



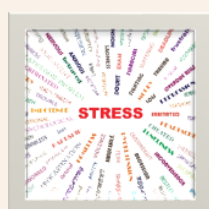
**COACH DEB'S**

# "FLOW" TIPS



*For Becoming the  
Hero in Your Own Life Story*

*"It's not stress that kills us; it is our reaction to it." –Hans Selye*



## LIST YOUR FEARS

- Prioritize from most to least stressful
- Mark them internal or external in nature
- Assume responsibility for your own "stuff"



## ASSESS VALIDITY

- Are your fears or stressors true or a story you're telling yourself?
- If something is not true, remove it from the list and write a new story!



## COMMIT TO CHANGE

- Decide what you want your life to look and feel like.
- Set goals.
- Determine "whys" that are bigger than your fear of failure.



## BANISH EXCUSES

- Don't procrastinate.
- Stretch yourself. Avoid following the path of least resistance.
- Create a reasonable schedule for making change.



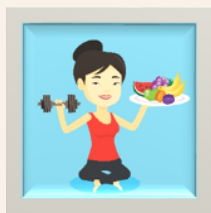
## ADOPT A STRESS PLAN

- Avoid what you can.
- Alter what makes sense.
- Modify your expectations & attitudes.
- Accept what "is".



## CHANGE YOUR MIND

- Establish a Growth Mindset.
- Eliminate "stinking thinking".
- Check your thoughts and harness your words.
- If you believe it...it will be true for you.



## FUEL YOUR BODY

- Adopt & maintain a healthy lifestyle.
- Eat healthfully.
- Move your body regularly.



## FOCUS ON EXPANSION

- Consider a daily meditation or yoga practice.
- Create affirmations for your "new" life.
- Visualize enthusiastically the new you.
- Find your tribe(s).



## LIVE IN THE "NOW"

- Be present.
- Forgive yourself and others.
- Be grateful.
- Give generously and love deeply.



## DISCOVER YOUR PURPOSE

- Read others' stories for inspiration.
- Tap into religious or spiritual practices.
- Identify what you love.
- Get feedback from people who know you well.

FOR MORE INFORMATION ON THESE TIPS, CHECK OUT THE PODCAST:

"REAL TALK WITH DEB & NIA"

EPISODE 15: "FEAR, FORCE OR FLOW? CHOOSE YOUR STORY."

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