



Kathy's Confident and Success Coaching



The 4 Keys to Relieve Anxiety & Stress For Emotional Freedom

Abstract

This e-book will introduce the 4 keys to release anxiety and stress. Releasing anxiety and stress will help you realize your goals, dreams and desires. You will not continuously be sabotaging your efforts by having toxic thinking. Your minds are very powerful. Your minds can be your friend or your enemy. You need to know you have a choice about what you think about.



There are **4 keys** to release anxiety and stress. In this short book, I will address what the 4 keys are. Why they are important to release anxiety and stress and how they work. The 4 keys to a release anxiety and stress are to **Think on purpose** – choose your thoughts, **Speak** - the new thoughts, **believe** – what you speak, **Create** – an attitude of gratitude. The first key I will address is **thinking on purpose**.

1st Key Think on Purpose

Thoughts are a powerful force (like gravity). Gravity is a permanent force we cannot change. What goes up must come down. In the same way: what we think is what we become or what transpires in our life. Thoughts are created by emotions. Emotions of anxiety are just feelings that we feel at times. These feelings can be your friend or your enemy depending on what is going on in your life. Once you train your thoughts to obey you, you can use those new thoughts to adjust how you feel. Example: Someone does something that really makes you mad. You “feel” hurt and get upset. If you have trained your thoughts to say, “Their action will not affect my emotions” or “I am well able to forgive them” then every time this happens the feelings of anger will dissipate. So, we “choose” what you are going to think at a time when a feeling tries to take over and upset you. (Write down your own negative thoughts on the worksheet at the bottom of this book). Your thoughts are limited and futile and you must renew your mind with positive thoughts to create your new life free of anxiety and stress. When you are feeling worthlessness, insignificant, unloved, depressed, or a lack of confidence you can create new thoughts to speak out loud like i.e.: “I am worthy of being valued and paid attention to”. “I am entitled to joy and pleasure”. “I am entitled to make mistakes and not be perfect”. These are just a few examples of how it works. In one on one coaching we go into more specifics about your precise thoughts you struggle with the most and how to address them. Now let’s talk about speaking these new thoughts out loud.

2nd Key Speak - The New Thoughts

Speaking the new thoughts that you have taught yourself will train your feelings that they are not in control of making you feel a certain way. Feeling the lack of confidence-hope, desire, self-love, clarity, and motivation is just a feeling and is not true about what is in you. Affirmations are a great tool to change your thinking. A couple of affirmations that work to address those feelings of lack are: “I hold myself in high regard despite my imperfections and limits. “I am worthy to assert my God-given talents in the world”. If you are struggling alone without support on a regular basis, I offer a coaching support program called Break the Bond of Anxiety and Stress and love the true you. See the link for more info at the end of this book to learn more about speaking new thoughts for long term success.

Fear can create negative thinking as well. It has been proven that negatively anticipating a future experience is potentially more devastating than experiencing the problem itself. That is because your thoughts are very powerful and bring about what you think and what you speak. Once you have decided to choose what you will think, and in turn speak it out loud you must believe what your new thoughts are telling you. (See the worksheet at the end to work on our own negative thoughts). The KEY here is to speak out loud what is the opposite of the negative thought. Even better to write down the opposite of the negative thought and read it out loud as an affirmation to the truth. Now let's explore the believing aspect of the 4 keys.

3rd Key "Believe" The New Thinking

Thoughts and words create your reality and your words tell the universe what you want. Then the universe delivers to you what you speak. If you have limiting beliefs about yourselves or your future it can hinder the work, you have done to put positive thoughts in place. If you speak and believe the positive thoughts the atmosphere changes and brings about what you are speaking and believing for. This is scientifically proven, and I go into that more in my course *The Art and Science of transformation*. (See more on the homework page).

There is a kingdom not of this world that you don't fully utilize when you don't believe the new words you are speaking. These words are what the creator of this kingdom wants for you and always has. If you could see with different eyes, you would see the miracles happening around you when you speak the truth about who you are meant to be, (here is where you write the truth about who you are in the worksheet below. Don't worry I will give you examples). What the truth is about in any situation and how you want life to look is the goal we are after by doing this work. Now let's talk about how a positive attitude will help you to believe the new thoughts you are speaking.

4th Key Create a Positive Attitude

Create a Positive Attitude by incorporating a gratitude list into your daily activities. Science has proven that it takes 10 positive thoughts to wipe out one negative thought. That's why actively creating a positive attitude is so crucial to this program working. I recommend you get a journal and record at least five things that you are thankful for daily and read them out loud. Make sure they are different things every day. (See the worksheet at the end of this book). You might say "oh that is too much work". Let me tell you that science has proven that when you read over your gratitude list daily certain chemicals in your body show up to create euphoria and put people in a good, positive mood. We cover more on creating a detailed journal for daily progress and releasing anxiety and stressing the "The Art and Science of Transformation". So just do it by faith knowing it will work. Write anything that Comes to your head to be thankful for, even the slightest little thing. So, to wrap it up the 4 keys used in conjunction with one another will help you achieve your purpose passion & freedom, bring hope for your future, and create a positive environment and produce: Confidence, Self-love Clarity and more motivation for your life.

READ THIS IN PREPARATION FOR DOING YOUR HOMEWORK

How we speak to ourselves:

- ✚ In truth, not lies.
- ✚ Without pent-up anger
- ✚ Building up, not tearing down.
- ✚ According to what is needed in the moment.
- ✚ With grace, not with clamor (yelling) and slander.

How we view ourselves:

- ✚ Without bitterness, wrath, anger, and malice.
- ✚ Gifted, talented, courageous.

How we provide for ourselves:

- ✚ Working hard so we have something to share with ourselves and others.
- ✚ Focused on our work but taking the time to play.

How we treat ourselves, especially when we make mistakes:

- ✚ With kindness, tenderheartedness, and forgiveness.
- ✚ Giving ourselves grace knowing that we are enough
- ✚ With love and compassion

What jumps out at you when you read the above list?

**In what ways would you like to treat yourself in more loving and
compassionate ways?**

Don't get down on yourself if you don't yet know how to treat yourself with compassion.











You're in the majority that hasn't been taught how.

**HERE IS THE WORK SHEET TO DO AND SENT TO ME FOR
REVIEW AND HELP.**

When you finish you will have an affirmation list to say out loud daily.











Record your own

POSITIVE THOUGHTS

-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____

Record your own

NEGATIVE THOUGHTS

-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____
-  _____

Keep recording your negative /positive thoughts on a separate sheet of paper.

“A positive thought is the truth and the opposite of your negative thought”.

Negative thought samples:






- ❖ *I am a failure!*
- ❖ *I am not loved!*

Positive thought sample:

- ✓ *I accomplish great things!*
- ✓ *I am loved by everyone!*

If you speak and believe the positive thoughts the atmosphere changes and brings about what you are speaking and believing for. If you could see with different eyes, you would see the miracles happening around you when you speak the truth about who you are meant to be.

Now make your gratitude list daily. Record at least five things that you are thankful for every day and read them out loud. Make sure they are different things each day.

-  _____
-  _____
-  _____
-  _____
-  _____

Here are the links I promised as you read throughout the book:

If you speak and believe the positive thoughts, you create the atmosphere changes and bring about what you are speaking and believing for. This is scientifically proven, and I go into that more in my course. Creating a detailed journal for daily progress and releasing anxiety and stress in the [The Art & Science of Transformation Webinar](#). And learn more about speaking new thoughts for long term success.

 **SCHEDULE NOW**

To learn more about daily free coaching, join us on the [free Facebook group](#).

If you would like to get my other downloadable short e-books on [self-care and boundaries to freedom](#) **CLICK HERE.**

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To get the **expanded version** of my full book with my tragic story in it on “How to Set Healthy Boundaries in business and relationships” [go here](#) Boundaries to Freedom: You will learn you don't have to feel out of control or tolerate drama and guilt. Discover new happiness. Healthy boundaries prevent you from giving advice, blaming or accepting blame.

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www.kathydigiacomo.com

Email me with your completed worksheet

Kathy's FREE "Relieve Anxiety Now"

Breakthroughstrategy session

209-277-2842

"I pray you are loved and empowered in all things"

Warmly, Kathy