

### **Day 3 Action Plan**

To refresh your heart, mind, and soul choose steps that help you refocus and reframe things.

#### **Consider God's wisdom:**

*Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 2 Corinthians 4:16*

#### **Let stress motivate you to change**

There are two main motivators to make change

##### **Positive motivation**

- A vision of what can be inspires a person to make changes.

##### **Negative motivation**

- A point when a person decides, "I can't go on this way any longer." This 'hitting bottom' also motivates the person to make a lasting change.

Either way, when you choose to change, develop a strategy that will keep you motivated.

It's always better to have a vision to motivate your change.

Envision yourself smiling, handling change well, and responding to stressors in a positive way.

Set goal to make the vision a reality.

Identify ways your thoughts and expectations may add stress. This can include stress of trying to be like someone else or holding on to false images. The following chart can help you deal with several of these types of stress.

## Put the Breaks on Stress

Some stress comes from our expectations and reactions. We may have negative thoughts or worry about failure, and other defeatist ideas. For each type of negative reaction, replace it with a positive reaction.

Try these Stress Busters according to your reaction to stress

Your Reaction	Stess
Competition	Applaud others, measure self against your own goals.
Comparison	Set and focus on your own goals. Look to self-improvements and character building.
False images	Verify facts. Don't make assumptions.
Failure	Learn from mistakes. Don't dwell on the failure
Insecurity	Look to God and accept yourself. Discover your talents.
Negative attitude	Adjust attitude to be positive.
Perfectionism	Lower expectations, be thankful for what you accomplish.
Pessimism	Unrealistic expectations-set realistic goals.Look at the half full glass-look from new direction
Procrastination	Start with doing one step at a time and do it!
Rushing	Slow down, stop pushing yourself
Self-criticism	Start positive praising and pep talks
Worry	Dwell on positive not on what you cannot change