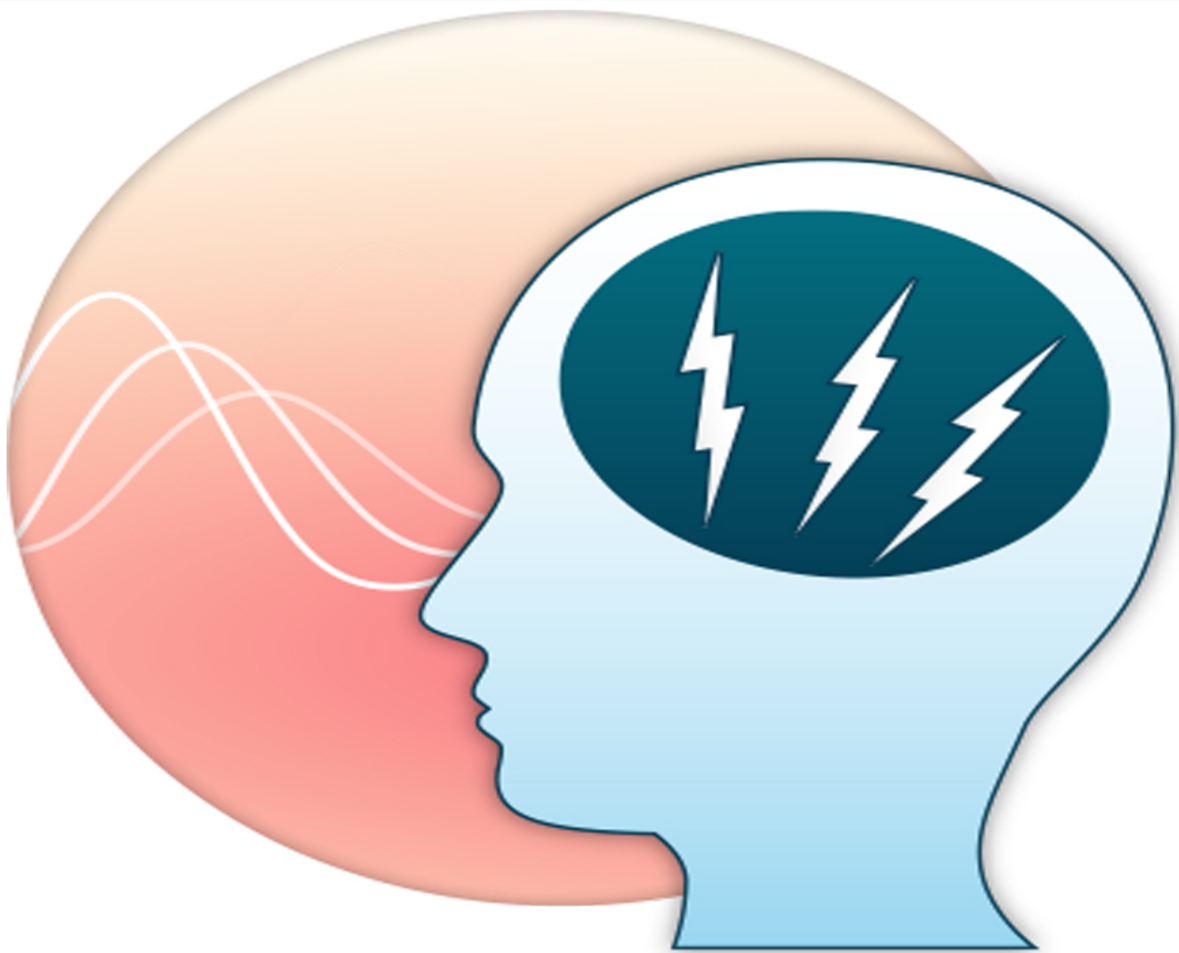


TEN SECOND STRESS TACTIC

SIMPLE GUIDE

The Ultimate Step-By-Step Tactic For
Approaching And Dealing With Stress



HYBRID CHEAT SHEET

Check List

Mark every step of the process as you consider / complete them. That will help you to keep track of things you need to do. Include additional steps if necessary.

☐ **Creating A Vision For Your Life or Business**

- ☐ **Choose Something Compelling:** Make sure your goals and your vision is interesting to you both short term and long term.
- ☐ **Regularly Work Towards Your Goals (Vision):** Shoot big and small. You need to have goals and a vision that you can achieve both short term and long term so that you can feel the emotions of success and keep yourself fueled.
- ☐ **Align Your Vision With Your Value And Passion:** If you're passionate about what you're doing, and it doesn't bore you then you will feel much better about it. You'll find that you wake up each morning ready to tackle the day.

☐ **The 10 Second Stress Tactic**

- ☐ **Step One:** With your hand (or hands) on your stomach, breathe in. Take a deep long and full breath.
- ☐ **Step Two:** Watch your hands as they rise up with each breath you inhale.
- ☐ **Step Three:** Then, watch your hand as it lowers with your exhalation. Let the air out of your lungs without losing your level of relaxation.
- ☐ **Step Four:** Take another deep breath, and let it out again.
- ☐ **Step Five:** Once more: in and out. Relax while you do this. Clear your mind.

Resources List

☐ **Stress Relief & Anxiety Relief Resources**

- ⤴ Emotion Matters Course
- ⤴ 8 Minute Meditation for Stress Relief
- ⤴ The Complete Auto Calm System
- ⤴ Stress Relief Bible
- ⤴ 400 Breakthrough Stress Elimination Strategies
- ⤴ The Anxiety Lie
- ⤴ Secrets of the Ocean Breath