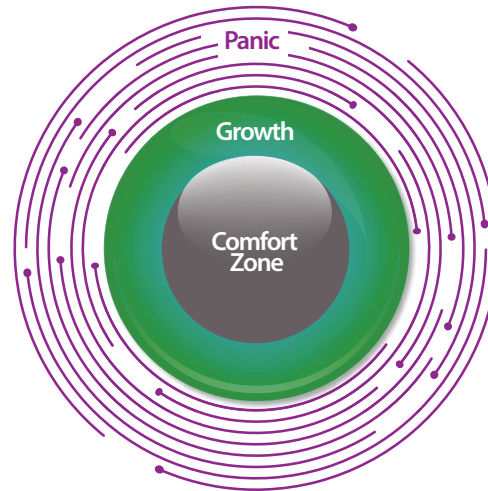


Getting Comfortable with the Uncomfortable

"You have to go through awkward to get to awesome."
- Mark Batterson



EUSTRESS - Beneficial, healthy stress that increases capacity.

DISTRESS - Unhealthy stress that causes discouragement.

1. PRACTICE POSITIVE DISCONTENT

Be thankful for all that you have and where you are, while still striving to improve yourself and your place in life.

2. STEP UP AND STEP INTO YOUR FEARS

As you step into fear, your courage grows.

3. TALK TO YOURSELF, RATHER THAN LISTEN TO YOURSELF

Don't listen to the dark inner voices of doubt and discouragement.

Talk to yourself in a way that moves you forward.