



GET OUT OF YOUR HEAD™

THE TEN STEPS TO GETTING OUT OF YOUR HEAD

- 1 Breathe
- 2 Determine the true importance of what's making you anxious
- 3 Evaluate the potential outcomes and reconnect to the one you want
- 4 Shift your focus to something positive
- 5 Recite a powerful mantra
- 6 Stop questioning yourself
- 7 Utilize an empowering way to feel good, right now
- 8 Get back to the present moment
- 9 Remind yourself the worst part of anxiety is the waiting
- 10 Remember this too shall pass