

7 STEPS TO A STRESS FREE LIFE!

**7 STEPS
TO A STRESS FREE LIFE!**

MINDSTYLE MAKEOVER BOOTCAMP

7 MINUTE LIFE TRANSFORMATION PROGRAM



"Where CHAMPIONS are made!"



Created & Founded By

TABITHA CHRISTOPHER
Speaker | Author | Coach
ENTREPRENEUR

Written and Created By Tabitha Christopher
ACE Certified Health Coach

Edited By E. Doreen Christopher
Mother of four, Grandmother of three,
B.A. in Social Work , Teacher of Autistic Children

**7 STEPS
TO A STRESS FREE LIFE!**

**MINDSTYLE MAKEOVER
BOOTCAMP**

7 MINUTE LIFE TRANSFORMATION PROGRAM

"Where CHAMPIONS are made!"



Created & Founded By
TABITHA CHRISTOPHER
Speaker | Author | Coach
ENTREPRENEUR

Dear Reader,

*I want to thank you for taking the time to learn this simple approach to living a stress free life! My **7 Steps To A Stress Free Life** was created to teach you how to control your thoughts. Why is controlling your thoughts so important? Because your emotions are a reaction to what you think. It's clear you desire to live a healthy and balanced life; but in order to have that type of LIFEstyle you must first have a healthy MINDstyle. Remember, how you **think** will influence what you **believe**. What you believe determines how you **feel** and how you feel will affect the **words** you speak. The words you speak are the **seeds** you eat that will produce the **fruit** of action that will **manifest** into the **life** you live and be remembered for!*

Alright, let's dive right in!

7 Steps To A Stress Free Life!

1. **Create An Environment That Supports A Healthy**

Thought Life. Be intentional about the environment you expose your 5 senses (Sight, Hearing, Smell, Taste, Touch) to. What happens if where you work is a toxic environment? HOW you choose to RESPOND to that environment will either cause you to open the door to stress or it will lead you to find a solution. If a problem arises at work that is affecting you negatively, rather than complaining and becoming consumed and overwhelmed by the problem, the stress free response would be to ask, “How can I create a solution that will benefit and empower myself as well as everyone involved. *Never allow a situation, a person, or environment control HOW you FEEL. You are responsible for how you think. You take care of your Mind and it will take care of ALL OF YOU!!!*

2. **Take Daily inventory of your thoughts.** Replace the negative thoughts with 30 positive thoughts.

3. **Control Your Thoughts.** Practice Being Still for at least 60 seconds and focusing your thoughts by thinking on only ONE POWERFUL & POSITIVE thought daily that reflects the truth of who you are. Once you are able to successfully think on ONE thought for

60 seconds, gradually add more time till you can get up to 7 minutes or more of focusing on ONE POWERFUL & POSITIVE thought uninterrupted by any other thoughts.

4. Shift Your Emotional Vibration with Action. Take the Powerful Thought you were thinking about in step number three and Speak it out loud with passion repeatedly for 60 seconds.

5. Develop a Daily MINDstyle Regiment. Be intentional with engaging the mind with exercises that will enhance and empower your thoughts daily. Create a list of 10 things you're grateful for and a list of 10 things you learned today. Follow this up with asking, "What is ONE thing I'm believing that is not true about me?" *How to know when you're thinking unhealthy towards yourself, check the following---* Are you consuming healthy and balanced nutrients? Are you getting adequate rest every night? Are you watching movies or listening to music that will uplift and encourage your soul? Are the conversations you're having with your family and friends supporting a positive uplifting life's story you want to be remembered for?

6. Form the Healthy Thought Habit. This happens by simply repeating steps 1 - 5 daily. You must be committed to never letting your THOUGHTS off the hook ever again! Keeping your thoughts in check, keeps your emotions in check. Stress is produced from how

you THINK about the situation you are in, whether that situation may be (money, health, job, family etc).

7. Live Your LifeStyle Legacy. This is who you become and how you will be remembered. This is about your direct impact -NOW- on your family and mentees who look up to you for guidance in life. Living your legacy -Now- will help them to SEE how to live a stress free life vs hearing you talk about it.

Because what we SEE continuously determines who we will BE.

These 7 steps are a great start to avoiding the weakness of suppressed emotional stress that according to the *CDC is responsible for taking the lives of more than 110 million Americans annually.* In order to completely reduce and reverse it, there are **four principles** that must be engaged. Otherwise these 7 steps will prove to be powerless.

Once those **four principles** are engaged it will help you to:

1. Reduce and Reverse stress
2. Improve Your Sleep
3. Gain up to an extra 3 hours a day
4. Increase Your Energy Levels by 100%
5. Boost Your Confidence
6. Establish Healthy Boundaries without feeling guilty
7. Decrease your risks of diseases by over 200%

Curious to know what these four principles are?

Great! I am personally inviting You and a guest to my upcoming **MINDstyle MAKEOVER Boot Camp** where you will learn how to successfully apply these four principles to powerfully engage my 7 step Self-Care Plan that has helped saved my life and countless more of my clients' lives,

To Learn More & Register

Go to bit.ly/2daymsmbc to register today! Spots are very limited! Once they're filled registration will close automatically!

Until then, let's engage and connect on social media! Follow me on Instagram @booktabithanow. Got questions? Email me,

contactus@tabithachristopher.com

See you soon!

Keep Winning On Purpose,

Tabitha Christopher



TABITHA
CHRISTOPHER COACHING
HELPING YOU DO FAMILY BETTER

TABITHA CHRISTOPHER'S BIO

Tabitha Christopher is from St. Thomas, U.S. Virgin Islands and co-author of two books the "HER 30-Day Healing Journal" and the "HIS 30-Day Healing Journal". She's the author of both the audio book, "The Love Circle: Secrets in Paradise" and One Woman Show, "My Healing Journey".

She started as a paid public speaker at the age of 13. She is a trained runner, martial artists, and a ACE Certified Health Coach with 17+ years experience in training and building programs for Generals in the army, Marine Soldiers, CEOs, and Hollywood elites.

In 2017, she took that leap of faith to become a full time Speaker and share her story of overcoming a past of secrets, shame, and abuse to going full force to living her purpose!

Her talks and workshops focus on empowering and educating leaders of family, business, and community how to become proactive communicators while modeling a life of Balance not Stress through self-care.

****Passion Work****

*Tabitha's passion work is to empower 1 million families worldwide to heal broken relationships, become better communicators, who will in turn be the catalyst in healing our society to **do family better**. So far she's impacted over 7,000 households to heal and take charge of their purpose and family legacy.*