

Stress Shifter

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February 2020

Learn about the Stress Shifter Skills Course
 A 4 Week Transformational on-line course to become
 more Calm, Centered, and Creative! 

For more information: info@stressshifter.com

Gratitude Sunday	Awareness Monday	Acceptance Tuesday	Learner Wednesday	Observer Thursday	Designer Friday	Creator Saturday
"Acknowledging the good that you already have in your life is the foundation for all abundance." Eckhart Tolle	Being aware in the present moment without judgement is the foundation to growth.	Acceptance of what is and not what you wished it to be is the starting point to a calm mind.	"Intellectual growth should commence at birth and cease only at death." Albert Einstein	The ability to observe life like a detective gives us great insight and wisdom to make better choices.	A designer uses the power of brain storming, setting intentions, and being open.	A creator can be who they are while taking action for the good of self & others. Today I follow through with my to-do list from last month. ¹
² Today I will be grateful for 5 positive qualities that I hold.	³ Today I will sit quietly and be aware of my breath for 5 minutes.	⁴ Today I will accept my emotions as they arise without negative judgment.	⁵ Today I will learn something new about myself.	⁶ Today I will observe how I deal with a challenge without negative judgment.	⁷ Today I will calmly hold a challenge I face and come up with 5 possible solutions.	⁸ Today I will act on one of my solutions I thought of from yesterday.
⁹ Today I will be grateful for 5 ways nature brings me joy.	¹⁰ Today I will watch nature and be aware of its beauty for 5 minutes.	¹¹ Today I will accept the weather without attaching a feeling to it.	¹² Today I will learn something new about nature.	¹³ Today I will observe an animal's behavior without changing it.	¹⁴ Today I will think of 5 ways I can help nature, the earth, or animals.	¹⁵ Today I will act on one of my solutions I thought of from yesterday.
¹⁶ Today I will be thankful for 3 people who have helped me in the last week.	¹⁷ Today I will be aware of other people's eyes and what they are looking at.	¹⁸ Today I will accept other people's actions as a reflection of them not me.	¹⁹ Today I will learn something new about a friend.	²⁰ Today I will observe another person's emotions without trying to fix or change it.	²¹ Today I will listen to a friend and support them to come up with 5 ways that will assist their life.	²² Today I will assist my friend on one of the solutions we thought of from yesterday.
²³ Today I will be thankful for 3 people who taught me tough lessons in my life.	²⁴ Today I will be aware of how many people I acknowledge as I go through the day.	²⁵ Today I will accept other people's opinion as their own and not a reflection of my opinion.	²⁶ Today I will learn why someone might hold a different opinion than my own.	²⁷ Today I will observe a person's response that is different than my own without judgment.	²⁸ Today I will think of 5 ways I can have stronger, kinder relationships with others.	²⁹ Today I will act on one of my solutions I thought of from yesterday.