GUIDE LIST Recommendations

Where should I start?

1. General Stress and Burnout

• Introduction • Tender Loving Compassion
• Monologue to Dialogue • List In-Joy

2. Self-Esteem, Self-Worth Challenges

• Introduction • Tender Loving Compassion-Feel Everything
• Monologue to Dialogue • Whole, Holier Than, Full of Wholes

3. Anger, Frustration, Resentment

• Introduction • Re-set the B.A.R. • Feel Everything
• Make Peace with Ego • List In-Joy

4. Lack of Motivation, Procrastination

• Introduction • Tender Loving Compassion • Monologue to Dialogue • List In-Joy • Mindful Gratitude

5. Sadness, Grief, Loneliness

• Introduction • God Spirit Energy • 3 Ps • Feel Everything
• List In-Joy

6. Career Challenges, Lack of Purpose

• Introduction • Stay In Your Lane • 3 Ps • Emotional Safety

7. Relationship Challenges, Conflict

• Introduction • Emotional Safety • Neutrality •
Well Better • Whole, Holier Than, Full of Wholes

8. Negativity, Excessive Complaining

• Introduction • Neutrality • Mights and Maybes •
• Peace with Ego • Stay in Your Lane

9. Spiritual Confusion, Frustration with God

• Introduction • Re-set the B.A.R. • God Spirit Energy
• Tender Loving Compassion • Peace with Ego

10. Trust Issues, Lack of Connection

• Introduction • Re-set the B.A.R. • Neutrality
• Well Better • 3 Ps