THE STRESS LESS BREAKTHROUGH

THE 5 KEY STEPS TO LESS STRESS & MORE FREEDOM

BADASS + BRILLIANT LIVING

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LIFE

DOESN'T HAVE TO BE SO INSANELY BUSY THAT YOU FEEL LIKE YOU'RE RUNNING AROUND LIKE A CRAZY PERSON. YOU CAN BE A **MOTIVATED CREATIVE SUCCESSFUL** WOMAN WHO ACTUALLY ENJOYS HER LIFE.

I'M NOT TALKING **UTOPIA.** I'M NOT SAYING THAT LAUNDRY, GROCERIES & CERTAIN "TO-DO'S" WILL VANISH INTO PIXIE DUST. BUT THEY DON'T HAVE TO RUN YOUR LIFE.

SOMETHING ELSE IS POSSIBLE FOR YOU. A FREEDOM FROM "SHOULDS". AN ABILITY TO SAY "NO" WITHOUT CRUSHING GUILT, AND SAY "YES!" WITH PLEASURE. A WAY OF LIVING YOUR LIFE WITH MORE FUN & EASE BUT STILL WITH A HEALTHY DOSE OF PRODUCTIVITY.

STRESS CRUSHES OUR **VITALITY, CREATIVITY, + OUR ABILITY TO LEAD (AND LIVE)** WITH EASE & FUN.

HERE'S TO LESS STRESS & MORE FREEDOM.

XO, SAGE

GET READY

Think of one example that stresses you out in your life. An area of your life that has you saying to yourself, "I'll never get done. There's never enough time. This sucks."

Having a clear example will help you apply The Stress Less Breakthrough steps so you can feel relief!

If you decrease this stress, **what would be possible** in your life and work? (i.e. more time, joy in relationships, success at work, freedom...)

This will help you get a glimpse of what's on the other side... the life where stress doesn't wipe you out. The amazing image of what is possible for you. **Let it be awesome.**

1. STOP. BREATHE. CHOOSE. (SBC) AND REPEAT.

Any time you're about to say "yes or no" to a request. SBC. Any time you feel the "I'm so stressed" feeling coming on. SBC.

Stop, breathe, and choose allows you to actually choose consciously so you're not harboring resentment and frustration. It slows down our automatic response to please others, be perfect, and play superwoman. It encourages us to assess what we really want, need, and are willing to do.

2. KNOW YOUR WHY.

What are the three most important things in your life? Sounds simple, but you'll be amazed at how we don't live with these things in mind. Don't skip this step. Actually identify your top three.

3. THE KEY QUESTION TO FREE YOU FROM "TO-DO" LIST MADNESS

Look at your day, your week, your year. The things you spend your time doing become your life. If they're not aligned with your "top three," work to recalibrate your time and actions by asking yourself:

"IS THIS 'TO-DO' ESSENTIAL TO MY LIFE'S 'TOP THREE', CAN IT WAIT, OR CAN SOMEONE ELSE DO IT?"

Approach your "to-do" list with this in mind. Every. Single. Day. It'll completely shift what you think you "should" do and help you see clearly what you really want and need to do.

REALITY CHECK!

THERE WILL ALWAYS BE THINGS THAT HAVE TO GET DONE

BUT:

Can you align even the must-dos more with your top three? (i.e. family meals are essential to creating intimacy so grocery shopping supports that OR getting my laundry done for me frees up hours of time to write my book)

Can you spend more time on things that align with your top three than the perceived must-dos? (choose to "delegate, delete, or do" so you make more space and time for your top three)

4. WHAT RESOURCES AND SUPPORTS CAN YOU USE? SHED YOUR WONDER WOMAN CAPE.

SUCCESSFUL AND HAPPY WOMEN DON'T HAVE TO PROVE THEY CAN DO IT ALL THEMSELVES.

Assess what really needs to get done.
Ask for help. Friends, family, neighbors, service providers?
Seek out ways to make things easier for yourself.
Let go of what is unnecessary and/or unfulfilling.

5. THE GAMECHANGER...

LET GO OF THE "THERE'S NOT ENOUGH TIME" STORY

THIS IS HUGE, AND WHY I SAVED IT FOR LAST.

What if I told you that time is much more elastic than you think? That you can use it more effectively to support your life? That it can be your friend?

New research says that, "Our perception of time is indeed our reality."
(From work by Brigid Shulte)

Those who feel like they never have enough of it (scarcity) can feel a sense of panic or rush. Those who feel like they have enough of it (abundance) can feel like there's a lot to do, but a sense of ease and certainty that it will get done.

HINT: When you feel like "I don't have enough freakin' time," it's your red flag warning to "pause, breathe, and choose."

We all have the same 24 hours. How we each use them and relate to them makes all the difference.

REMINDER

Simple isn't always Easy

- NEW HABITS TAKE TIME.
- IT'S NOT ABOUT PERFECTION, IT'S ABOUT AWARENESS.
- *YOU ARE EXTRAORDINARY & THE WORLD NEEDS YOUR BRILLIANCE.*
- BEING STRESSED & OVERWHELMED DRAINS THAT BRILLIANCE.

PRACTICE THESE 5 STEPS. BREAKTHROUGH STRESS. ENJOY MORE FREEDOM.