

Breaking Up With Stress - Day 1

Stress - a state of strain, pressure, and tension because of all that crap.

Rest - a state of peace, calm, support, and connected activity in the midst of...

Relationship - a state of being connected to a person, concept, or object.

Recalibrate - small changes to get you back to who you were always meant to be.

Reckon - account for your specific thoughts, feelings, beliefs, and actions.

Relinquish - give up, abandon - throw far far away not to be picked back up again.

Resistance - a blocking or opposing view, attitude, belief, or action: an attempt to prevent something from happening - knowingly or unknowingly.

In order to truly relinquish your *stressing ways* - ***your old relationship with stress*** - you have to first do an inventory to know what you're choosing to abandon. In other words, you need to reckon with what's there - helpful and not.

When you relinquish something you are:

- Opening room for something else.
- Deciding on that something else - it's as important as deciding what to abandon.
- Free to be - what you *actually* desire



3 Steps to Break Up With Stress - or more specifically, your *relationship* with it

1. Recognize you have a **CHOICE**

2. Uncover and define your **BELIEF** that jacks with your **CHOICE**

3. **CHOOSE** the state of being you *actually* desire - the one you were created for