

Breaking Up With Stress - Day 4 Time To Integrate

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

Integration - bringing all your parts to your whole self

Meaning Mechanism - inner compartment where you store disconnection - the meaning and beliefs you've attached to *IT* that informs you how to operate

3 Steps to Break Up With Stress - or more specifically, your *relationship* with it
Productive Questions to empower your integration...

1. Recognize you have a CHOICE

What area of your life still feels like you don't have a choice?

How's *it* tied to the part of you that you've been *managing*?

Where do you relegate or shove it? (instead of *welcoming at your table*)

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

What's your belief in play that says, "*yes, but?*"

What's the pressure? I can't because they keep doing...or they would...(mind dump)

What anchored this belief that says you don't get a full say?

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

What part of you are *you now ready* to allow at your table?

What's your specific *daily hygiene trio* to ensure this allowing? (practices, steps, skills)

How are you tracking and celebrating your progress?