



20 STEPS TO REVERSE YOUR STRESS AND FEELING BURNOUT.

1. Go to a quiet place, close your eye and take a deep breath inn and out 6 times.
2. Ask yourself why you are feeling that way.
3. Write down if you can everything what you feel and think.
4. We know that we can not have a single feeling without first thinking about. Check for any toxic thoughts as that gives toxic in your body!
5. Write down who is involved in the issue, or what is about judgment.
6. Ask yourself a question: what your input in that situation is.
7. Evaluate your perceptions as they could be wrong.
8. Most of the time situations are out of your control. What is in your control is only your response and only your response.
9. Practice forgiveness as we know forgive is “give for” so practice compaction.
10. Gain control over your thinking, behaviors, and images that you create result you want.
11. Simple, change your thoughts, change your life, as we know first is a thought than is a thing.
12. Use Love Formula:
 - a. Listen to understand
 - b. Observe carefully
 - c. Verify your thoughts
 - d. Evaluate your observations
13. There are three things extremely hard: Steel, a diamond, and to know one’s self. So is up to us to make the necessary change!
14. Taking the position that we are responsible for our responses, practicing this formula will give you more power.
15. Take ownership of your feelings and outcomes. This is a key for personal development without self-judgment or blaming and complaining others or events.
16. Meditate daily 20 minutes in the morning and 20 minutes before you sleep, as it gives brain relax and clarity to switch from the fight or flight mode.
17. Remember, when someone say something to you that hurts, look insight yourself and see what it is that you are telling yourself about you!
18. Listen to uplifting music, and go to walk outside, it will give you perspective, heal the soul.
19. Drink water so your brain is working properly.
20. Remember that what might look good to you, might not look write to the other person. It is just your perception that create your judgment.