

Stop Stress Now!

Relieve Stress & Reclaim your Life with The Stress Equation



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I was always an overachiever, but my stress started big-time at age 7 when my parents separated. Since I was the oldest, the babysitting and co-parenting responsibilities fell onto me. My mom went back to school, and I helped her study, cook, clip coupons and budget our food stamps. She earned her degree and got a full-time job, but money was always tight.

I didn't want to add to the problems in my house. I became the classic "good girl" -- a perfectionist and straight-A student. My goal was to keep things running smoothly, while making everything look effortless. I stuffed my feelings and hid my problems. I didn't dare show weakness or act needy. My mom had enough on her plate, and my dad had his own alcoholic issues.

I was a ticking time bomb from all the pressure that I put on myself. And the stress didn't stop when I moved out on my own. My program was already set in motion. My brain would relentlessly go through its to-do list, bullying me to do more and do better. Tension headaches and insomnia were the norm for 25 years before I realized that something had to give. I had to find a way to stop the stress now!

Hi, I'm JJ the Life Coach, and it's become my mission to help people stress less and live more. This booklet explains one of my favorite stress-busting tools: The Stress Equation. You can get instant stress relief once you know the equation's three *simple* components. Because I totally get it -- the last thing you need when you're stressed out is a complicated stress-management technique!

But before we get to the equation, let me share the moment I decided to ask for help ... the point when I knew that I had to kick stress to the curb and start living my life.

The turning point

I'd always been good with teenagers, but I felt like a fake with this class. I pulled my ponytail even tighter and pinned it into the perfect ballet bun. I tugged on my pink tights and stuffed my bloated body into a tight black leotard.

I heard rustling over the baby monitor. Dang! She was supposed to sleep for at least another 45 minutes! I grabbed the baby out of her crib with a big sigh. There goes my planning time for those teenagers. I was frazzled, overwhelmed and unprepared.

I arrived at the dance studio 10-minutes late in a burgundy leotard (the baby had spit up on the black one). I put on my slippers and wound the chiffon skirt around my jiggy baby belly. I was doing my best to look like a proper ballet mistress, even if I didn't feel like one. I stepped onto the dance floor ready for battle.

The girls were stretching on the floor and chatting, but it got quiet when I cued up the barre music. Then, I swear I heard a whisper and a snicker. That's it! I was sick of their disrespect! I'd work them like they'd never worked before, and I'd conduct the entire class in French with no demonstration. I'd show them who was boss!

Stress really is all in your head

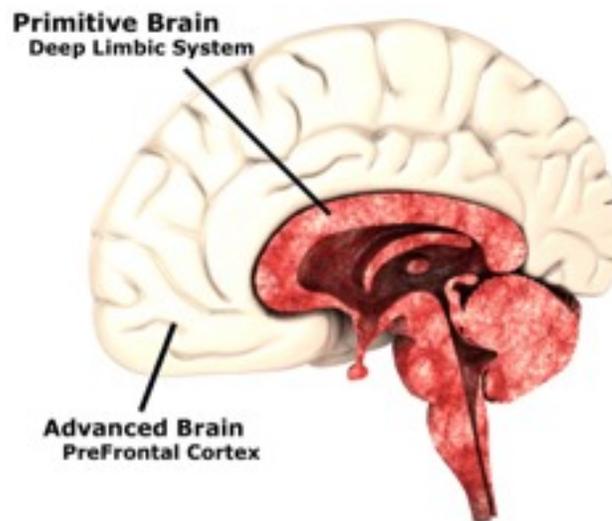
As you can imagine, that style did not go over well with those teenagers. Almost the entire class left at the end of the season. I don't blame them now, and I didn't blame them then. I'd lost myself in the stress of being a new mom and a dance studio owner/teacher. I behaved like a crazy loon, and I needed help finding my way back to being me. I got that support from a Fearless Living Life Coach.

Have you ever lost yourself in stress? Since you're reading this booklet, I'm guessing that you've had times in your life where you've felt overwhelmed, like people were out to get you, frazzled, lost, alone, disrespected, unprepared and/or like a fake. Maybe you even feel that way now.

I lived like that for 25 years, and I didn't like where it had gotten me. I didn't want to be that type of role model for my daughter. Plus, I wanted to enjoy my life! When I'm stressed, I can't be a good teacher, a good parent, a good wife or a good me. I eat badly. I obsess and worry. I lose sleep. I do things I'd never normally do. Sometimes I even act like a crazy loon.

I won't go into major brain science, but there's a biological reason we lose ourselves when we're stressed. Stress lives in a primitive part of our brain that's right above our brain stem. This deep limbic system is in charge of survival: metabolism, reproduction, fight or flight functions, circadian rhythms and digestion. It's also home to our emotions. But it has no logic, no sense of humor and no creativity. Those aspects of our intellect and personality live in our prefrontal cortex -- right behind our forehead.

Two Parts of our Brain



When we're stressed, we stay primitive. We literally aren't in our right mind. Communication between the two parts of our brain gets jumbled. We react to emotions instead of processing the situation to make a thoughtful choice. We can't see the big picture. Everything seems harder than it really is, because we don't have clear access to our problem-solving abilities.

Start Simply

When you're stressed out and aren't in your right mind, the last thing you need is a complicated stress-management technique. You need something that's familiar and comfortable.

I have to admit that I practice some forms of stress relief that could be considered complicated, like meditation and yoga. But that's not where I started. When I first hired my life coach, I started simply and took baby steps. That's all I could handle when I already felt overwhelmed.

I'm encouraging you to take it slowly, too. As we move into the Stress Equation, remember that simple, baby steps are the perfect place to start. Don't add to your stress by expecting too much of yourself. Just take the small steps.

Taking a baby step -- moving out of stress for just one moment -- stops your primitive brain's knee-jerk reaction. *Any* movement out of stress is a movement in the right direction. Maybe you take a small step out of stress for five seconds. Congratulations! You've taken five seconds of your life back when you inched out of stress-reaction mode.

There's one more thing I want to mention before we get to the Stress Equation: the ground rules. Read through them carefully. They are vitally important so that we don't pile stress on top of stress.

Ground Rules

- 1) **Do what you can.** Again, I encourage you to take baby steps. I give you permission to do less than 100%. If you do 5% today, 10% tomorrow, and the next day you're back to 5% -- that's great! Make some movement, but honor where you are right now.
- 2) **Be kind to yourself.** Remember that you're already stressed out. You will stress yourself more if you bully yourself with negative self talk. The Stress Equation is a new process for you. Be gentle and don't expect yourself to get it overnight. Even when you're familiar with the equation you might not execute it perfectly. I'm not looking for perfection; I'm looking for any movement out of stress.
- 3) **Give yourself credit. Always and for everything!** Pat yourself on the back -- even if you're at 5% or moving out of stress for 5 seconds. Your primitive brain wants to grade you like a stern school teacher. It tells you that you're a failure, because you barely did anything. Don't listen to it! Tap into the cheerleader in your prefrontal

cortex. Remember that you're doing amazing things. You're moving from a stressed life to a sweet life -- step-by-step and moment-by-moment.

The Stress Equation

Americans use the word "stress" all the time. We know what it's like to be stressed, and we see that certain circumstances stress us out. But have you analyzed what stress actually is?

When a hero defuses a bomb in the movies (talk about a stressful situation!) he opens it to find a bunch of wires. He doesn't have a schematic for the bomb, so he ends up guessing which wire needs to be snipped to stop the explosion.

Stress works the same way. Without The Stress Equation we take guesses about how to defuse the stress. But there's no more guessing once it's examined with The Stress Equation. We have the diagram right in front of us so we know exactly how to stop the stress before it causes too much damage.

So let's get to it! Here's how to deconstruct stress using the equation:

Stress = (Uncomfortable) Feeling + (Unmet) Need + (Unacknowledged) Desire

That's it! No more mystery and no more fumbling in the dark. Stress boils down to an uncomfortable feeling, an unmet need and an unacknowledged desire. To relieve stress, all we need to do is address those feelings, needs and desires.

Those are simple concepts, but putting them into practice is not always easy. Remember, when we're stressed out, we aren't in our right minds and it's often better to take things one step at a time. So let's break these three components down so the prefrontal cortex can get a better handle on this whole Stress Equation thing.

Component #1: (Uncomfortable) Feeling

The first place to start is with the uncomfortable feeling. In the book *The Seven Spiritual Laws of Success* by Deepak Chopra, he writes:

"When you feel frustrated or upset by a person or a situation, remember that you are not reacting to the person or situation, but to your feelings about the person or situation. These are *your* feelings, and your feelings are not someone else's fault. When you recognize and understand this completely, you are ready to take responsibility for how you feel and to change it."

Did you get that? I had to read it over a few times before it really sunk in. It isn't the person or situation that's stressing you out. It's the emotion that's stressing you out -- the feeling that's coming from your primitive brain. So when my puppy pees in my

house, I feel frustrated. That frustration causes my stress, not the puppy. If I thought the puppy pee was funny, I wouldn't be stressed!

But the truth is that I don't feel amused by the puppy pee. As Chopra says, I have to acknowledge my real feelings to take responsibility and move beyond them.

I completely detached from my feelings with the teenagers at the dance studio. I didn't even realize it, but my good friend did. When I told her that I'd hired my first life coach, she said, "Wow! That's really great, because ... do you realize that you only have one emotion?"

"What are you talking about?"

"Frustration," she replied. "Frustration is the only emotion you have. Whenever I talk to you, and ask you how you're doing or what's new, you tell me that you're frustrated."

I sat there and thought about it for a moment. "You're absolutely right," I said.

I only allowed myself frustration. All of my other emotions, and the emotions beneath the frustration, were stuffed down and unacknowledged. Frustration was my go-to emotion. It wasn't a fun emotion, but it had an upside; I didn't have to deal with emotions that would feel worse for me, like anger, sadness or failure.

However, there's also a downside to sticking yourself in an emotional rut. I didn't get to feel anything *better* than frustration. Feelings have opposites, and we miss out on the full range when we limit ourselves. It would be nice if we could pick and choose a list of "acceptable emotions," but our mind doesn't work that way. If we cut out the feelings we don't like, we don't get to feel the wonderful emotions like happiness, excitement and hope.

And those were the feelings that I wanted so badly! I had this new baby, and I wasn't experiencing the joy of having a new family or the wonder of watching a baby grow. When I wasn't frustrated, I felt numb and disconnected. My stress meant that I was just going through the motions.

If you're like me and you've cut off some of your feelings, I'm including a list of common emotions. It's not a comprehensive list, so feel free to add your own ideas. But it can help get your juices flowing.

Feelings List				
Affectionate	Embarrassed	Ignored	Obsessed	Swamped
Ambivalent	Empathetic	Inadequate	Oppressed	Sympathetic
Angry	Empty	Incompetent	Optimistic	Tempted

Ashamed	Envious	Inferior	Ostracized	Tense
Betrayed	Excited	Insecure	Overwhelmed	Threatened
Bitter	Exposed	Insignificant	Passionate	Trapped
Brave	Flustered	Inspired	Powerful	Ugly
Calm	Foolish	Irritated	Powerless	Uncertain
Capable	Frantic	Intimidated	Pressured	Understood
Cheated	Frustrated	Jaded	Relaxed	Unloved
Childish	Glad	Jealous	Relieved	Upset
Comfortable	Grateful	Judged	Resentful	Uptight
Competitive	Greedy	Loved	Restless	Victorious
Confident	Guilty	Lustful	Sad	Vindictive
Content	Happy	Mean	Satisfied	Vulnerable
Criticized	Hopeful	Melancholy	Selfish	Wanted
Defeated	Humble	Misunderstood	Sexy	Worried
Depressed	Humiliated	Needed	Solemn	Worthless
Desperate	Hurt	Needy	Stupid	Worthy
Discouraged	Hysterical	Nervous	Suspicious	

Remember to be as specific as possible. For me, frustration wasn't specific enough. Beneath the frustration was uncertainty, feeling exposed and uptight, guilt, insecurity and inadequacy. I could only relieve my stress by identifying those specific feelings.

This is a cakewalk for some people. They are so connected to their feelings that they wallow in them like Eeyore from Winnie the Pooh, or they're considered drama queens! If that sounds like you, you're creating more stress by letting your emotions run away with you. The Stress Equation isn't about wallowing or reacting to our emotions. Instead we're acknowledging them and allowing them to move through us.

If you feel anger, don't yell and take it out on the people around you. And don't stuff the anger and eat a box of donuts. Go somewhere that you can be alone, punch a pillow, scream, cry, rage -- do whatever it takes to get the angry energy out of you. Address the feeling and feel it completely. You will instantly feel less stressed.

Dr. Jill's 90-Second Rule

Since I was someone who numbed out and stuffed, letting a feeling move through me seemed really scary. I thought I'd lose control. But then I learned about the 90-Second Rule from Dr. Jill Bolte Taylor.

Dr. Jill is a Harvard-trained brain scientist who had a stroke when she was 37 years old. Since she knows all about the brain, she knew exactly what was happening during her stroke and recovery. She talks about her hemorrhage and how she found nirvana in a [fabulous Ted Talk](#). She gets into more detail about the experience in the book [My Stroke of Insight: A Brain Scientists Personal Journey](#).

One of the phenomena she'd studied was that the physiological effects of an emotion wash through the body in 90 seconds. That's it! The energy and hormones flush through us in just a minute-and-a-half. The only reason our feelings last longer is because we keep thinking about them, triggering the whole process again and again. Our brain keeps stirring the pot -- especially if you fall into that overreactive drama queen or "poor me" Eeyore category.

That seems hard to believe, but Dr. Jill experienced it firsthand. She wasn't able to keep the mental thread of the emotion going after her stroke, so she witnessed the emotions flowing through her in just 90-seconds.

Learning about the 90-Second Rule was a game changer for me. Emotions weren't so overwhelming and stressful once I realized that emotions could be so short-lived. They don't have to throw off my entire day.

Understand, however, that the feeling might return. Expecting that we'll get over a loved one's death in 90-seconds just sets us up for more stress! If the feeling comes back, just give it another minute or two to flow through you. I have to admit, though, that a feeling doesn't tend to come back once I've *really* processed it. And if it does, it usually doesn't have the intensity it once had.

Remember, that working with your feelings alone can reduce your stress immensely -- especially if you cut yourself off from your emotions like I used to do. This Stress Equation component can bring more joy and happiness to your life. Move slowly and stay with this step as long as you need.

Component #2: (Unmet) Need

When I had my baby and was running my dance studio, I felt like I had to be Super Woman. I was an absolute perfectionist. I had to do it all; I had to do it perfectly, and I had to make it look easy.

I was nursing my daughter, using cloth diapers and eventually making all her baby food from scratch. Those choices added to my already busy workload, and I wasn't willing to delegate any of my dance studio duties. In order to maintain my Super Woman pace, I had to shut down my own needs.

I neglect myself when I'm in the full-steam ahead, go-go-go, Super Woman mode. I get run down and frazzled, and I start to feel victimized. Why me? Nobody cares. I have to do it all myself! Nobody respects me!

Isn't that ironic? I blame everyone else for putting me last, when I'm the one who's putting myself last.

My Super Woman image crumbled with that teenage ballet class. I was at my wit's end -- literally witless! For some reason I came to the studio one day thinking that dramatically relating my entire life's story to them would make things better. I ended my tirade yelling, "So if you can't respect me as a teacher, maybe at least you can respect me as a human being!"

You could hear a pin drop for the entire class, and I immediately regretted what I'd done. I'd sucked the life and joy out of the class. I'd gotten their attention, but trying to force them to respect me didn't work. Most of the girls left after the annual show, and I didn't blame them.

This was my low-point as a dance teacher, but a great thing came from it. After that scene, I realized that the teenagers weren't the problem; I was. I needed to get some help, and I needed to address my own needs.

Many of us learn to shut down our needs when we are young. Our loved ones either blatantly or inadvertently send us the message that they can't handle our neediness. Or we might come to the conclusion ourselves that our needs don't matter. Maybe it starts with the birth of a younger sibling, or because your grandpa gets sick. Perhaps your parents are workaholics, or you live with someone who is disabled. Maybe you've been bullied or a family member has an addiction problem.

As I mentioned, I learned to ignore my needs after my parents split up. My mom was my Super Woman role model, but I knew she was stressed out being a single parent. I didn't want to create more burden for her when she was already tackling the many needs of our household.

After the divorce, my father's weekend drinking turned to alcoholism. He loved me, but I felt like he couldn't take on my needs when he had a hard time taking care of his own.

I had such a long history of shutting down my needs, that this component of The Stress Equation was even more challenging than the feelings component. Plus, there are cultural stereotypes that reinforce ignoring our needs: men should be strong and not needy, and women should put other's needs in front of their own.

As we move through the equation, remember that we have the option of getting comfortable with our feelings before moving to needs. And again, I'm including a list if you're challenged with determining what you need. It's not a comprehensive list, but it's a good springboard for brainstorming.

Needs List				
Abundance	Compassion	Help	Passion	Someone to Listen
Acceptance	Courage	Honesty	Peace	Solitude
Accountability	Confidence	Hope	Peace of Mind	Space
Appreciation	Consideration	Inspiration	Personal Power	Structure
A Break	Creativity	Intimacy	Prayer	Support
A Deep Breath	Emotional Safety	Integrity	Predictability	Time Alone
A Good Laugh	Empathy	Joy	Protection	Time with Friends/Family
A Good Cry	Excitement	Less Structure	Quiet	To Express Feelings
A Hug	Exercise	Love	Reassurance	To Be Included
A Plan	Fairness	Meaning	Relaxation	To Scream
Authenticity	Faith	Meditation	Respect	To Start Over
Autonomy	Financial Stability	More Information	Responsibility	To Vent
Beauty	Food	More Time	Rest	Touch
Celebration	Friendship	Movement	Safety	Trust
Change	Fun	Nutrition	Self-Worth	Understanding
Closeness	Generosity	Openness	Self-Acceptance	Warmth
Commitment	Harmony	Order	Shelter	Water
Community	Health	Organization	Sleep	

Just like feelings, I want you to be as specific with your needs as possible. That way you can address the need head-on.

No More Dead End Streets

If I look at the needs I had when my daughter was an infant, I probably needed some time alone. I probably needed a break. I needed some help. Maybe I could've used a good cry. I definitely needed some fun. I needed to start being honest with myself about what I could and couldn't do -- that I wasn't Super Woman, because Super Woman doesn't exist.

If I'd identified those needs at that time, I could've done something about them. Maybe I would've hired an assistant for that teenage ballet class. Or I could've let one of the

teens start the class for me if I was running late. Instead of being a control freak, I could've turned over some of the show choreography to those extremely talented teenagers. They probably would've loved that!

Also, the babysitter could've come earlier to give me some more prep time. Or maybe she could've come on one of my days off to give me some time by myself. For fun, I could've scheduled time with my girlfriends to just hang out. It would've been good to get together and laugh even if I brought the baby with me.

See how using the needs list expanded all the options that were open to me? Once we get specific and identify our needs they are no longer masquerading as stress.

The word *stress* is like a dead end street. Saying, "I'm so stressed out," doesn't get us anywhere. But when we can be concrete with The Stress Equation, we're in the driver's seat. I can move myself out of stress. I'm in control of the stress instead of reacting to it.

Component #3: (Unacknowledged) Desire

I've used the first two components of The Stress Equation for several years, for myself and my clients. But lately I've felt like something was missing.

The first two steps get us through the stress really well, but where was the excitement? The fun? The possibilities? Where was the opportunity to do more? To expand? To grow?

That's when it hit me! The missing element was desire. When we imagine, vision and dream we get in touch with our spirit and use even more of our prefrontal cortex -- our right mind. When we look at our desires we think out of the box and unlock our creativity. That pulls us out of stress even faster!

Unacknowledged desire moves us into the future -- the sky is the limit! So if there were no limits, what would you do? What do you want? What does your spirit want more than anything?

You'll notice that I'm not giving you a list for this component. Our desires are case specific, and a list might not apply to your situation. It could even shut down your imagination. Really have fun and brainstorm all the possibilities.

Remember there are no holds barred, so don't let fear, doubt or worry enter into the equation. That will only stress you out again. Instead, put your attention on the desire and trust there is a way to get you there.

In Deepak Chopra's *Power, Freedom, and Grace* he writes, "The universe is a field of all possibilities ... Therefore, inherent in every desire is the mechanics for the spontaneous fulfillment of the desire."

Ideas naturally come to us when we're in the mindset of believing and trusting. They might not come immediately, so don't have that expectation and try to force things. Don't try to problem solve or struggle to get to that desire. Just put it out there and see what comes back to you. Let your next step bubble into your consciousness.

What do you *really* want?

Once I identified this last Stress Equation component, I realized that I'd used this technique to make a huge shift in my life at the dance studio. The stress I'd put on myself as I tried to juggle everything had gotten so bad that I hired a life coach. I worked with her for 12 sessions. We did some visioning on one of our last sessions, and she asked me what I *really* wanted.

I usually go blank whenever I'm faced with the question, "What do you want?" When I was growing up it was all about basic survival, so dreaming and desire didn't factor into things. As a result, using the creative/visioning portion of my brain and tapping into my spirit doesn't come naturally for me. But with the help of my coach, the future came to me in a flash.

I realized that I still wanted to teach dance classes. I didn't want to do the day-to-day marketing, the show planning, the bookkeeping, the payroll, the taxes, etc. I wanted to focus on my lesson plans and choreography and walk out of the studio when my shift was over. I just wanted to teach. That's it. Period.

Teaching was the part of my job that I enjoyed. Plus focusing only on my classes would free up my time at home. I'd have less stress and more time and energy for my baby.

As soon as I got off my coaching call, I got in touch with my business partner at the dance studio. I told her, "Don't hold me to this, but I need you to know where I am right now. I'm not sure if I'll feel this way tomorrow, but right now I want to sell you my portion of the dance studio. I just want to teach. I don't want to own it anymore."

And guess what? She took it really well! She was excited for me. She could hear all of the desire, conviction and passion in my voice. She agreed to give me time to think about it, but I didn't change my mind. Selling the studio was what my soul truly wanted.

If I had just stuck with what I needed, I would've stopped at getting some help for the teenage class. In stress, I couldn't imagine where my life would be if I wasn't a business owner. It was only when I opened up the possibilities, asking myself what I really wanted -- what my spirit desired -- that I was able to see where I really wanted to go.

Stop Stress Before it Starts

Stress = (Uncomfortable) Feeling + (Unmet) Need + (Unacknowledged) Desire

There you have it! That's the full Stress Equation in action. It will bring you stress relief quickly as you work with each step.

But I also want to give you a little bonus. The Stress Equation can also be used for day-to-day stress management. It can help you stop stress before it starts!

My instinct is to tell you not to use The Stress equation day-to-day until you've practiced it and gotten familiar with it. The truth is, though, that you know yourself better than I do. I don't know your situation or how your brain works. For some people it might be better to start here.

Before we move into using The Stress Equation for day-to-day stress management, I want to remind you of the ground rules once again:

- 1) **Do what you can.** Baby steps are great! Start with whatever feels right for to you.
- 2) **Be kind to yourself.** No negative self talk. We all have good days and bad days.
- 3) **Give yourself credit. Always and for everything!** Any movement forward is a moving out of stress and toward a sweeter life.

Here we go! Here's how to use The Stress Equation for day-to-day stress management.

Check in with yourself every hour (that you're awake) using The Stress Equation. Write down feelings, needs and desires. I'm including a log in this booklet, along with a [link if you'd like to print it](#). Now if you can only do it every 2-3 hours, that's fine. Remember, this isn't about stressing you out!

But I encourage you to do your best. I've done these logs countless times, and I always have some resistance to starting them. It feels like a chore, and I'm always a little scared of what I might discover. Let me reassure you, however, that they are extremely effective and they are worth it. I always come out on the other side feeling like a new woman!

When you're working with this day-to-day technique, logging is all you have to do. You don't have to do anything about your feelings, needs and desires. It's just about checking in and seeing where you are. You're building awareness. You're practicing the equation and getting to know yourself better and better. AND you're developing a habit and creating strong stress-management neural pathways in your brain.

Remember how I said that I often freeze (still) when I'm asked what I want? If I log for a few days straight, my neural pathways build up and it becomes a lot easier for me to access that portion of my prefrontal cortex.

Logging also helps me see that feelings, needs and desires change -- sometimes very quickly! In just one hour they might be completely different than the hour before. They

flash through my mind and body so fast, that I've learned not to put too much weight on them.

When I stopped putting so much weight on my feelings, needs and desires, they stopped carrying such a huge charge. That doesn't mean that I ignore them. The Stress Equation is about acknowledging them. Acknowledging them takes away their power and negativity. As a result, I have less stress.

There will always be situations and people that we don't like -- things that could potentially stress us out. But we stop fueling fire when we look at our uncomfortable feelings, unmet needs and unacknowledged desires. We stop adding drama, stuffing or shying away from what's going on inside us. Instead, we take control of the stress by meeting it head on. With The Stress Equation, we get better and better, instead of stress getting the better of us.

The Stress Equation Log							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5 am	Feeling:						
	Need:						
	Desire:						
6 am	Feeling:						
	Need:						
	Desire:						
7 am	Feeling:						
	Need:						
	Desire:						
8 am	Feeling:						
	Need:						
	Desire:						
9 am	Feeling:						
	Need:						
	Desire:						
10 am	Feeling:						

	Need:						
	Desire:						
11 am	Feeling:						
	Need:						
	Desire:						
Noon	Feeling:						
	Need:						
	Desire:						
1 pm	Feeling:						
	Need:						
	Desire:						
2 pm	Feeling:						
	Need:						
	Desire:						
3 pm	Feeling:						
	Need:						
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4 pm	Feeling:						
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10 pm	Feeling:						
	Need:						
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11 pm	Feeling:						
	Need:						
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Midnight	Feeling:						
	Need:						
	Desire:						
1 am	Feeling:						
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	Desire:						
2 am	Feeling:						
	Need:						
	Desire:						
3 am	Feeling:						
	Need:						
	Desire:						
4 am	Feeling:						
	Need:						
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