



*You need to know...
 You're worth it.
 You matter.
 Your dreams could never be
 'too big'.
 You can have what you really
 want, I can help.*

If you wish you were further along, *I'll teach you to create a life you LOVE.*

So, what's the first thing that pops into your mind that you know you need to stop doing because it's not supporting you? Write the 1st thing that comes to mind.

I need to stop doing _____.

It's different for us all, but generally, what I'd love you to stop doing is always putting yourself last and taking care of everyone else first. To love how your life is flowing, you're going to need to take better care of yourself all around and it's not as hard as you might assume.

When you stop going to the gym, taking time out to eat, showering, saying yes when you want to say no!! ... you put yourself in fight or flight mode. Which basically boiled down to only being capable of reacting which leaves you incapable of feeling and knowing what's best for you. You won't know what you want, you'll only know what you need to muddle through as long as it takes.

Here are 2 simple steps to support you in finding what you want so you can take action on what you need.

Step 1: Look at the places in your life where you're feeling super stressed, unhinged and unfocused.

Write down all of the places in your life - big and small - where you feel stressed.

Step 2: Next to each item that you've listed, make a note of how that specific stressor is affecting you.

Really sink into the details here and write down each separate place where your energy is going, and how you notice it's making you feel. Notice how it shows up in your body, notice what thoughts come up and how those reflect in any action or inaction.

Complete steps 1 and 2 until you've covered all of the places and situations in your life where you feel stressed. Taking time to journal these out and really listen to what the inner you has to say on the matter is crucial. She has a voice but we don't often listen to her. But the great news is, she comes out in our journaling process. Listen to what she has to share with you!

Step 1: Where in my life am I feeling stressed, overwhelmed, unfocused, unhinged...

Ex. At work there are too many people requesting my help and only one me!

- 1.
- 2.

Step 2: How does this make me feel? How is this stressor showing up in my life today?

Ex. Anxiety, tightness in chest, fear I won't get it all done today, worry that I'll forget something and let down the team.

- 1.
- 2.

Over the next few days and weeks, if you choose to make this a habit, you'll be gathering data. This information you'll be uncovering will provide ideas, a-ha moments and intuitive nudges about what to do in order to solve the problems. Right now it is about your willingness to look at what's causing you stressful feelings. In the days, weeks and months to come this awareness in itself helps catapult you into action and your commitment to self-care, health and happiness is expanded.

Self-care is patience and kindness to yourself. It's a practice. It changes as you change. And it's something most women who are really stressed think is optional. It's not. [CLICK TO TWEET IT](#)

If You liked this exercise, it might be time to get even more support by joining the Fear Less Inner Circle. [Learn more here.](#)