

Stress Shifter



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April 2020



Transformational Reminders

Stress Shifter Skills On-Line Course
 Available Now

**“Transform Stress: Make the 4 Key Shifts to Be
 More Calm, Powerful & Healthy”**

For more information: info@stressshifter.com

Gratitude Sunday	Awareness Monday	Acceptance Tuesday	Learner Wednesday	Observer Thursday	Designer Friday	Creator Saturday
<p>Today I will remind myself “Acknowledging the good that you already have in your life is the foundation for all abundance.” Eckhart Tolle</p>	<p>Today I will remind myself being aware in the present moment without judgment is the foundation to growth. Being Aware is living in the present moment.</p>	<p>Today I will remind myself acceptance of what is and not what you wished it to be is the starting point to a calm mind. Acceptance is understanding what is the truth in the present moment.</p>	<p>1 Today I will remind myself a learner is open to new ideas and understandings. A learner is not rigid and has the intent to grow.</p>	<p>2 Today I will remind myself the ability to Observe life gives us great insight and wisdom to make better choices. Having the ability to recognize what we are thinking & feeling without an inner story.</p>	<p>3 A designer uses the power to brainstorm, setting intentions, & being open. Today I remind myself to choose to read & contemplate each daily reminder in April.</p>	<p>4 A creator brings things and actions into the world. Today I will identify 3 areas of my life that are going well and give these areas extra energy to create more positive support.</p>
<p>5 Today I remind myself to identify how someone I love is doing well. I will be thankful for their success. I am grateful when I witness others grow.</p>	<p>6 Today I remind myself to be aware how my positive attitude effects the people around me at home and work.</p>	<p>7 Today I accept that someone else’s mood is theirs. I will not try to own or change their mood. I will just be responsible for mine.</p>	<p>8 Today I will remember life is a journey. I will give myself permission to learn from my experiences.</p>	<p>9 Today I will observe when I feel like I have to live up to someone else’s expectations. I will observe my reasons I am making their expectations my inner motivation.</p>	<p>10 Today I know that when I want to have others take an action, it is best to give them reasonable choices. They too can be part of designing a successful solution.</p>	<p>11 Today I will remember that doing less does not mean getting less out of life. I will take action in how I can do less and be more.</p>

<p>12 Today I will grateful for being able to hear my inner voice. I know I can and will rely on my own instincts. I trust myself.</p>	<p>13 Today there maybe something important that someone is trying to tell me. I will keep my eyes and ears open to be aware of the message coming my way.</p>	<p>14 Today I will accept silence as a tool to peace inside myself and in others. I will not speak when nothing needs to be said. I will also make someone else speak when they don't have clarity in their view.</p>	<p>15 Today I will Face and learn from the challenges of day. I maybe not able to predict the future but I am capable of making a best choice possible in the present moment with the information on hand.</p>	<p>16 Today I will observe someone else that maybe facing a challenge. I will observe how I may help them without taking away their opportunity to learn.</p>	<p>17 Today I will think of a funny word to say instead of a foul word to say when I an upset. Example yelling "Bubbles" or "Pumpkin Pie" when I am extremely angry.</p>	<p>18 Today I will say to 3 people why they are special to me. It can be quick words as long as the words are genuine and meaningful. I know validating others helps them and our relationship.</p>
<p>19 Today I will be grateful for the word "No". I know that I can not live a life that is balanced if I only say "Yes". I know that either extreme will shut down my centered, creative, calm thinking.</p>	<p>20 Today I am aware that sometime I will be in the dark on an issue. The unknown does not have to trigger fear in me. I am aware in time I will have more light. I can wait.</p>	<p>21 Today I will accept the day as it unfolds. I will see what it is like to not over think or over process. As things unfold, I will say "well we will see." I will cultivate patience.</p>	<p>22 Today I will not feel the need to fight back if someone challenges me. I will view it as a learning and growing opportunity. Someone else's challenges do not mean it is my fight to join.</p>	<p>23 Today I will remember there is a difference between what I do and who I am. I will observe the congruency of my doing and my being. My actions can reflect my being with awareness.</p>	<p>24 Today I will look at myself and see how I might burden others with my expectation I place on them. I will have insight if these outwardly expectations are helping or harming.</p>	<p>25 Today I will set my goal on peace. I will behave and speak with peace as being the foundation of my energy. If I get stuck, I will ask myself "What would Peace do?"</p>
<p>26 Today I will be grateful for the winter season of hibernation changing into the growth of the Spring. I will be thankful that I can hibernate at times and grow at other times.</p>	<p>27 Today I will be aware that I have a set morning pattern. I am not judging it. With this awareness I can decide if this pattern is what I want as a habit.</p>	<p>28. Today I will accept some one or thing that has bothered me. I will look at this situation and see how I have grown when faced with this challenge</p>	<p>29 Today I will learn how to recognize when I have a gut feeling. I will allow such feelings to the surface to my thoughts so I can learn from myself.</p>	<p>30 Today I will observe my own inner needs. I will observe if or when I start to shift off my inner needs to assist others. I will observe how this makes me feel both emotionally or physically.</p>	<p>Bonus Today I will design a way to express my self with kind words when I need to convey my inner needs to others.</p> 	<p>Bonus Today I will practice expressing my inner needs to myself in a mirror. Practicing will give me confidence to say it to others in the future.</p>

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