

FREEDOM from CHRONIC STRESS MANIFESTO

ANCHOR MY VALUES + VISION

STEP 1

I practice and honor how I want to BE & where I want to operate FROM. Instead of living a goal-driven or accomplishment-based life, I live to honor my values. Every action I make brings me closer to or farther away from my Values + Vision.

When I lose my way, I come back to the felt-sense of my values and vision to make the best choice for now.

EVERYDAY MINDFULNESS: LIVE IN THE PRESENT MOMENT

I live life as a moment-by-moment practice, not a destination. I pay attention to the present moment with my mind + body.

I make discerned choices based on principles of non-judging, beginner's mind, trust, patience, non-striving, acceptance, and letting go.

STEP 2

NOURISHMENT: I TAKE CARE OF MYSELF

STEP 3

I consistently prioritize and meet my basic needs to function. I do not overschedule myself or others.

I ask for help and do not assume the burden or self-important viewpoint that I am solely responsible for anything.

I evaluate my energy well on a daily basis and make swift adjustments to regulate my energy that keeps me in or close to my level to thrive.

LET GO WHAT NO LONGER SERVES

I take inventory of my internal and external stressors every six months.
I take discerned and compassionate action to let go what no longer serves me.

I practice a new approach to experience liberation from internal stressors.
I lovingly embrace my challenges and flaws. I celebrate doing my gentle best.

STEP 4

INCREASE MY TOLERANCE FOR LOVE, JOY & CONNECTION

STEP 5

I open my heart on a daily basis, even when I am angry or hurting. I take risks to connect with self and others. I am conscious and appreciative of moments of love as they occur.

I challenge beliefs and operating systems that do not serve my highest good.

I do not cast darkness on others or what may be possible.

I ask myself daily, 'How much light can I let in?'