

DeStress for Success Check List

You can use each item as a focal point for your day...remember it often as a helpful reminder or you can use several at the same time or simply read the list as a way to slow yourself down.

There are three lists below. Note for your own self what each item means to you!

1. Awareness

2. Breathe

3. Now is the only time that is

4. Your Body is the Focal Point of the Now

5. Breathe

6. Feelings are part of the truth

7. Thoughts exist in your head

8. This too will pass

9. Just for today do not worry

10. Self-Love is First Love!

