

7 Steps To Feel Better

1. Identify your problem and list the facts about it in an honest and complete way
2. Identify and write down your thoughts about the current problem/situation
3. Identify your emotions. Name them and Claim them. Do not resist, repress or judge them
4. Take action in the direction of your goals
Any action is better than none
5. Honor your commitments
To yourself and to others
6. Simplify your life. Remove all that is unnecessary to your desired results
7. Strive for Five. Write down 5 things you are grateful for every single day