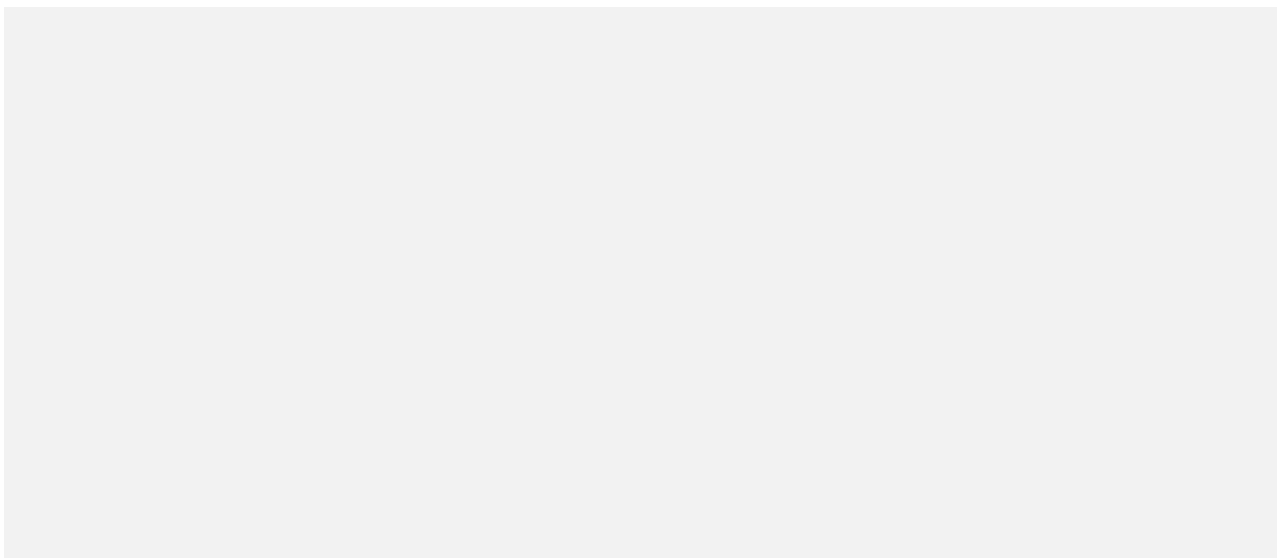
RESPONSIBILITY DEEP DIVE

Choose one of the areas that's been keeping you the most stuck, and answer the following questions.

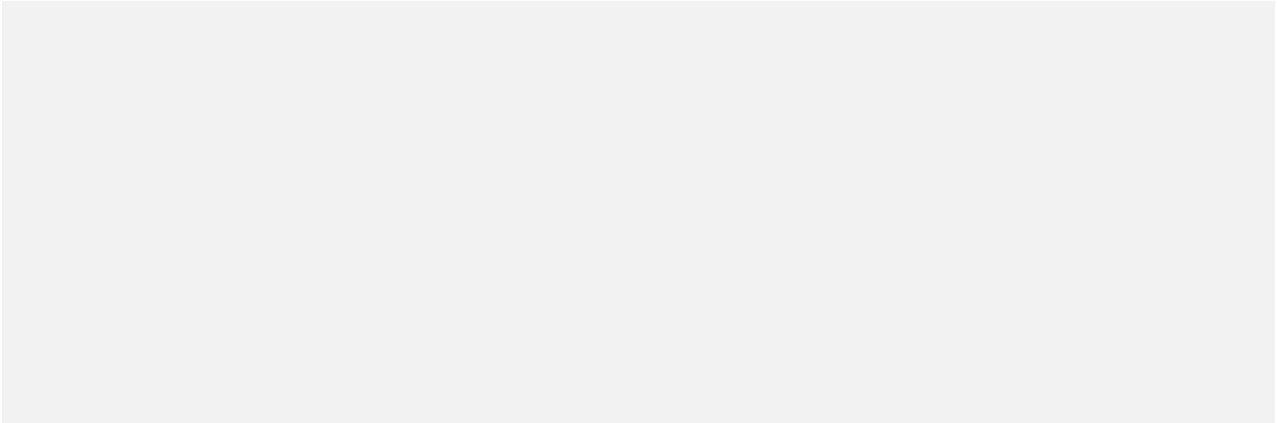
1. Who or what have you been blaming for this situation? And what excuses have you been making, about why you can't change it?



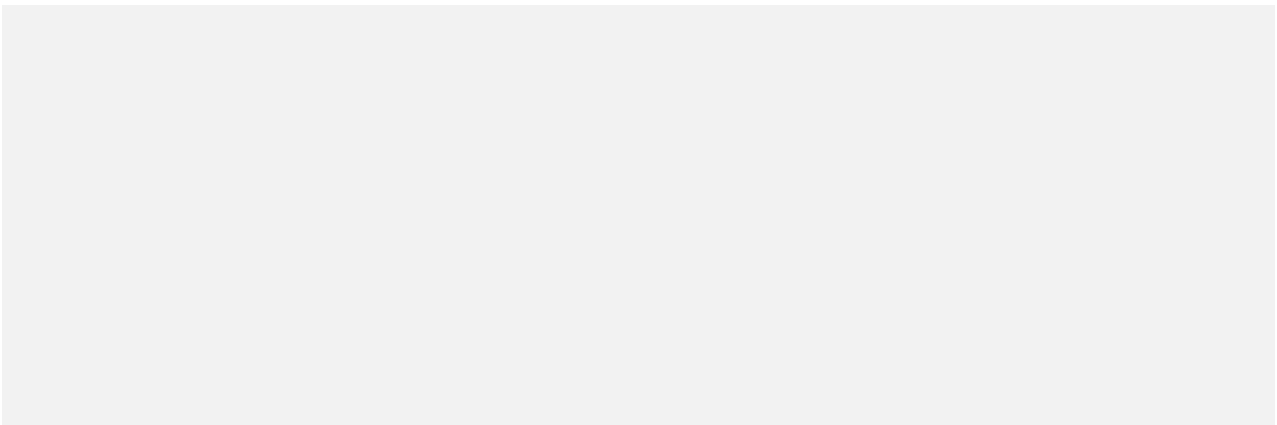
2. What have you been ignoring or pretending not to notice about this situation? What truths can you no longer hide from?



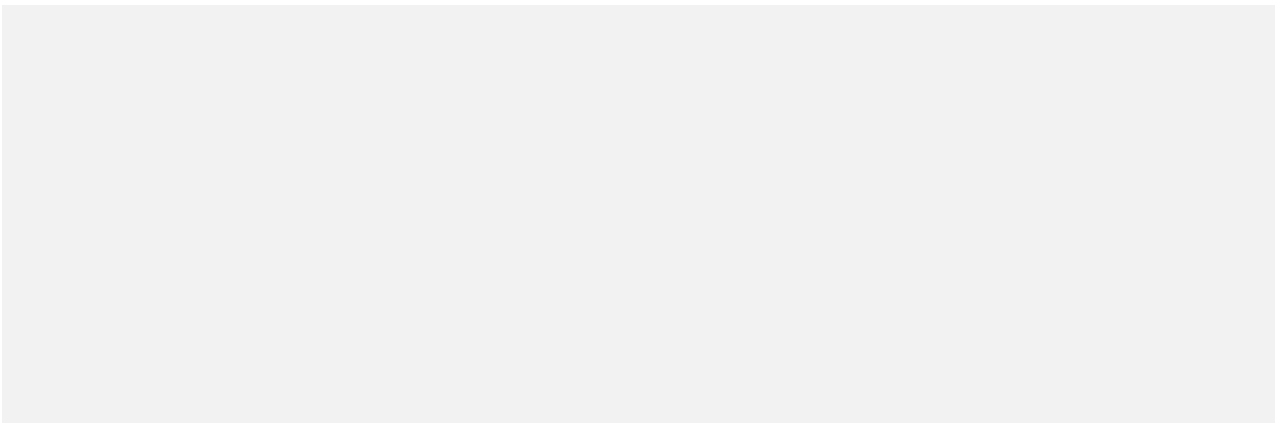
3. What has been the benefit of staying in victimhood?



4. If you were to be 100% responsible for this situation, what would change?



5. How would it feel, knowing you were taking responsibility, making change, and actively steering your life towards where you want it to be?





A FINAL NOTE ON RESPONSIBILITY...

You have the power to take responsibility for any and all areas of your life, whenever you choose. It all starts with a choice — your choice. It sounds cliché, but the power is 100% in your hands... you just have to decide to wield it.

PART 2: ENERGY

Everything is energy.

And your energy is *everything*.

If you want to change your life, you need to learn how to master your energy...

Find your energy leaks

We all have energy leaks — a.k.a. things, tasks, situations or people in our life who drain our energy.

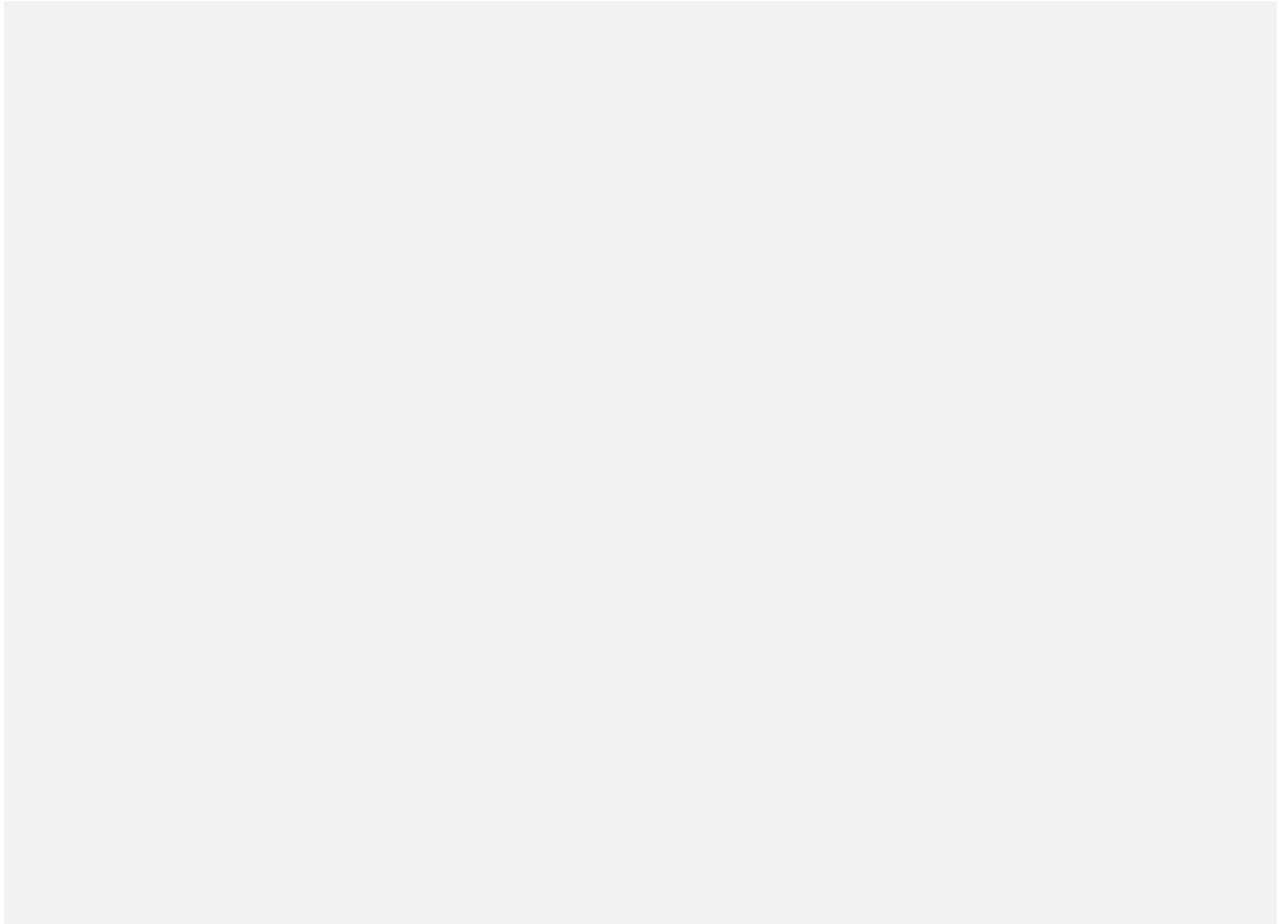
What are yours?

Warning signs that can help you identify your energy leaks include:

- When you leave a situation / conversation with less energy than you had going into it (eg, you always walk away from coffee dates with a certain friend feeling depleted)
- When something gives you a pang of guilt / annoyance / overwhelm / anger every time you see it (eg, you feel a twinge of overwhelm every time you walk past your cluttered kitchen, or that stack of unopened mail)
- When you feel relief when you don't have to engage with that thing / person (eg, you feel relief whenever you get off the phone from your mother in law)

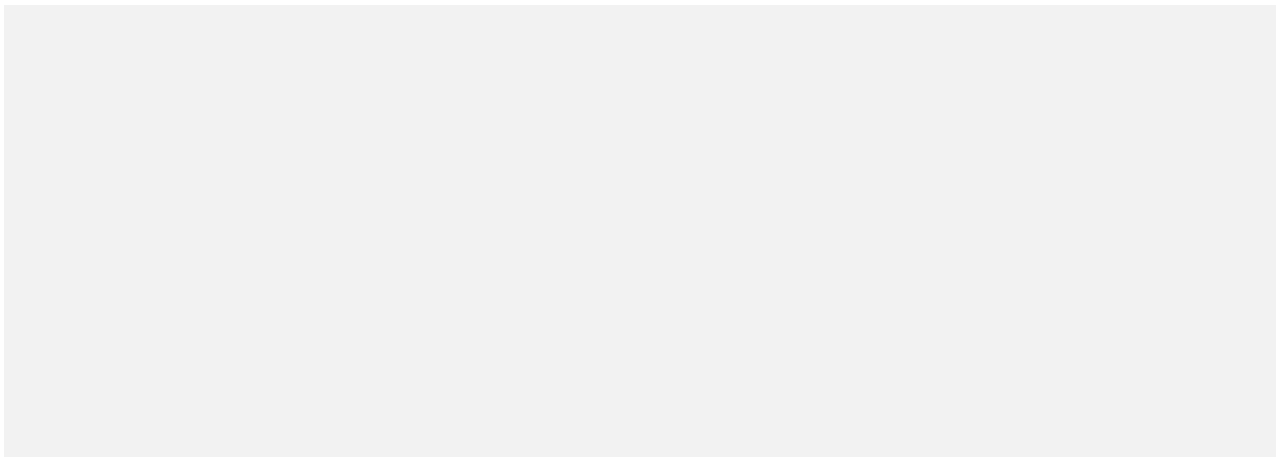
WHAT CAN YOU DO TO PLUG, MINIMISE OR ELIMINATE THESE LEAKS?

Be unapologetic here: your energy is **CRUCIALLY IMPORTANT**, and you are the only person who can protect it.



SET YOUR ENERGETIC DEFAULT

When people say, 'How are you?', what's your default answer?



For so many of us, we straight away say things like “I’m busy”, “tired” or “stressed” — without even thinking!

You’ve already seen the powerful effect of the language we use... So what do you think it’s doing to your mood and energy levels if you’re always affirming that you feel busy, tired or stressed anytime someone asks?!

Let’s change this pattern now.

What would you like your default answer to be? What vibe would you like to give off to other people?

Here are some of my favourite answers to the question, “How are you?”

- I’m having a productive day.
- Life is full and I’m learning loads.
- I’ve got a lot to do, but I’m excited for the results.
- Thanks for caring! I’m glad to be here with you.
- Better than yesterday, but not as good as I will be tomorrow!



IMPORTANT NOTE: THIS IS NOT ABOUT SQUASHING DOWN YOUR FEELINGS.

Remember, it all starts with feeling your feelings.

So this exercise is NOT about hiding or ignoring your emotional truth. It's about resetting your default answer, so that you're not unwittingly calling in and creating more stress and busy-ness for yourself.

So with that in mind: if you're not okay, PLEASE say so, seek support, and share what's going on. Let it out, feel those feels, and get the help you need.

But if you're used to automatically saying "I'm so busy!" or "I'm so tired" when people ask how you are, this is a gentle invitation to look more closely at your language and start reprogramming it...

... Trust me, you'll feel the difference straight away!

CREATE YOUR HIGH VIBES PLAYLIST

Music is one of the most powerful tools to instantly shift your headspace.

The only problem is, sometimes, when you're down in the dumps or trapped in a funk... you can't think of any tunes to uplift you! (That's when you find yourself leaning towards Sarah McLachlan when you really need some Pharrell! ☹️)

That's why I have a go-to playlist of upbeat tunes, ready and waiting for when I'm feeling low. You know, the kind of 'bangers' that always get you bopping and air-singing into a pretend mic, no matter what your mood!

Some of my fave uplifting tunes include:

- You Can Go Your Own Way - Fleetwood Mac
- You're The Voice - John Farnham
- One More Time - Daft Punk
- No Rain - Blind Melon
- You Can Call Me Al - Paul Simon
- Castle On The Hill - Ed Sheeran

[You can check out my full playlist here for inspiration.](#) Then start making your own — whatever floats *your* boat.

Spotify is awesome for this, but you can also use iTunes, YouTube, or whatever platform you use to listen to music.

Go make yourself a playlist now, then come straight back!

YOUR HIGH VIBE À LA CART MENU

Here's a list of things that can help raise your vibration fast. Choose one the next time you're feeling low, and pay attention to the way your energy shifts...

- Listening to upbeat music
- Time in nature
- Eating a delicious healthy meal
- Watching a rom com
- Wearing comfy clothes
- Slicking on some lipstick
- A warm bath or hot shower
- Exercise
- Swimming in the ocean
- Tea in the sun
- Coffee/juice at your fave cafe
- Watching your favourite sitcom
- Tickles/cuddles with your kids / fur babies
- Doing something nice for someone else
- Writing a quick gratitude list
- Decluttering one small, finite space (e.g. one drawer)
- Schmearing on a nice smelling face mask or sheet mask
- Daggy dance moves in the kitchen / lounge room

- Watering the garden
- Wearing your fave outfit for no reason
- Putting your phone / devices down!
- Walking with a podcast / audiobook
- 1 minute of intense movement (eg star jumps, push ups)
- Stretching
- Doing your favourite yoga pose
- Sliding into a comfy tracksuit
- Taking off your bra
- Calling your mum / sister / bestie
- Completing and ticking off one niggly thing off your to-do list (aaaaah!)
- Listening to a guided meditation
- 5 minutes of alone time (no kids, no devices)
- A quickie! (Hey, it had to be said! P.S. Partner optional 😊)



A FINAL NOTE ON ENERGY...

When you start to be responsible for everything, that includes being responsible for your vibration and energy.

You can't play victim to being constantly drained or choosing guilt, shame, overwhelm etc.

You **MUST** find ways to raise your vibration and protect your energy. It is your most precious, sacred and powerful **CURRENCY**. Because whatever you vibrate, you attract.

Understanding this on a deep level is key to creating the life you dream about, and feeling the way you want to feel.

So go forth and get high vibing! I know you can do it.

PART 3: MOVING FORWARD WITH THE MOOD SHIFT

You now know how to take responsibility for your happiness, and how to uplevel your energy.

Which means you've now got the tools to shift your mood whenever you need to, and feel better... fast.

There are just two more things we need to talk about, before we wrap up this training.

First Of All, These Tools Only Work When You Use Them!

Obvious, I know... but true just the same!

You've now got a toolkit that can work wonders... but you still need to remember to use it!

Sometimes, when you're in the crappiest of headspaces and the biggest of funks, all the empowering stuff you've learned can fly right out of your head. You can literally forget that you've got tools at your disposal.

That's why it's so important to stay immersed in this work. To revisit it. To practice the techniques. That way, what you've learned will stay front and centre of your mind, and when the sh!t hits the fan, you'll know exactly where to turn.

So: revisit this training regularly. Connect with me on socials, if you want regular reminders and examples of how I use these tools. You might even like to create a list for yourself, that you print out and put on your fridge or file away on your computer: “In case of a bad mood, do this!”, where you can list out all your favourite techniques...

Whatever your brain needs to stay connected to this work, do it.

Secondly, Bad Moods Will Still Happen... And That's Okay!

I've been using these tools for years now, and they make such a huge difference in my life.

But that said, I still have bad moods sometimes! Of course I do!

The truth is, I still struggle with things, I still snap at my kids sometimes, I still wake up on the wrong side of the bed some days. After all, I'm only human, so I still experience the full spectrum of human emotions.

The difference now is that those bad moments don't turn into full blown meltdowns. One cranky incident doesn't ruin my whole morning. Having a day where 15 things go wrong, doesn't mean I have a “bad week”. And I no longer turn molehill moments into never-ending mountains!

The true gift of these tools isn't that you're immune to feeling sad or cranky or angry or whatever. The true gift is that you can move through those emotions intentionally, deliberately, consciously... and you can do it fast.

So if something is getting you down, like say a global pandemic (!) or a breakup or a health issue or whatever... it doesn't mean that you're weak, or that all your hard work learning this stuff has been for nought, or that you've reverted back to your old ways...

Instead, I want you to feel your feelings (remember, it always starts with that!).

Then remind yourself that whenever you're ready, you've got a whole range of options to turn to for simple shifts and quick wins that can help you climb up the ladder, out of your funk, and make you feel more empowered.

Sometimes stuff happens that knocks us sideways and it takes a bit longer to get back up, but these tools will always be here for you when you need them and when you're ready to reach for them.



ONE LAST THING

The final lesson I want to leave you with — and maybe the biggest takeaway of this whole training — is that you, lady, are so much more powerful than you think.

Seriously, you are. Check you out! ;)

If you can break a lifetime of conditioning in the hour or two it took you to go through this program, and truly *get* (perhaps for the first time) that you have the power to control how you feel... just imagine what can happen when you discover other beliefs about yourself, and reprogram them too.

Seriously, your life and your happiness is in your hands... and that's a truly powerful position to be in.

If you've enjoyed digging into this action-oriented, fast-acting training, take your journey to the next level with my signature program, Ready For Change.



No matter what area of your life you want to create change in — your health, your relationship, your work, your parenting, whatever — Ready For Change can show you how to get unstuck, repattern your thinking, and get results.

Using a simple, practical framework, this comprehensive program will show you how to reprogram your mind using the latest brain-based tools and mindset strategies, so that you can break through long-standing blocks, easily shift your behaviour, and bring more of what you want into your life.

With The Mood Shift, you now know how to shift your mood and feel better when you're in a funk...

If you want to learn how to shift your whole life so that you aren't ending up in funks in the first place, aren't always feeling stuck, and aren't banging your head against the same brick walls all the time, then check out Ready For Change... it can change your life forever.

[Check out Ready For Change here.](#)

Thanks so much for being part of this training!

I really appreciate you being here. If you've had any aha moments or important takeaways from this workshop, I'd love to hear them!

Come drop me a line on Instagram and Facebook and let me know how you went.

Chat soon,
Lisa xx

ABOUT LISA CORDUFF



Lisa Corduff helps women upgrade their mindset, get unstuck, and change the stuff that's not working in their life.

A solo mum of 3, she's all about skipping straight to the hacks and techniques that actually work, while avoiding the perfectionism and overwhelm that can so easily keep us trapped.

Check out her website and podcast, or come say hello on Instagram and Facebook for more.