Welcome to:
Simple Sanity Secrets
For
Stressed Out Women!
Me, Stressed Out?
YOUR HAIR IS THE FIRST TO KNOW!
A typical day...

LIFE IS JUST SO DAILY.

-DICK SATTLER-
Superwoman is a fictional character!
Set your limits
You train others how to treat you...

Believe you have no limits – they will also

We get what we accept!
I’ll Try

Yes or NO
I can only please one person today.

Today is not your day.

Tomorrow doesn’t look good either!
Whenever possible – Delegate

It’s OK to ask for HELP
If you make yourself irrereplaceable, you can not go anywhere or move ahead!
Perfect doesn’t exist
Impulse Control
The more you own
The more it owns you
Do I need this?
Will it make my life better?
Easier?
How am I existing without it now?
Stuff – stuff and more stuff
A stuff and save society

Top EXCUSES for saving stuff:

If I get rid of it I will need it.
I’m going to fit into that again!
Spare parts for the new one I just bought.
It’s an antique now (worth something).
I paid good money for that.
It was a gift.
They don’t make these anymore.
The kids may want this someday.
Minute for yourself
A LITTLE PEACE OF QUIET
Prioritize
Priorities

1.

2.

3.

4.

5.
Making time work for you

* Work off to do lists
  
  Daily
  Weekly
  Whenever

Make them reasonable!
Check off things as you go
To don’t list

*Don’t forget to take care of yourself

*Don’t say yes, when you mean no

*Don’t over schedule yourself
Let it go
Put The Coffee Down!
Go 24 hours without complaining.
(Not even once.)
Then watch how your life starts changing!
I Can Complain Because Rosebuds Have Thorns.

Or Rejoice Because The Thornbush Has a Rose!
Worrying does not empty tomorrow of its troubles. It empties today of its strength.
Weariness means you're hanging onto something.
It's time to let go.
Shed your old skin and grow a new one.

Marianne Williamson
just breathe.
breathe.
Enjoy each day
NOTHING IS WORTH MORE THAN THIS DAY.
It is what it is
It is what you make it
I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning . . .”

JB Priestley
Sanity

Set your limits

Impulse control

Minute for yourself

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Let it go

Enjoy each day

Secrets