

## Less Stress, More Power



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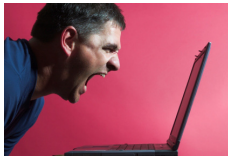
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## What Stresses You?

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## Stress

ONE Cause  
for  
ALL Stress

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**One Principle**



Outside YOU



Inside YOU

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**Body**

Tip #1 ~ Breathe



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# Mind

## Tip #11 ~ Observe Your Mind

### 2 Principles :

- What You Focus on Expands
- What You Resist Persists

$$E = MC^2$$

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# Control Your Mind

- Principle  
What You Focus on Expands
- Action Focus on what you Want



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# Control Your Energy

- Principle:  
What You Resist Persists
- Action: Let Go Of Resistance



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## Preventing Burnout

**Excellence**  
vs.  
**Perfection**



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## Breaking the Perfection Myth

**Perfect** \_\_\_\_\_

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## Breaking the Perfection Myth

**Perfect** \_\_\_\_\_ 

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## Breaking the Perfection Myth

**Should/Shouldn't"**  
Parents, teachers, coaches  
religious leaders, media....

Perfect



Zone of Failure

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## Breaking the Perfection Myth

**Should/Shouldn't"**  
Parents, teachers, coaches  
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## Breaking the Perfection Myth

**Should/Shouldn't"**  
Parents, teachers, coaches  
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Zone of Failure

Scumbag (belief)

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**Breaking the Perfection Myth**

Perfect  

Zone of Failure

**Marvelous**

Scumbag (belief) 

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**Breaking the Perfection Myth**

Perfect 

Zone of Failure

**Marvelous** *Talents, Gifts, Abilities, Affinities*

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**3 Clues to YOU uniqueness**

**Story** 

**Energy** 

**Feedback** 

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## Breaking the Perfection Myth™

**Perfect**



*Experience*

*Skills (learn)*

**Marvelous**

*Talents, Gifts, Abilities, Affinities*



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## Breaking the Perfection Myth™

**Perfect**



**Excellent**

*Zone of Success (inside & out)*



*Time & Energy*



*Experience*

*Skills (learn)*

**Marvelous**

*Talents, Gifts, Abilities, Affinities*



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## Breaking the Perfection Myth

**Perfect**



**Excellent**



20%  
80%

**High Dis-Stress/Low Energy**

*Zone of Success (inside & out)*



*Time & Energy*



*Experience*

*Skills (learn)*

**Marvelous**

*Talents, Gifts, Abilities, Affinities*

**High Eu-Stress/High Energy**

80%  
20%

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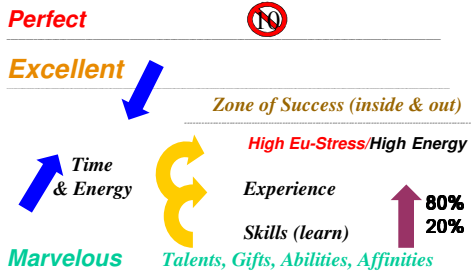
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## Breaking the Perfection Myth



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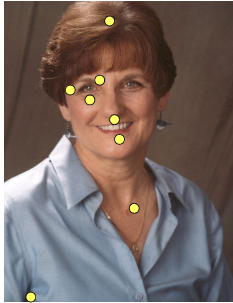
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## Emotions

Tip #21 ~ Tap On It!



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## Spirit

Tip #28 ~ Connect with Your Vibes



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## Other People

### 2 Principles:

**Uniqueness**

**Equality**



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## Attitudes of a Stress-Buster

- I know what I can and cannot control.
- I focus on what I can control.
- I let go of perfection.
- I take responsibility for excellence.
- I influence life by valuing myself.
- I have the power to care for my body.
- I have the power to focus my mind.
- I have the power to soothe my emotions.
- I have the power to connect my spirit.
- I have the power to balance my relationships
- **I am a powerful Stress-Buster!**

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## Stop “Shoulding”



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My Deepest Wish for YOU

Live  
Stress Free!



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