



THE CENTER FOR  
Clarity, Compassion & Contentment

*find your center*

# Transform Your Stress

## Do's

- Gratitude
- Let Go
- Flexibility
- Self Care
- Manifest
- Allow
- Learn to say "No"
- Time Management
- Create a Life Plan
- Emotional Housekeeping

## Don'ts

- Ruminates
- Take Anything Personally
- Be Rigid
- Negative Self Talk
- Use Busyness as a Status Symbol
- Resentful "Yes"
- Over-schedule Yourself
- Live by Default
- Judge (self or others)

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