



## Stephanie - Your parenting, communication and life coach

Invitation to myself to try it in a different way today.

<p><b>I am responsible form my (negative) feelings!!!</b> I am not responsible for other people's feelings but I will be able to show empathy.</p>
<p>I am not afraid of other people's feelings because being afraid makes me not saying what I want to say. I will think before I talk wich prevents me from being unpolite.</p>
<p>I trust my gut. Before I make a decision I will make sure that it feels right. I won't blame other people for my decisions.</p>
<p>I am not afraid to say „NO“. My „YES“ is worth more if I am able to say no from time to time.</p>
<p>Instead of giving advice, wich prevents people from growing and being responsible, I will ask questions. For example: What have done so far to reach your goal? What do you want to do now? Do you have any ideas so far?</p>
<p>I know what stresses me out and my thinking patterns when it comes to daily challenges.</p>
<p>I do accept what I am not able to change and stay calm (traffic jam). But I will change what I am able to change because I have the power.</p>
<p>I will reward myself for a goal that I have achieved because I am proud of myself!</p>

Every journey begins with the first step...