Less Stress, *More Happiness*

5 tasks to help you alleviate stress and feel more peaceful

Hello, I look forward to getting to know you. Here is a bit about me...

I am a Personal Growth Mentor, host of the Inspiring Your Shine Podcast and creator of the Social Selling Success Society FB group. I empower woman who serve and sell through social networks to grow and prosper.

Wife, Mom and Servant to God.
Lover of travel, shopping and sunshine. Called to help people worldwide overcome themselves and align with their purpose.

Helping you step into who God created you to be to increase your confidence and power.

Providing support and tools that eliminate self sabotaging so you can get out of your own way.

Empowering you with content and training so that you can live a happy and satisfying life.

Equipping you with the knowledge you need to create a magnetizing personal brand that increases profits while saving time and energy.

I am here to serve you. I would love to hear from you and answer any questions you may have. Contact me @inspiringyourshine.com

Rebecca Keselburg

TAKING INVENTORY

Once you have your list

1. Cross out what is no longer serving you (needs evaluated)
2. Highlight what brings you joy

TIME

EVALUATE HOW YOU ARE INVESTING YOUR TIME

STUFF

PILES, CLOSETS, TOY BOXES

MONEY

EVALUATE YOUR SUBSCRIPTIONS, SERVICES, MEMBERSHIPS

TOXIC

PRODUCTS,PEOPLE,STRESS

WHAT BRINGS ME JOY?

WHAT NEEDS TO GO?

COUNTING MY BLESSINGS

Challenge yourself to get to 100. Try to think of 10 for each category.
Myself,Family,Pocessions,Life,Nature,Health,Home,Holidays,Money,Body

Mindful Walk & Journal

5-10 Minutes being 100% quiet & present (preferably outside)
Journal what this time of being completely in your moment taught you.

Self Care Menu

I feel pampered when...

How I relax is...

What I enjoy is...

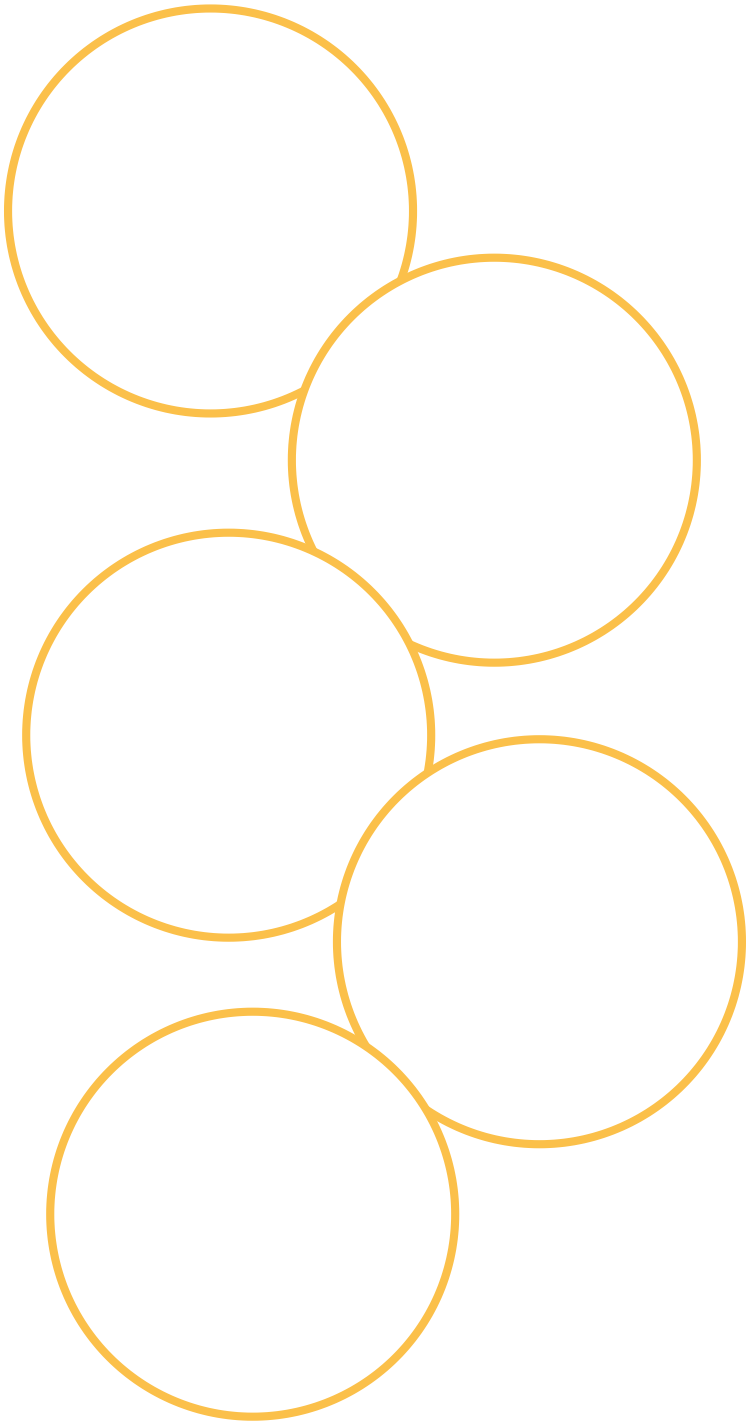
I treat myself by...

What renews me is...

Schedule "Me" Time

Letting Go

5 THINGS YOUR PERFECT HOLIDAY INCLUDES



NEGATIVE EXPECTATIONS YOU MAY HAVE

WHAT I CAN CONTROL