

How to Relieve Stress



Pink Humdinger
with Sherri Frost

www.PinkHumdinger.com

How to Relieve Stress

Make a list of 10 things that you are putting up with at HOME

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

How to Relieve Stress

Make a list of 10 things that you are putting up with at WORK.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

How to Relieve Stress

Make a list of 10 things that you are putting up with in ANY OTHER AREA OF YOUR LIFE.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

How to Relieve Stress

Make a list of 10 things that are unresolved or unfinished.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Make an action plan to get rid of these things that you have been putting up with. This means putting it on your calendar and giving yourself a deadline. What one thing can you do TODAY to get it off your list?

Write it down and schedule it in your calendar NOW!

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About Pink Humdinger with Sherri Frost

A Humdinger is defined as something extraordinary or remarkable.

Therefore a **PINK HUMDINGER** is an extraordinary, remarkable woman.

Pink Humdinger brings you a blend of entertainment, information and personal growth.



You'll find stories of remarkable women, like you, who share their expertise as we encourage each other along the path to a better life.

This all leads up to a fun community of women striving to live a healthy lifestyle.

About Sherri Frost

With a light, adventurous spirit I bring new ideas for lifestyle, motivation and personal growth.

My personal mission to live each day of my life filled with love, compassion, passion, excitement, energy, action, community, peace, prosperity and mindfulness helps me live life to the fullest.

I'm a certified trainer of Neuro Linguistic Programming - NLP, Hypnosis, Reiki and Life Coach Certifications with Bennett / Stellar University and I like to bring a little bit of that to you here.

One of the main ideas of NLP is modeling. This is when we take a look at someone who is successful and adopt the behaviors, strategies and beliefs of that person so that we can have the same success.

We 'build a model of what they do' so that we can do it too. This is why your Humdinger stories are so powerful and why I am listening.

Sherri How to connect with me:

You'll find me on [Facebook](#), [Twitter](#), [Google+](#) and [Pinterest](#). I would love for you to connect with me there if you have an account.

All my best,



p.s. Thanks for joining me :) I hope you enjoy my blog.