Rose Coaching Time Management Stress Management Work/Life Balance Strategies

Transforming the life you have into the life you want www.RoseCoaching.info LauraRose@RoseCoaching.info

My Notes:

There's nothing gone wrong here. You are "a work in progress". You can handle anything that comes your way.

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|--|--|
| Find something to appreciate daily. | Focus on the beneficial "why" versus the task itself | Be at ease with where you are. There's nothing gone wrong here. | Things are always changing. This will too pass. | Stretch and Shrug; You can't control everything. | Focus on one segment of your day at a time. | Just focus on benefits of the "next Logical steps" |
| Let things in the far future (out of your control) take care of themselves | Stay future focused daydream | Breathe, pause, and appreciate how much you've already achieved. | Schedule "pause moments" and breaks throughout your day | We are "a work in progress". We'll never be done, so we can never get it wrong. | Release control, and go with the flow. | Release "contro embrace adaptir You can handle anything that comes your way |
| Keep the big picture in mind. | Just because you see it as "broken", doesn't mean you're responsible for fixing it. | Just because you see it as "broken" doesn't mean it's not working for someone else. | Chill. Does this really matter in the Big Picture | Give the gift of asking for help | Play, laugh, love. Do something fun everyday | Is this really urgent? Or is it j happening NOW |
| Is this thought propelling me forward? Or stalling me? | Stretch and Shrug. Things are constantly changing. This too will pass. | You don't need the answer "now". It will appear when you need it. | Am I still excited about my future? Or stuck in my "what is" | Stay feeling forward, excitedly anticipating where you're heading. | "What is" is only a starting point. "What was" is irrelevant | Visualize how you want this event or item to flow. Proj a good feeling vibration toward in |
| Relax, release, revitalize yourself | Worry, regrets, and guilt are wasted energy. | Eliminate worry: If you can do something about the item: do it. If you can't: disengage. | Don't take what people say or do personally. It's not about you. | Thank someone that really doesn't deserve it. Their attitude will change because of it. | Give frequent BODs (Benefit of the Doubts) to others and yourself | Pause throughou the day |