

THE 3 STEP GUIDE



**to REDUCE STRESS
IN 15 MINS OR LESS**

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Imagine...

**What YOUR Life would be like if YOU had it ALL!
...The Life you Want and Deserve!**

When YOU have Clarity in YOUR LIFE you know exactly what you want and where you want to go. And you know deep down that in life you get what you focus on so the more peace you have, the better you'll feel- and the more clarity and the better you'll do in all areas of your life.

**That's why I have a 3 Step
Empowerment System
I take my clients through.**



To get started here are the first 3 Steps....



STEP 1 is CLARITY:

Once you connect with your purpose and passion, that's where you find clarity.

Start by asking yourself these clarifying questions.

1. If you had unlimited amounts of time and money, what would you be doing (be real and honest with yourself)?

2. What is something that you'd enjoy doing even if you didn't get paid for it?

Getting Clear on what you want is the first step to totally eliminating stress in your life.



Action Items:

List down all the things you would be doing if you had unlimited amounts of Money. Use your imagination and just feel that you are no longer stressed.



STEP 2 is CREATE Peace WITHIN:

Once you gain Clarity, you then have peace of mind knowing how to move forward to find that peace you want.

1. Find out what parts of your life are balanced and match your beliefs and values.
2. What parts are out of balanced and don't match your views and values (this is a primary cause of stress)?

Getting Clear on what your beliefs and Values is the second step to totally eliminating stress in your life.



Action Items:

Take a piece of paper and draw a vertical line on the middle. On the left side take inventory on the things that are currently stressing you out. On the right side, write down what are the steps you need to take care of that situation.

As you get clear on what steps you need to take, you will feel more relaxed and at peace because you know that you have the power within you to change your current situation.



STEP 3 is Happiness:

There are 2 major elements to creating happiness. On your Personal Empowerment Strategy Call, I will share the two major elements for creating happiness.

1. To be fully satisfied and happy you must always be growing because if you're not growing, you're remaining stagnant. So pick up a book, get a coach, or even better work with a mentor. Because when you work with an experienced mentor, you can avoid the pitfalls and achieve the results you want even faster (haven't you already wasted enough time?).

Okay, That's it for now!

Check out other RESOURCES and tips ..

From Sleeping with My Shoes On: Reclaim Your Innocence, Reclaim Your Life.

Available on Amazon

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