

Conquer The Crisis Mini Series Part Eight
Ok, more like cultivate a healthier relationship with stress
Let's get more concrete...

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*

What aspect of you DO you see your choice? I choose to be...to do...to say...

What aspect of you do you NOT see your choice? "It is what it is..."



2. Identify the BELIEF that jacks with your CHOICE

What “hook” has accidentally anchored you?

(If more than one, jot them all down and decide which one to address first)

How do you feel about your hook?

INTEGRATION IS THE ANCHOR - CONNECTION FUELS INTEGRATION

What would make you free to connect - secure point of contact...

If you were free to anchor on purpose what would you choose to be your anchor?

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

What's jumping out at you right now?

What do you choose to anchor on purpose?

What do you need to do this right now?

Remember *you can get off the hook and anchor on purpose - FREELY choose*