

Breaking Up With Stress - Day 3

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

Hygiene Trio - healthy daily habits - targeted actions for mind, body, and soul

Practice - intentional repetition of an action to get better and sustain ability

3 Steps to Break Up With Stress - or more specifically, your *relationship* with it
An example as you're Developing Your Practice...

1. Recognize you have a CHOICE

You intellectually know...

You have the option to carve out daily time for you.

Through a posture of rest you're able to connect your purpose and your actions.

With this, you're in a much better position to serve everyone around you.

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

You might also believe...

You don't have the time, energy, or permission needed to be at rest.

Meaning, you're used to a state of stress - doing all the things for all the people.

All the doing has become a state of stress where you might believe that deeply caring is code for being strung out. It seems "responsible" to carry all the pressure and even guilt about how things are running.

"IT" would be better:

- If...
- When...
- Either...
- Or....



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

You'd like to choose...

How your mornings begin - certain aspects throughout the day to be tweaked.

Let's look at **PRACTICE POSSIBILITIES** to get you in the state you actually crave.

Starting today, my plans for this week are:

1. A habit I'm intentionally starting to target my mind -
And this is important to me because...

2. A habit I'm intentionally starting to target my body -
And this is important to me because...

3. A habit I'm intentionally starting to target my soul -
And this is important to me because...