

Stress Shifter

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March 2020



Transformational Reminders

On-Line Course Available NOW

Stress Shifter Webinar--March 26. 6 PM PST

For more information: info@stressshifter.com

Gratitude Sunday	Awareness Monday	Acceptance Tuesday	Learner Wednesday	Observer Thursday	Designer Friday	Creator Saturday
<p>1</p> <p>"Acknowledging the good that you already have in your life is the foundation for all abundance." Eckhart Tolle</p> <p>Today I remind myself to be grateful for the food I have today.</p>	<p>2</p> <p>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 remind myself to be aware if I am hungry when I eat.</p>	<p>3</p> <p>Acceptance of what is and not what you wished it to be is the starting point to a calm mind.</p> <p>Today I remind myself to accept the food in front of me with a positive mindset.</p>	<p>4</p> <p>Learner is open to new ideas and understandings. A learner is not rigid and has the intent to grow.</p> <p>Today I remind myself to be flexible with my eating choices.</p>	<p>5</p> <p>The ability to Observe life gives us great insight and wisdom to make better choices.</p> <p>Today I remind myself to have the ability to recognize what I am thinking & feeling about food.</p>	<p>6</p> <p>A designer uses the power to brainstorm, setting intentions, & be open.</p> <p>Today I remind myself to choose to read & contemplate each daily reminder this month.</p>	<p>7</p> <p>A creator can be who they are while taking action for the good of self & others</p> <p>Today I remind myself to put my calendar in a place where I will see it every day. I know I create my own choices.</p>
<p>8</p> <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>9</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>10</p> <p>Today I remind myself that laughter is a natural human state. I will laugh and share it with another person.</p>	<p>11</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>12</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>13</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 achieve these needs.</p>	<p>14</p> <p>Today I remind myself of my list I made yesterday. I will practice 3 of the 5 things to maintain my inner calm and balance.</p>

15 Today I remind myself that I am grateful that my mind has higher thinking capability – problem solving, impulse control, logic, empathy and compassion.	16 Today I remind myself to be aware when others solve problems. I will encourage them to be the best they can be independent of myself.	17 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.	18 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.	19 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.	20 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.	21 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.
22 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.	23 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.	24 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 I make a choice.	25 Today I remind myself as I learn I will make mistakes. Practice, Patience, and Perseverance are 3 keys to personal growth.	26 Stress Shifter Webinar 6 PM PST Today I remind myself that life can be frustrating. I know it is my reaction to these frustrations that will determine my state of mind. I have inner control. I can have calm.	27 Today I remind myself that I can brainstorm ideas when I feel stuck. I know I can write down 10 plus ideas to a problem to get my limited thinking to clear away.	28 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.
29 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.	30 Today I remind myself of the decisions I made for others during the last week. I will reflect on how many of these decisions they could make for themselves.	31 Today I remind myself that I can accept others' choices as being different than my own without taking it personally.	Bonus Today I remind myself I can learn something new about how I respond to fear. I know that the more I learn about something, the more inner control I will have, lessening the fear.	Bonus 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.	Bonus 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.	Bonus 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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