



Rose Coaching
Time Management
Stress Management
Work/Life Balance Strategies

Transforming the life you have into the life you want
www.RoseCoaching.info
LauraRose@RoseCoaching.info

There's nothing gone wrong here.
You are "a work in progress".
You can handle anything that comes your way.

My Notes:

STRESS MANAGEMENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Find something to appreciate daily.	Focus on the beneficial "why" versus the task itself	Be at ease with where you are. There's nothing gone wrong here.	Things are always changing. This will too pass.	Stretch and Shrug; You can't control everything.	Focus on one segment of your day at a time.	Just focus on benefits of the "next Logical steps"
Let things in the far future (out of your control) take care of themselves	Stay future focused - daydream	Breathe, pause, and appreciate how much you've already achieved.	Schedule "pause moments" and breaks throughout your day	We are "a work in progress". We'll never be done, so we can never get it wrong.	Release control, and go with the flow.	Release "control", embrace adapting. You can handle anything that comes your way.
Keep the big picture in mind.	Just because you see it as "broken", doesn't mean you're responsible for fixing it.	Just because you see it as "broken" doesn't mean it's not working for someone else.	Chill. Does this really matter in the Big Picture	Give the gift of asking for help	Play, laugh, love. Do something fun everyday	Is this really urgent? Or is it just happening NOW?
Is this thought propelling me forward? Or stalling me?	Stretch and Shrug. Things are constantly changing. This too will pass.	You don't need the answer "now". It will appear when you need it.	Am I still excited about my future? Or stuck in my "what is"	Stay feeling forward, excitedly anticipating where you're heading.	"What is" is only a starting point. "What was" is irrelevant	Visualize how you want this event or item to flow. Project a good feeling vibration toward it
Relax, release, revitalize yourself	Worry, regrets, and guilt are wasted energy.	Eliminate worry: If you can do something about the item: do it. If you can't: disengage.	Don't take what people say or do personally. It's not about you.	Thank someone that really doesn't deserve it. Their attitude will change because of it.	Give frequent BODs (Benefit of the Doubts) to others and yourself	Pause throughout the day