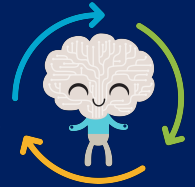


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March 2019

Transformational Reminders

On-Line Course Available Spring 2019

**“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
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 judgment is the foundation to growth. Being Aware is living in the present moment.	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.	Learner is open to new ideas and understandings. A learner is not rigid and has the intent to grow.	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.	A designer uses the 1 power to brain storm, setting intentions, & being open. Today I remind myself to choose to read & contemplate each daily reminder.	A creator can be 2 who they are while taking action for the good of self & others Today I remind myself to place my calendar in a place I will see it every day.
3	4	5	6	7	8	9

<p>Today I remind myself that I am grateful for all my emotions. I know that with Love sadness can arise. Being fully alive means having human feelings.</p>	<p>Today I remind myself to take time to rediscover what is fun to me. I will restore my sense of wonder. I will remember how to bring forth my own smile.</p>	<p>Today I remind myself that laughter is a natural human state. I will have laughter and share it with another person.</p>	<p>Today I remind myself that others have good ideas even if they are different than mine. I will make an effort to learn something new from someone else.</p>	<p>Today I remind myself I cannot please everyone every time. I will please others more by not offering them something I will resent later.</p>	<p>Today I remind myself what I need to do to have inner calm and balance. I will make a list of five things that can help me meet these needs.</p>	<p>Today I remind myself of my list I made yesterday. I will practice 3 of the five things to maintain my inner calm and balance.</p>
<p style="text-align: right;">10</p> <p>Today I remind myself that I am grateful that my mind has higher thinking capability – problem solving, impulse control, logic, empathy and compassion.</p>	<p style="text-align: right;">11</p> <p>Today I remind myself to be aware when others solve problems. I will encourage them to be the best they can be independently of myself.</p>	<p style="text-align: right;">12</p> <p>Today I remind myself that I learn and grow like all people before and after me have had to learn and grow. I will accept that I am a work in progress and every day is a learning process.</p>	<p style="text-align: right;">13</p> <p>Today I remind myself that there will be negative judgment when holding perfectionism as the goal. It is through my mistakes that I learn and grow. Mistakes are not failures, they are stepping stones.</p>	<p style="text-align: right;">14</p> <p>Today I remind myself to turn down all extraneous attention seekers in my environment – phone, T.V., computer - and make time for listening to things and people that matter.</p>	<p style="text-align: right;">15</p> <p>Today I remind myself that guilt and shame are not healthy ways to be motivated. I will create my to-do list from a place of inner peace and strength.</p>	<p style="text-align: right;">16</p> <p>Today I remind myself to take care of myself. Today I will follow through with a self-care activity knowing it will bring forth my inner best.</p>
<p style="text-align: right;">17</p> <p>Today I remind myself that I am grateful that I can use my breath as a tool to calm myself down. Breath in for 4 counts, Hold for 4 counts, Breath out 4 counts. I am calm.</p>	<p style="text-align: right;">18</p> <p>Today I remind myself that I can concentrate on what I can achieve and not be overwhelmed by tomorrow. I can use the power of a list and focus on one thing at a time.</p>	<p style="text-align: right;">19</p> <p>Today I remind myself that making a reactive decision is often not a good decision. I will face how I feel. I will focus on my issue in a calm mindset before making a choice.</p>	<p style="text-align: right;">20</p> <p>Today I remind myself as I learn I will make mistakes. Practice, Patience, and Perseverance are 3 keys to personal growth.</p>	<p style="text-align: right;">21</p> <p>Today I remind myself that life can be frustrating. However, I know it is my reaction to these frustrations that will determine my state of mind. I have inner control. I can have calm.</p>	<p style="text-align: right;">22</p> <p>Today I remind myself that I can brainstorm ideas when I feel stuck. I know I can right down 10 plus ideas to a problem to get my limited thinking to clear away.</p>	<p style="text-align: right;">23</p> <p>Today I remind myself to start with a calm positive morning. I will watch my Breath for 5 minutes and relax. Then I will watch how this affects the rest of my day.</p>
<p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>	<p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>

Today I remind myself to be grateful of my own life's journey. I am also grateful that I know that everyone else has their own life's journey that is independent of mine.

Today I remind myself of the decisions I made for others during the last week. I will reflect on how many of these decisions could they have done for themselves.

Today I remind myself that I can accept others choices as being different than my own without taking it personally.

Today I remind myself I can learn something new about a topic I hold with fear. I know that the more I learn about something, the more inner control I will have, lessening the fear.

Today I remind myself to observe my inner triggers as they arise. I know I can observe them without reacting right away. My observation will give me insight.

Today I remind myself that victim thinking brings victim actions. I know that I can think of positive solutions and take responsibility for my actions.

Today I remind myself of the positive growth I made through March. I look back on the reminders and circle 5 that made a strong positive difference to me. I will remember to use them in the future.

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