



RED PHOENIX LIFE

HEART · MIND · BODY

The Forget Holiday Stress, Hello Freedom Worksheet

There are no wrong answers. The more honest you are with yourself, the more you will get out of it. Let's start rewiring your brain patterns and redefining your life. You can do this!

What specific scenarios (holiday or otherwise) seem to recur for you that create stress in your life? List out at least 3 and detail what you felt in each instance.

Now re-imagine each instance, applying the 3 step strategy you just learned.

Instance 1:

Do Your Pulse Check. How do you feel as a result of catching it early on, being more in tune with you?

Smile and Swap It Out. How does it feel to laugh let your endorphins play kick the can with it? To reassign a formerly negative thought, to redefine it with joy?

Getchur Gratitude Glow On. What is it like to deeply feel that energy in your heart? To know that when you generate that level of gratitude, that it's shifting the way your brain is wired. How freeing does that feel?



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Instance 2:

Do Your Pulse Check. How do you feel as a result of catching it early on, being more in tune with you?

Smile and Swap It Out. How does it feel to laugh let your endorphins play kick the can with it? To reassign a formerly negative thought, to redefine it with joy?

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Instance 3:

Do Your Pulse Check. How do you feel as a result of catching it early on, being more in tune with you?

Smile and Swap It Out. How does it feel to laugh let your endorphins play kick the can with it? To reassign a formerly negative thought, to redefine it with joy?

Getchur Gratitude Glow On. What is it like to deeply feel that energy in your heart? To know that when you generate that level of gratitude, that it's shifting the way your brain is wired. How freeing does that feel?
