

TECHNIQUE #5 – Acknowledging You Are Okay

Bring your focus to this moment and recognize you are still here, managing whatever array of challenges in your life. You can't manage all of them at once, so make a decision which one is most critical to deal with. Just this one issue...you can manage it.

What is the issue?

What are your options? List top 3 options.

Which one is your first choice? Remember you can change your mind if one does not work the way you desire. Highlight that choice. What must you do to activate this option?

Breathe. Stay Present. You must practice staying Present to stay away from Fear.

What can you do RIGHT NOW, at this moment, to take action?

Make a note of what happened when you trusted yourself to deal with this issue.
