

DESIGNED AND DELIVERED BY SUCCESS MENTOR

DARREN HARDY

6 EASY STEPS TO FINALLY...

CONQUER
STRESS & THRIVE



BE THE EXCEPTION

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OH, WHAT A THRILL



CHRONIC STRESS is linked to the six leading causes of death: Heart disease, cancer, lung ailments, accidents, psoriasis of the liver and suicide.

STEP #1

Don't be fooled! Recognize the _____

There is no such thing as **STRESS**.
How you think about it affects how you _____ about it.

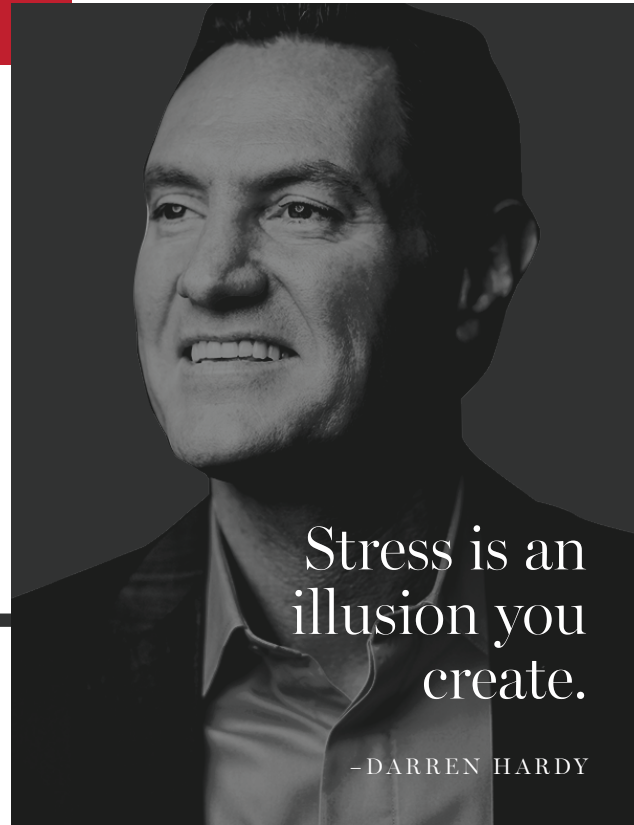


OH, WHAT A THRILL

STEP #2

BREAK OFF THE

Stop attracting the circumstances
in your life that cause you **PAIN**.



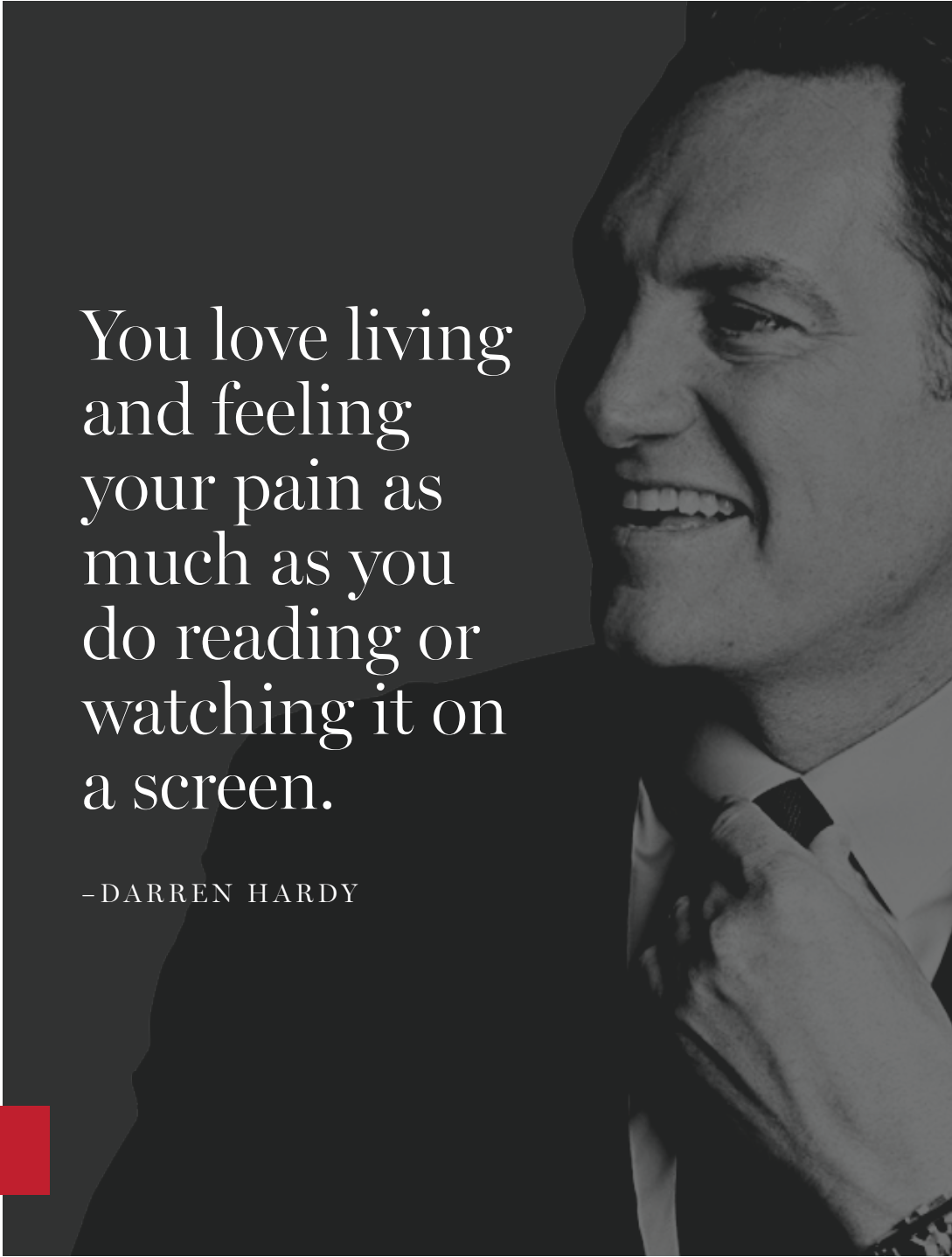
HIGH-DRAMA LIFE

STRESS MAKES YOU FEEL

You _____
terror, suspense, stress, grief and sadness.

They make you feel _____





You love living
and feeling
your pain as
much as you
do reading or
watching it on
a screen.

-DARREN HARDY



HIGH-DRAMA LIFE

STRESS GETS YOU

ACTION

What one **STRESS** will you end your love affair with today?



IT'S TIME TO THRIVE



-JIM ROHN

STEP #3

Don't be a **BLOWHARD**.

Stop thinking you are _____

The question is not “why me?”

Rather, it should be _____



IT'S TIME TO THRIVE



STEP #4

Just take a few deep _____
Instantly, a calm will come over you.



STEP #5

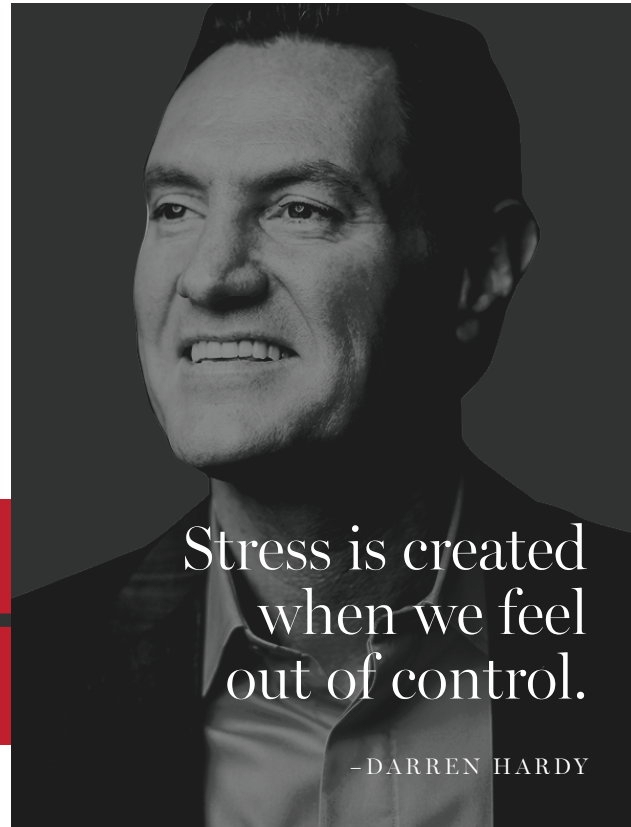
Relax your _____

All of your tension emanates from there.



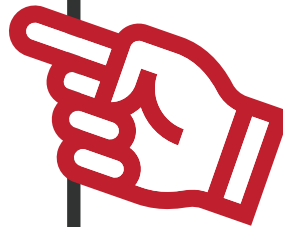
IT'S TIME TO THRIVE

STEP #6



YOUR STRESS.

Take a moment and _____
it out on _____



IT'S TIME TO THRIVE

ACTION

How do you conquer your negative **STRESS**?
Write out your plan of attack to regain control today:



More from Darren



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DarrenDaily On-Demand is a podcast designed to act as a companion to the DarrenDaily morning mentoring sessions. A way to re-visit, be reminded and to turn ideas into practice and practice, ultimately, into success mastery.

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eFastpass.com



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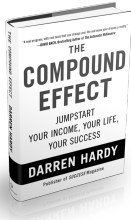
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THE COMPOUND EFFECT BOOK AND AUDIO PROGRAM—JUMPSTART YOUR INCOME, YOUR LIFE, YOUR SUCCESS

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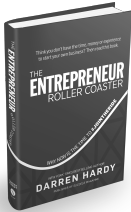
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This is the system Darren has used for more than 25 years to design, stick to and achieve his own big goals. Included this annual journal is a step by step, week by week Achievement Management System™ which will act as your GPS guidance system all year long.

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