

The
SUBSTANCE-Formula
a nine-step process to
MASTER THE ART OF
raising happy, healthy
AND successful children



**A nine-step process for becoming a mindful parent
& raising self-confident children with a strong MINDSET**

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How to realize your dream life step-by-step" &
"The SUBSTANCE-Formula:
Master the art of a happy, healthy & successful life"*

Julia Noyel is the founder of the Art of a different, happy, healthy AND successful life and SUBSTANCEMIND®, an expert in cell and mind reprogramming, Inner SUBSTANCE Coach, and an intuitive healer. As expert for self-confidence & personal development and certified coach & psychological advisor, she trains globally people in how to lead a different, happy, healthy and successful life. With her SUBSTANCE-Formula Julia has created a complete roadmap for helping parents to raise children with a strong mindset, good self-esteem, being self-confident happy, healthy AND successful in life. Julia has an extensive background in people management, leadership, change management, interpersonal communication, emotional management, efficiency, energy healing, and body-mind approaches. She has been working with children, students, individuals, couples, leaders over the past years sharing the ***art of a different, happy, healthy & successful life*** and helping them to build a high-quality SUBSTANCE in life through her books, online classes, individual coaching sessions, workshops and in international schools and business schools.

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Important Note

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CONTENTS

FOREWORD

INTRODUCTION

PART I

CHAPTER 1 TAKE FULL RESPONSABILITY & COMMIT TO SUCCESS

CHAPTER 2 YOUR PARENT'S JOB DESCRIPTION

CHAPTER 3 WEAR THE 5 HEALTHY CAPS

CHAPTER 4 THE SUBSTANCE FORMULA

CHAPTER 5 YOUR SUBSTANCE FORMULA

PART II

Mastering the Art of raising happy, healthy & successful children

FEATURE 1 MAKE YOUR CHILD A SELF-SPECIALIST

FEATURE 2 DEVELOP A DEEP UNDERSTANDING

FEATURE 3 IT'S ALL ABOUT BOUNDARIES

FEATURE 4 TEACH YOUR CHILD SAFETY

FEATURE 5 TOLERANCE: ACCEPT THE DIFFERENCE

FEATURE 6 TEACH AUTONOMY

FEATURE 7 NURTURE YOUR CHILD'S NEEDS

FEATURE 8 DEVELOP COMPASSION

FEATURE 9 EFFICIENCY

PERSPECTIVE

ACKNOWLEDGEMENTS

FURTHER READING

I dedicate this book to myself

all you courageous parents who
decided to join me in the adventure of mastering the art
of raising happy, healthy & successful children.

Foreword

Have you ever wondered if listening to your intuition is all you need when it comes to raising your children or what it needs to raise happy, healthy & successful children? Well, you are not alone!

My story: One day, I had a conversation with a psychotherapist who was in her forties. She was sitting next to me in her colorful dress, and we spoke about parenting. I love colorful dresses, too. I was in a great mood. She said: *“I believe parents or future parents who feel a bit anxious should not read any books about parenting or education.”*

What? She just had finished her sentence, I gulped, took a deep breath, trying to hide my trembling body. I just had decided to write a book about mastering the art of raising happy, healthy & successful children. Was parenting advice useless? That was just not possible. I had considered myself anxious about parenting for a long time, not knowing which behavior was harmful and which one not. Having developed the SUBSTANCE-Formula for giving me a framework and healthy guideline to interact with children gave me a lot of security and made me feel self-confident. My SUBSTANCE-Formula helped me set a solid foundation for raising happy, healthy & successful children. It was a risk management, a quality management tool! It was just healthy and responsible, I believed. Coming from the corporate world, I knew that many companies paid much attention to preventing risks, so I wondered why parents did not? Strange as there was a reason for it: We talk about risk prevention at the workplace to make people feel safe. So

when it comes to parenting, I should swim in the ocean after the shipwreck in whatever direction, just hoping to land safely? I felt confused. What was about my book project? I truly believed there was a technique, a strategy. I tried to calm down. Maybe I had not understood her correctly. So I asked her one more time:

"What do you mean?"

"I think parents should follow their intuition when raising their children."

"Well." I have been training people for more than five years in *"How to develop their intuition in private as well in the professional context,"* holding workshops several times per year on the topic. Moreover, as an empath, I had a somewhat strongly developed intuition. I would even say: Intuition was a well-known friend. I tried to see the link she wanted to make.

"So if I understand you correctly, you believe we should naturally do what feels right to us when it comes to parenting"?

"Yes."

Her reply left a huge question mark in my head. I ruminated for some days about our conversation, so I decided to call a friend who had two children during the weekend. I told her about my book project, and she said: *"I believe when it comes to raising children, there is no right or wrong way. Each child is different. You need to do it as you feel it. And by the way, how can you think about giving advice about parenting, you even have no own children."* Oh my gosh, what a challenging reply. I felt called to dig deeper when I hung up the phone. Apparently, I was going through an interesting period, as during the afternoon when I

wanted to take my car, a red warning light came on. I called a friend of mine who came to have a look at my car. I said: *"Andy, please do not tell me that I should have used my intuition for avoiding my car to break."* He looked at me a bit confused and said: *"Of course not, but you should have put motor oil in the engine. You know, Julia, it is the same for all cars. Every car needs oil, water, and maintenance to function well."* He smiled. I looked at him and said: *"Thank you, Andy, thank you so much for your help."* *"But I did nothing."* *"Oh yes, yes, you helped me so much."*

Do you use orange juice or engine oil?

What I learned from Andy: You might drive a sports car, a family car, a red one or a blue one. Every car needs the same to function well. I need to know what a car needs to function well. I cannot just rely on my guts. If I do not take care of it, it might break. I might prefer orange juice to oil, both are liquid, but if I use orange juice for my car's engine, well, I don't know what will happen. When I use oil for the engine, I do not transform my driving style, but I help my car to function well because it is proven that engine oil is the appropriate liquid for my car. I might not have the same car as my neighbor has; however, I will use engine oil as my neighbor does. I believe it is exactly the same for your children. What seems natural to you will not always bring happiness, health & success to your child's life. Some methods are proven to be appropriate if you want to help your child set a foundation for a happy, healthy & successful life.

Listening to and following our intuition in life is also important when it comes to our children. We need to listen to our gut feelings to feel the baby's needs, protect our child from danger, and detect lies and problems.

However, when it comes to our parenting and education style, especially communication, what naturally seems to be right might not always be in the best interest of our child. What we consider natural is NOT always the best.

Would you ever take the airplane with a pilot who has never really learned to fly and is only following his gut feeling to use the cockpit buttons? Let's imagine that he learned to fly solely by observing his father, who was a pilot, too. Ok, you might think, why not. But now I tell you: the father actually crashed one day. Would you still take the airplane with the pilot? I would not.

The aim of my book is not to change your child or you as a person. Each child is different. That is true. You are an expert on your own family. You know the best your children and your personal situation. In every single situation, it is up to you to make the right decision. However, I want to give you a guideline to feel secure as a parent by making you reflect on your current parenting style and sharing with you my personal strategies, my expert knowledge, showing you what will happen if you use oil instead of orange juice for your engine. I aim to help you reflect on your behavior and show you new ways to be a responsible and self-confident parent, make your child feel safe, and set a solid foundation for your child for a happy, healthy, & successful life.

Introduction

You want your children to be happy, healthy & successful? What an amazing and beautiful enterprise! So what's your action plan? Have you thought about what it needs to reach this goal? I mean, what do you need to do and say to your child to help your child to be happy, healthy & successful in life? Not only now, but also later in life as an adult? Have you ever visualized your child at age 20?

Let me tell you my story: I remember the day when I moved to my small apartment in the mountains. I was 20 years old, and it was the first time I was away from my parents' house. It was a wonderful moment for me. I felt excited and truly happy about managing my life on my own. Living in such a beautiful apartment, thanks to my parent's support in the mountains where other people spent their vacation, what an incredible chance I had. A dream came true to me! I felt bold, self-confident, and able! Grateful for all I had, happy, but from time to time, there was a shyness and self-doubts coming through, me not daring to speak up for myself that caused me headaches. I remember one day I was standing in front of this corpulent Boucher looking degusted at his hands full of blood for around 10 minutes before he actually noticed me. I whispered in a low voice: I would like to have chicken. What?, he said, you need to speak louder, I cannot hear you. What a torture I needed to repeat again what already was difficult to get out of my mouth the first time. I said one more time with a red face and transpiring hands:

“I want chicken.” “How much?” Well, I did not know! How much chicken does one need for one person? At this moment, I felt lost, ridiculous, scared, and alone, ashamed, especially because my parents had a delicatessen. I went home with tears in my eyes, and I did not know how to get rid of my icky emotions.

But it was not only this Boucher or other practical household things that gave me a headache and heartbreak. There were other moments when another one suddenly overrode my so self-confident side. When Friday evening approached, I felt so frightened to be alone that I called my parents and asked them ashamed:

“Can I come home during the weekend?” Once I arrived at my parents’ house after 2 hours drive, I felt awful, unhappy, angry with myself. The thing was, even if I felt happy to see my parents, I felt going there out of a need was definitely not the right driver. I could not stand being alone. I was wondering why suddenly I felt so dependant.

I was successful at university. I mean, I had made a choice to live in Austria for my studies, I could successfully stand up for my rights at university, but a few years later, when I had to decide which place I should move for my exchange year at university, I suddenly was unable to make a decision for myself. I remember hearing my name in this huge auditorium. I looked at the lady with her short black hair and round glasses. She repeated: Sophia Antipolis, Strasbourg or la Sorbonne? I had no clue. Of course, this was not the moment to admit it. I felt panicked. I looked at the guy standing next to me and asked him: “Where should I go?” Fortunately, he made the right choice!

By age 25, I held a university diploma in international economics, starting my career in one of the most reputed

consulting agencies. I seemed to be successful for the external world. The missions I was working on were challenging my mind, and I enjoyed the constant learning. However, early after leaving university, I noticed that all this was not going to make me truly happy, and even so, others seemed to admire me; I did not feel successful at all. Also, my health started suffering, and I spend my workdays constantly having pain in my body.

I started wondering about the sense of life and what school was for because even if I knew a lot about history, marketing, and management and was working on projects for multinational clients in the automotive industry, able to negotiate my salary successfully, I knew nothing about how to manage my emotions and how to find permanent inner peace.

In my early 30ies after a failed marriage, I felt a lot of guilt about feeling unhappy about my love life, my job, and at the same time happy when I was watching the flowers in the park. I felt confused about what should make me feel happy, healthy, and successful and what actually did. Me complaining and whining over and over again, one day my mom was wondering: "Well, I don't know why you lack so much self-confidence."

This question was actually one that stayed for a long time in my mind. I felt inspired and decided to dig into it. Was this the problem and the solution to all my struggles? The key to happiness, health, and success? I mean, I felt confident most of the time, so was I really lacking self-confidence? Was self-confidence the secret to a happy, healthy & successful life? I was not quite sure. And how to build self-confidence so? Would self-confidence make me finally happy, healthy & successful and allow me to find permanent inner peace?

Well, without her question, I would not be where I am today. And I found the complete roadmap only ten years later when I met a man who had an 8-years-old child he lived with. I remember the first day when he introduced me to his son, he said: *"My son is a bit shy, sensitive, and creative."* Well, I did not know what to say. I was sensitive and creative too, and actually more scared his son was, and I was not eight! A few weeks later, I remember me sitting at the beach alone with his son feeling panicked. While the father was happily riding the waves, I was sitting there with this child, and the kid had the creative idea of exploring the beach on his own. Suddenly I noticed: *"Oh, I have a huge responsibility here!"* Not only I needed to impose limits, communicate my rules, no I also had to calm my intense feelings of fear. While spending hours with this child on the beach, I listened to all the school stories, and I realized: I can tell him what to do, praise, reassure as so many parents do, but would this be positive for his future, self-confidence, happiness, health, and success? I felt inspired wanting to prevent this child from the struggles I went through still even as an adult, but then back to reality I thought: But how?

With your child reflect every word seriously

Suddenly, each word became vital to me. From the journey I had started and the professional experience I had gained over the past years, regarding parenting I knew: Each word you say, each behavior you have with a child will have a substantial impact on his or her future and is decisive on a child's happiness, health and success later in life. So how to talk to this child and what to say to help him to be happy, healthy & successful in life? I suddenly realized

I needed more skills. I mean, I could have said everything to this child, but what would be the consequences for his future? I really did not know. So I feel great empathy for anyone in this situation because I have been there myself. Until I discovered the insights you will learn in this book, I avoided being in contact with children rather than doing the wrong thing.

After having researched on the topic for years, today I believe: There is a success formula for raising happy, healthy & successful children. And when you use it, you will set the foundation for a happier, healthier & more successful life for your children. I know there are several principles and techniques that parents can learn to feel safe and to make their children feel safe and prepare them for a happy, healthy & successful future.

I invite you to become really great and resourceful parents. You know how I felt when I was sitting in the sand at the beach while the eight-year-old son looked at me, me not knowing what to say. After having created the SUBSTANCE-Formula, I feel much more safe and self-confident. And I believe you can, too. I have used the SUBSTANCE-Formula to master the Art of raising happy, healthy, and successful children successfully in my private and professional life, and I am excited to share it through my books, online coaching programs, workshops, and individual coaching sessions.

My “SUBSTANCE-Formula” is a unique, simple, and easy-to-remember process that I have developed through years of working with clients and interacting with children and after having done intense research on the topic of parenting, child development and psychology. My 9 step formula gives you the answer to the following question: How to make sure I did anything possible to help my child to set

a solid foundation for a happy, healthy & successful life? All answers are in this book, and I am so excited to share them with you here. My aim is to inspire you to change your child's life and your experience as a parent. I believe if you follow the steps, you and your child will have more time, more money, more freedom, more happiness, better health, better relationships, and success, NOW and once your child will be an adult.

Why you need more than financial security and a good education for a good future

If you are like most parents, you want your children to be physically healthy, well-behaved, have self-confidence, and be able to have a happy family life. What I noticed, many parents want their children to have a good future, so they believe they need to do everything they can. Once I met a man who even sold his apartment just to finance his daughter's studies and choose a good education.

Personal inquiry: What about you? Do you work hard to create financial security and to choose the best school for your children? How do you feel? What do you currently do for helping your child to be happy, healthy, and successful in life? Do you solely focus on material aspects for your child's wellbeing and happiness? Do you know what it needs to build true happiness, long-lasting relationships, self-confidence, mental health for your child?

For raising happy, healthy, and successful children, providing your child solely with the best schools, focussing solely on having a good diploma or even several ones, having a well-paid job, might not be the best solution.

My tip: To raise happy, healthy, and successful children, help your children to succeed in their heart projects, teach them important life management skills to live with joy and passion, to be healthy. Focus on more than material aspects or your children's education.

As a researcher in intuitive healing and certified psychological consultant, I have been researching for years how to build longlasting love relationships, avoid and heal chronic pain, avoid drug abuse or sport, work, sex addictions, avoid and heal psychological disorders ranging from mild forms such as anxiety, emotional unavailability, severe disorders such as depression, and narcissistic disorder.

I believe, to prevent your children from any disorders impacting multiple of their life areas and creating enormous distress for your child and people who will surround, living or working with them, you need to focus on more than the material side.

To me, there is a way to minimize the risk of developing psychological disorders in our children and to raise happier, healthier, and more successful children. I intuitively knew that yes, there was a lot we can do as a parent in order to contribute to a better future for our children. The intense research I did about this over the last years confirmed my intuitive knowing. I share my intuitive knowledge, experience, and personal strategies here in my book.

What is about you? Do you know what it needs to raise happy, healthy & successful children? Take the QUIZ.

QUIZ

For raising happy, healthy & successful children, it is essential to

- put all my focus on caring for financial safety and choose the best school
- praise my child's successes and results on a regular basis
- live in a wealthy & healthy environment
- control my child and punish in case of non-obedience
- help my child build self-confidence and self-esteem
- have regular bedtimes
- do everything I can for my child
- set a clear framework
- foster self-confidence and autonomy
- help my child to express and handle the emotions
- teach my child to be in self-control and responsible for all that happens in his or her life.

What it takes to become happy, healthy & successful

I strongly believe there are things we can do to help our children feel happy, healthy, and successful and strengthen their inner SUBSTANCE. I believe, to help your child to lead a happy, healthy, and successful life you need to master the right skills. This is what this book is all about.

So what does it take to become happy, healthy & successful? What helped me be truly happy, healthy, and successful is to lead a self-determined life, take full responsibility, be autonomous, and know I have the power to change and positively impact any situation's outcome. To focus on love.

My SUBSTANCE-Formula will help you to teach those skills to your child. It will help you to feel safe, more relaxed, in control, and successful, too. Let's take on this beautiful challenge together, are you ready?

Learning from other parent's mistakes for raising happy, healthy, AND successful children

On my journey to a happy, healthy AND successful life I made some observations that allowed me to grow stronger.

I have summarized here 7 common mistakes parents make:

1. They repeat what their parents did, also the harmful behavior or do the extreme opposite.
2. They only pay attention to make their children succeed in their professional life, not happy & healthy.
3. They do not know which behavior is destructive and what creates a personality disorder or diseases.
4. They do not have the right skills to raise happy, healthy & successful children.
5. They use words and behavior that damage self-confidence and self-esteem.
6. They do not parent in a long-term perspective.