

FREEDING YOURSELF OF STRESSES 10-0

Title of Issue (3-7 Words, naming Stress/Person/Situation /Aspect of Memory) || **Note 1-10 Intensity**



(Writing down the title of your issues and its 1-10 intensity will help you stay focused, and to reach zero more often!)

--	--

Suggestion: Acknowledge truth, desired change, + lead your subconscious towards a goal (feeling) you desire.

Even though I felt/feel _____ when I thought/think about _____, what I really want is to see and feel more of... *showing up in my life every day...* is _____.

(love, purpose, security, happiness, calmness, peacefulness, acknowledgment, encouragement, appreciation, support, playfulness, connection, relaxation, creativeness, freedom, confidence, energy, inspiration...)