

"A" - Checklist For Living Free From Stress Worries, and Anxiety

✓ *Accept*

ALL people and current circumstances in your life exactly as they are at this moment

When you struggle against "what-is" in your life at this moment, you are struggling against the energy of the Universe...you create resistance that blocks the flow of abundance in your life! The more readily you ACCEPT the circumstances in your life the way they are in THIS MOMENT, the easier your life becomes!

✓ *Acknowledge*

yourself for making progress and your efforts to improve your life

Acknowledging your progress and your efforts builds up confidence and resilience; helps you keep going even when it's hard. ACKNOWLEDGE yourself for making an effort to better your life, for your willingness to change, to open to new opportunities and for taking actions!

✓ *Allow*

yourself simply BE YOU, let go of guilt, shame and comparisons, and just BE!

Let go of "should of" and "could of", of "I am a loser" or "I am a failure" self-talk. JUST BE... without resisting your feelings, without worrying about next month or next year... JUST BE as LOVING and COMPASSIONATE to YOURSELF as you would to your best friend!

✓ *Appreciate*

ALL that you are, ALL that you DO, and ALL that you have at this moment.

Appreciate EVERYTHING!! THIS will help you release inner tension and stress, avoid envy and self-sabotage, and eventually receive THAT which you desire.

✓ *Act*

Take an imperfect action and go from there.

Problems are opportunities in motion. Let go of the need to control the circumstances in your life and allow your life to unfold in the most magical ways.

