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

• Ruminate
• 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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