



Conquer The Crisis **AKA - cultivating a healthier relationship with stress**

**You've got all the terms down from Part One and Part Two.
Now let's take a couple minutes to check in with a little prep for Part Three....**

What are the Three Simple Sustainable Steps? And where are you with each step?

What feels hard and / or even pointless?

What's becoming clearer and / or freeing?

What would help you *right now* get into the spirit of connecting with your true, full self? Not your default self, but your created, intended self?

3 Steps to Conquer The Crisis - or more specifically, your *relationship* with stress

The questions are a guide - they'll lead to more questions and specific answers

1. Recognize you have a **CHOICE**

How have you incorporated your passion - what lights you up - more in daily life?

How's it going with the automatic pilot activities on purpose?

How's your awareness growing?

2. Identify the **BELIEF** that jacks with your **CHOICE**

What belief is jamming you up right now - still a drain? Blocking your free choosing?

How's your reckoning going? The inventory of what you're really feeling?

How can you gather all your parts? Allowing even the uncomfortable?

3. **CHOOSE** Freely the state of being you *actually* desire - the one you're created for

How did your previous stop / start go? Be specific

What habits are coming up for you now that you want to stop / start? Be specific

Habits to Stop:

Habits to Start:

Remember to keep it simple and sustainable with **all things on purpose.**