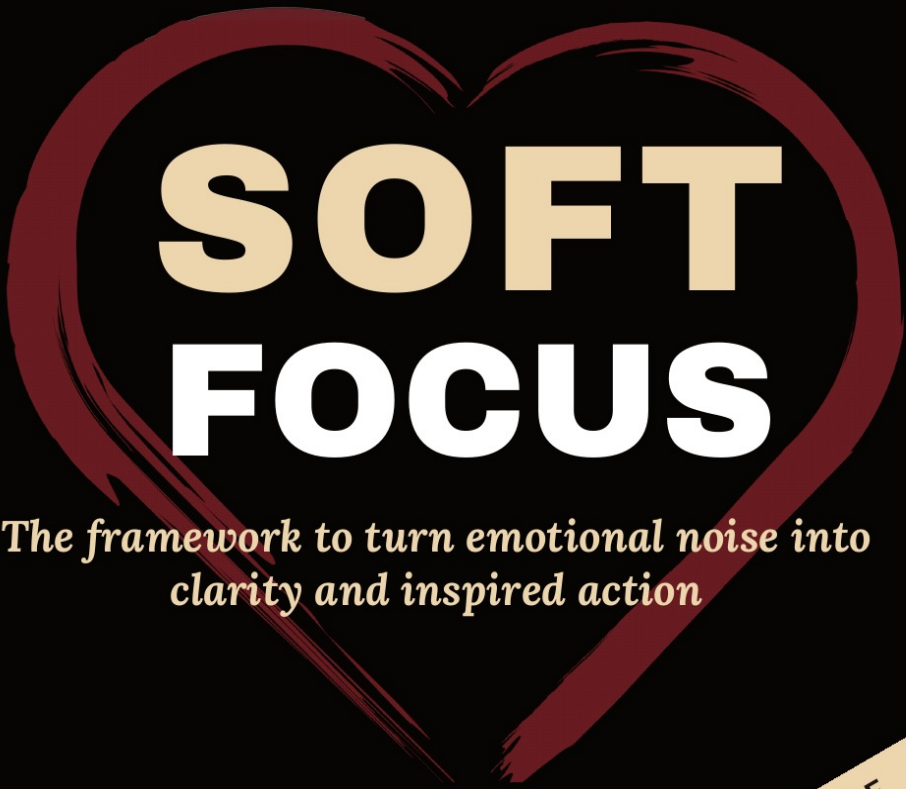
SYLO
SORT YOUR LIFE OUT

Feelings are your
SUPERPOWER
When you learn how to harness them



SOFT FOCUS

The framework to turn emotional noise into clarity and inspired action

RUPAK MANN

FREE SOFT FOCUS GUIDE INSIDE

SOFT FOCUS

What if the feelings you've been fighting your whole life were never the problem?

Emotional literacy is your **superpower** — and **SOFT FOCUS** is the framework to harness it.

Through ten core feelings, coach Rupak Mann shows you how to read emotional signals, hear what they're really saying, and turn emotional clutter into clear, inspired action.

- Why you procrastinate — and why it *isn't* laziness
- How fear points straight at what you want most
- The difference between guilt that helps and guilt that hurts
- A self-coaching method you can run in sixty seconds or sixty minutes
- How to turn anger from a weapon into an alert system

Rupak Mann is the founder of SYLO (Sort Your Life Out) and winner of Channel 4's Bollywood Star. She creates self-coaching tools to help people find their own answers and become their **own** coach.

Easy. Enjoyable. Effective.

SYLO
SORT YOUR LIFE OUT

sylocoach.com

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Let's Warm Up with a Hot Tip

Before we get into this book, I want to share a hot tip with you. It's what I've been doing, and it's a real game changer.

I want you to get value from this book straight away. Your time and attention are precious, and I'm not going to waste either one.

As I say on the cover: **feelings are your superpower** — when you learn how to harness them.

So, what do I mean by that?

Feelings can seem like random inconveniences that disrupt your day. But, I believe, they're your internal guidance system.

I call them your internal GPS.

Your feelings let you know when you're on or off track with yourself. They guide you, alert you, protect you, point you back towards what matters. But if you don't pick up the signal — don't recognise it, understand it, or respond to it — that's where things can start to go wrong.

Because, like any superpower, if you don't learn how to use it, it can work against you. And because it's powerful, it can do a lot of damage when it turns.

That's what this book is about: learning how to notice them, tune in, get clear, and move forward.

At its simplest, everything I do through SYLO rests on three pillars.

- **On Your Marks** — stop, pause, breathe, let yourself arrive.
- **Mindset** — turn your thoughts in the direction you want to go. Because wherever they go, you will follow.
- **Go** — what inevitably happens once you've done the first two.

You'll learn more about this as we go. But right now, I want to give you something practical — something you can use immediately.

Because day to day, we are dealing with a lot. Life is happening. Work is happening. Tasks pile up. Feelings get pushed aside. All whirling around, fighting for attention inside your mind.

No wonder so many of us feel overwhelmed. When that mental clutter builds, it starts banging into itself. Thoughts rattle and roll around as we try to keep up.

That is mental clutter.

That is mental noise.

And I know you understand what I mean — because there's a reason you picked up this book. So, before we do anything else, let's start with one of the most important steps in reducing that noise.

Get it all out in the open — where you can see it.

Get it out to sort it out.

Think of it like a junk drawer. We all have one — the drawer where everything gets thrown because you'll "*deal with it later*." A receipt. A cable. A key. Something broken. Something useful. Something you forgot you even had. At first, it's manageable. Then it fills. Then it jams. Then one day you open it and think, "*Oh my God, what even is this*?"

But you can't sort a junk drawer while everything's still crammed inside. You need to take it out — all of it — and see what's there before you can sort it. Your mind works the same way.

When everything's crammed inside your head, it's too close, too tangled, too noisy to sort. So, the first step isn't to fix everything. It's to empty the drawer.

There are a few ways to do this:

- You can **write it down**.
- You can **talk it through** with someone you trust.
- Or — and this is the game changer — you can do a **verbal dump** and sort.

Here's what I mean by that. Grab your phone, open your voice notes, and just get it all out. Jumbled, messy, loud — it doesn't matter.

Get it out quickly, honestly, and in flow.

Writing can be brilliant, but it slows you down. Your mind races faster than you can write or type — the only thing that can keep up with your mind is your mouth.

Talking to someone helps too, but we edit ourselves, we hesitate — plus we stop and listen to the other person and divert direction in line with the shared conversation.

But a voice note — it's all you, and it's fast. Once you start, you flow until it's all out. It's like turning the whole drawer upside down and tipping everything out in one go.

No polishing. No organising.
No trying to sound sensible. Just out.

It may be a load of rambling. That's fine. That's the point. Because once it's out, you can breathe. Your mind can breathe.

Then comes the second part — where technology really shines. Transcribe your voice note (voice notes can do this for you — instantly), then paste the text into a tool like ChatGPT, Claude or Gemini, and tell it what you want. Ask it to sort the mess for you — like tipping the drawer onto the floor and saying to someone calm and practical, "*Right, sort this into piles for me.*"

- Put the tasks here, the worries there.
- Separate the feelings from the actions.
- Show me the repeated themes.

- Tell me what needs doing now, what can wait, and what I need support with.

Within minutes, the mess starts to make sense. You're not asking the tool to think for you. You're asking it to help you organise what's already come from you. That's not cheating. That's self-support. And it works for anything: feelings, thoughts, worries, tasks, ideas, decisions — all of it.

Get it out to sort it out.

Then deal with it when you're ready. That's my hot tip. Because before you can read the feeling, you must reduce the noise enough to hear it. And once you can hear it, you can start to harness it.

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