

# *The Inspirational Life*

*ANXIETY RELIEF & THE INSPIRE METHOD*

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# 10 steps to reduce stress

- ✧ Let go of caffeine, sugar and alcohol. These items exacerbate symptoms of anxiety
- ✧ Exercise. Some form, every day. This is one of the greatest things you can do to quickly help yourself reduce symptoms
- ✧ Turn off the television, radio, internet, and smartphone of any negative news or programs. It is time to fill your brain with positive thoughts and ideas.
- ✧ Sleep. Insomnia is a common symptom of anxiety.
- ✧ Eat well. Lots of veggies and fruit. Stay clear of any food that you may be sensitive to (and of course foods/drinks that are allergens). There is a very strong gut/brain connection and what you eat can contribute to anxiety symptoms. Some people may need to look at gluten/dairy as well.





# 10 steps to reduce stress

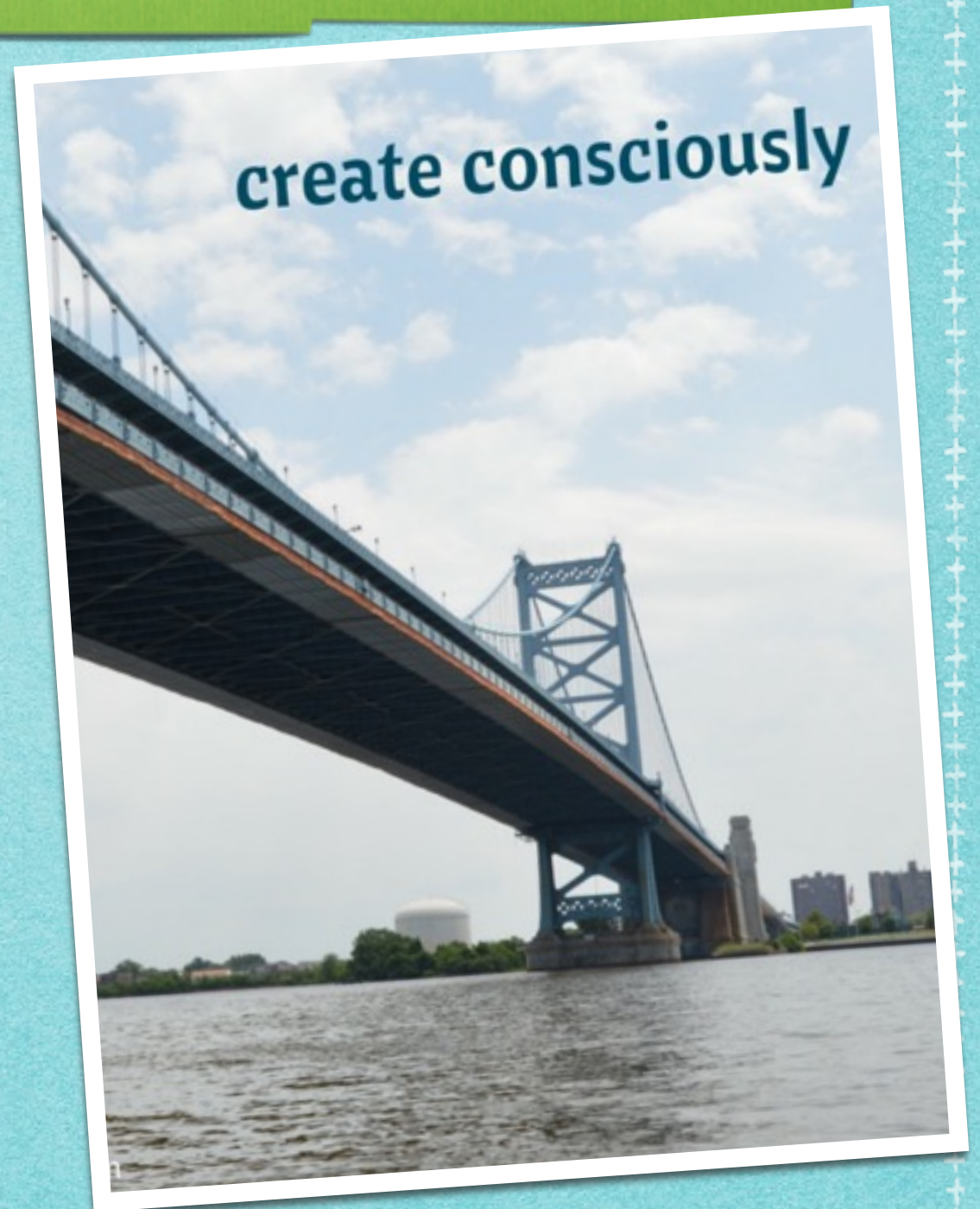
✧ Laugh. It's no joke that it has been said that laughter is the best medicine.

✧ Let go of talking about the problems. Talk about the solutions.

✧ Yoga/Meditation/Nature. Do what works for you. This form of deep breathing and focus is a great stress reliever.

✧ Keep company with positive people.

✧ Believe. Have faith that you are going to overcome the stress/anxiety.







# life is an echo

The stress reliever list you just read is what reduces the symptoms of anxiety.

However, it is beyond symptom relief to let go of anxiety for good. The INSPIRE method is a method that I created so that you can let go of the symptoms, but also the root cause of anxiety.

Please follow the INSPIRE method below to finally find the freedom from anxiety. If you need help along the way, I would be honored to guide you.



# INSPIRE

- ▶ To inspire is to motivate and encourage confidence in others.
- ▶ You can inspire others, but you need to first inspire yourself
- ▶ By inspiring yourself, you are coming from a healthy place, and from that, grows your relationship, not only with yourself, but with others, and all parts of your life



Like the lotus  
flower, you can  
grow above it all  
and emerge  
beautiful and  
strong.

Lacie [www.theinspirationallife.com](http://www.theinspirationallife.com)



# I- Identify Your Goals

- ▶ It is an important first step in any process to understand what you want to accomplish and why.
- ▶ This first step in the inspire method is one to take time and think. Pull out your journal and begin writing. Try not to just write what you think you must do, but instead begin writing on what you would love to do, in all areas of your life.
- ▶ As you continue to write, your emotions most likely will come out. Let them. Where you cry is a good indicator that you are hitting on something important for you.



# I -Identify Your Goals

- ▶ When you are done writing, circle those goals or words that made you feel. ( emotions )
- ▶ You can then take those words and create goals for yourself. You can incorporate these goals into your work life, relationships, spiritual life, etc. Wherever you feel they belong.
- ▶ If you are stuck, we can work together to untangle it all and create a plan.
- ▶ Have these goals visible in all parts of your life. Vision boards, movies, save screens etc.



# N-Nutritional Review

- ▶ We are body, mind and spirit. There is no separation. Therefore, it is important to look at what you are eating and what your body likes.
- ▶ If you know how to muscle test, you can test each food.
- ▶ Sometimes eliminating certain foods for a short time is necessary to create a balance in your body. Sometimes certain foods just are not good for you and probably a good idea to let them go.
- ▶ You will feel a greater “want” to create your dreams when your body also feels healthy.



# S-Set Healthy Boundaries

- ▶ You cannot move forward in life if you have others holding you back.
- ▶ Learn to say no.
- ▶ Learn the difference between sympathy and empathy
- ▶ Let go of anything that does not make you feel good.



# P- Purge Outdated & False Beliefs

- ▶ Huge! You have beliefs in your subconscious that you may not even be aware of, that are holding you back and keeping you stuck
- ▶ Learn to let go of these beliefs with ease.
- ▶ There are many ways to let go of beliefs; find what works for you. Muscle testing, tapping, energy work, affirmations, etc.



# I- Incorporate New Thought Patterns

- ▶ When you let go of old beliefs, it is important to input new thoughts to take their place
- ▶ It is actually rewiring your brain to think differently
- ▶ In time this becomes your new pattern of thinking



# R- Revisit Every Day

- ▶ This is not a quick fix, but it is an easy fix.
- ▶ It took time to get where you are today, it will take time to get to where you wish to go
- ▶ Revisiting your goals and creating a positive atmosphere for your dreams to grow is imperative



# E- Embrace The Changes

- ▶ Sometimes it is difficult to believe you can change and you fall back on old familiar habits.
- ▶ It also sometimes hard for people in your life to accept the changes you are making and see you in all your light.
- ▶ Embrace the changes and allow yourself the greatness that was meant for you.





*Have faith in your abilities.  
You are so much more capable  
than you think.*

*“You got this. You have always had it. I just help  
you remember”*

–Lucie Dickenson  
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