



10 STEPS TO A
STRESS FREE LIFE

Dani
JOHNSON

10 STEPS TO A STRESS-FREE LIFE!

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Introduction

There is nothing worse than stress. And yet, in our current world, it seems unavoidable. How can we deal with all the demands that life throws our way? How do we keep our peace when everything around us is falling apart?

Most likely, you decided to get this report because you're one of the millions dealing with significant stress from work, loss of income, health issues, etc.

Inside is the answer that will take you on a journey from where you are now to living a life of purpose, vision and peace...in 10 easy steps! As with any journey, you need three things to begin: 1) orientation (know where you are), 2) a new destination and 3) a map on how to get there. Let's get started.

But, first, let's hear Dani's story.

Dani's Story

I grew up with a home full of stress. There was never peace or rest, only hostility, violence, drugs and chaos. I thought that was normal. I was suicidal since age 6 -- that tells you the kind of stress I had. Besides the drug addiction, there was fighting and constant screaming. My parents were usually frustrated by us kids. They bought drugs first, and food after, and we had the stress of constantly being broke. I learned how to live a stress-filled life from the environment, later duplicating it.

In my early twenties, after my husband took off with another woman, I was homeless, fat, broke and living in a car. I felt like such a failure, and thought drinking was the answer. At work, I slammed six B-52's, and would then get a vanilla fudge Haagan- Daaz and a Mounds bar. I was gaining a pound a day! Alcohol and food were my answers but gaining weight was adding more stress. Then I started sleeping with people I didn't

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know. My coping mechanisms -- food, alcohol, drugs and sleeping around -- made things much worse. Even after I quit abusing my body, I became a workaholic. I was working 16-18 hours a day, completely neglecting my family. I never slept well and was tormented with anxiety, fear and pressure. It eventually caught up with me, and I had a nervous breakdown and heart attack at 24 and 25. Stress controlled almost every area of my life!

A lot has changed since then, and I no longer recognize the woman I was. Many of you, though, can relate to my story. Pressure, anxiety and fear is HUGE out there today and has been for a number of years. People are so stressed out they're shooting people in malls. Stress and pressure causes people to leave families, jump out of buildings, commit homicide, cheat on their spouse and turn to pornography, alcohol or drugs.

If that weren't enough, stress affects your work, family, relationships and personal life. It is linked to most health problems. Bottom line: stress kills, literally KILLS, every day. I'm NOT gonna let stress kill me, or you or your children. Stress IS an option! You DON'T have to go there. This report will show you how.

Stress Facts

According to the American Psychological Association (APA)'s report, Stress in America™: Our Health at Risk, significant sources of stress include:

- The Economy (67 %),
- Relationships (58%)
- Family Responsibilities (57%)
- Family Health Problems (53%)
- Personal Health Concerns (53%)
- Job Stability (49%)
- Housing Costs (49%)
- Personal Safety (32%)

69 % of employees report that work is a significant source of stress and 41% say they typically feel tense or stressed out during the workday

75% of Americans report they are increasingly stressed out about money and providing for their family's needs

48% report stress has a negative impact.

Typical coping mechanisms include: shopping, overeating, watching TV, focusing on making money, sex, drugs and other addictions. **These are all forms of running away from stress and DON'T WORK. Instead, WE NEED TO MAKE CHANGES to overcome stress.**

Foolproof Secrets to Stress-Free Living

1. Cultivate Gratitude

An ancient king, Solomon, said “the best that man can have is to find satisfaction in his work.” Most of us are conditioned to hate our job. We’re groomed to be dissatisfied. Don’t go there! Gratitude opens the door to blessings and promotion, while lack of gratitude causes stress. BE GRATEFUL and watch the stress melt away.

2. Speak and Think Life

Life and death is in the power of the tongue. “This job is killing me,” speaks death, and death causes stress. Start speaking LIFE. Life is a destresser! If you come from a stressful, “I’m a failure who keeps screwing up” mindset, speaking this to yourself and others, it’s what you’ll see in your life. FOCUS ON THE GOOD AND THE GROWTH and you’ll see more of it. Also understand what you put in your mind to is what you’ll get out. Monitor what you’re taking in.

3. Identify and Isolate the Stressor

To deal with your stuff, you have to isolate and figure it out. Begin by identifying your sources of stress. For example, do you have work-related stress? Why? Is it because you have issues communicating with your boss? If so, recognize your need to change your response to him or her. Change strategies where you need to. Forgive if necessary.

Make it a point to handle stress by developing UNDERSTANDING. Where we are ignorant, we cause problems and problems cause stress.

4. Be Teachable

If you have a defensive ego, LET IT GO. It's ego that says, "Don't tell me what to do. I've got it all together." This is a key to alienating others and remaining broke. Remember, the reason our boss is our boss is because they a higher skill set. Ditto leaders.

Be teachable, and both your influence and your wallet will GROW!

5. Forgive

Forgiveness is a HUGE stress reliever! Here's a true story from Dani's life:

"Some years ago, Hans and I went through a very hard season with unscrupulous business people. We taught these people, and their ego grew with their bank account. They ended up stealing a tremendous amount of material from us and slandered our name. I decided to retire after that. Well, for four years, I had nonstop depression. My marriage wasn't doing great, and there was something missing inside of me. I gave up, and lacked purpose, vision and meaning in my life. This brought negativity on myself. It was only in 2003, before launching DaniJohnson.com, that I realized all that happened because of my lack of forgiveness for this couple.

Once I forgave them, my life turned around! I began using my life to benefit someone else's, and that's how I began supporting orphans. DaniJohnson.com has taken off, and now I'm back to doing what I love -- helping people. Looking back, I see I didn't have the maturity to handle that situation. I didn't get coaching. My advice to you? Don't wait like I did. Make it right and forgive - TODAY!"

("By the way, I wanted to share the outcome of that couple: They are now divorced, and he's paralyzed from the waist down. She's bartending. I think it's a testimony to the power of forgiveness that knowing this doesn't make me happy at all. I actually hurt for them.")

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6. Create a Positive Community

It is extremely important to surround yourself with good people. AVOID, at all costs, the Bored Bobs, Negative Nellies and Slandering Sheilas. These people can bring you down! Instead, you need encouraging, uplifting, purposeful friends. Remember, you become a product of your environment! Plug yourself into a good community and wise counselors. A good place to start is joining Dani's Facebook community.

7. Develop Your Skills

Where there is stress, it's a sign that you lack a simple skill. For example, if you're stressing over money, you lack financial skill. If you're not successful in business or marriage, it's because you lack a technical (say, marketing) or relational skill!

The solution? Commit yourself to learning and growing! Don't give up. In marriage, don't lose sight of the dream of being in love -- instead, look for solutions. Read good books. Seek counseling. If you have communication issues, work on communication skills!

RIGHT NOW, identify one skill you'll commit to learning and improving, e.g. time management, annihilating debt, etc. Follow directions, and watch your peace increase exponentially!

TIP: See our Resources page for a list of wonderful skill-building materials.

8. Eat Well

What are you putting in your body? Is it living food? Or are you eating too many convenience foods, filling your body with sugar and corn syrup?

What you eat has A LOT to do with how you feel. Fast food in your body even affects your mind. According to a study conducted by the University of Bristol, there is a positive correlation between junk food and lower IQ. In other words, junk food can make you stupid!

Remember, eating poorly causes STRESS. Stick to a natural food diet and, if you want a good night's rest, avoid sugar or coffee before bed.

9. Develop a Vision

What is a leading cause of stress and depression? Lack of vision, purpose and meaning!

To develop a vision, ask yourself: What do you REALLY want in life? Is it a strong family life? If so, what is the stress point there? Is it because you have too many things on your plate? Do you rarely see your spouse, or are your kids in too many activities? There IS a solution: manage your time better!

Creating a vision creates FOCUS, which, in turn, reduces stress.

10. Be Proactive

Here's a secret: productivity kills stress! It's where confidence and life comes from!

How to develop productivity? Take your vision and begin living on the offensive. For example, do you have financial stress? Is your vision to increase your income? Then quit complaining about money like everybody else, and go on offense. Think: What can I do to become more valuable and get more money? (Pssst. It's NOT about working harder! It's about being more skillful.) People get paid for RESULTS. What results are you bringing?

Do NOT get defensive and do NOT procrastinate. You add more stress to yourself when you procrastinate. Remember, lack of activation = procrastination, and causes you to live on defense. This is a VERY stressful place to be!

Assessment

1. Identify: Where is your stress coming from? What is your #1 source of stress? Finances? Low income? Kids? Boss? Health? WHY is the stress coming from this place? How can you solve this problem? What needs to be fixed?

2. Look at your # 1 stressor. What skills might you be lacking? (Remember, your #1 stress point is a sign of where you lack skill.) What are you going to do to build these skills?

HINT: See the resources page at <http://www.danijohnson.com/successtools/> for valuable help in building your skill set!

3. How do you eat? How much do you eat? Do you exercise or otherwise get physical activity?

HINT: Some foods actually create stress!

4. Are you indecisive or do you procrastinate? If so, in what arena(s)?

HINT: Taking action and making decisions reduce stress.

5. Did you grow up in a stressful environment? What was it like growing up? (Remember, many of us have stress passed down to us.)

6. What is the noise level like at home? Do you often have the TV blaring, radios playing, etc? How often do you allow silence?

HINT: TV is not stress-free. Constant noise in background can cause stress!

7. How do you deal with your gadgets, e.g. phone/ipod/etc. In a restful spot, are you checking your Facebook, email, etc. all the time? When, if ever, do you unplug?

HINT: Your mind won't rest if you're overactive., including checking your devices before bed! Dani now leaves cell phone where she can't touch it before bed. Your phone can cause you stress!

8. How do you deal with family drama? Do you get caught up?

HINT: Some people, including family members, are addicted to drama with other people. Recognize that drama is a time-suck, and time is money. Therefore, you may be hurting financially because of drama!

9. Did you take one day of rest this week? Did this include no phone, Facebook, email, business conversations, etc?

HINT: You could be compounding stress because you're not resting enough. And don't rely on artificial energy. Like Dani said, "You need rest, not Red Bull!"

10. Are you teachable? (Be honest.)

HINT: Defensiveness = a big ego. Be wise, and be the person who WANTS a check up from the neck up. Don't be rebellious when correction comes. Be coachable and WANT to improve! Success will follow.

11. Is there anybody you're mad at? Who you haven't forgiven? List them. Speaking out loud, forgive and release.

HINT: Forgiveness is a huge, and INSTANT, stress reliever.

12. Are you living by design or default? (Dani had a heart attack because she lacked the skill of designing her life and managing time.) What changes do you need to make? What skills do you need to develop?

HINT: Our FREE Monday Night Strategy Calls can help you develop powerful time management skills. This will help make you far more productive, which is the key to success and confidence!

13. Do you feel pressure to be perfect? Are you afraid to make a mistake?

HINT: The expectation of perfection causes pressure and stress. Remember, excellence and creativity NEVER flows out of pressure. It is pride and ego that causes perfectionism, and it'll keep you broke! Be teachable, and respond to correction with honor and gratitude. Perfection only comes through correction!

14. What is your home life like? Do you intentionally create a positive space? Or do you listen to bad news all day, eat junk food and live without exposure to nature or animals?

HINT: Living in a negative space, e.g. listening to bad news all day, can cause spiritual dryness and stress. Nurturing your mind, body and spirit will IMMEDIATELY make you stronger and happier.

15. What kind of people to surround yourself with? Who are your friends?

HINT: Your environment is DIRECTLY linked to your success. Choose to surround yourself with positive, healthy relationships!

Resources

Dealing with Financial Stress? Check out War on Debt, First Steps to Wealth and Unlimited Success

Relational/Family Stress? Grooming the Next Generation, Conditioning for Success, GEMS.

Work Stress? Unlimited Success, Job Domination, Conditioning for Success.

Need to Develop Your Skills? Unlimited Success, Magnetic Influence, Monday Night Strategy Calls

Need to Improve Your Time Management? Owing Your Time (Free Report)

Need to Raise Your Income? Script Books, Instant Customer Goldmine, 6 Figures in 6 Months

Need to Eat Better (And Cheaper?) Feed Your Family on \$100 A Week or Less (Free Report)

Need to Get Out of Debt? War On Debt, Debt Elimination and Financial Independence

Need to Develop a Vision? Attend our First Steps for Success or Dynasty seminars (see Events tab at DaniJohnson.com) . Also check out Strategic Goal Setting (Free Report)

General Info & Help: INSIDER Newsletter, TheDani Johnson Radio Show, The Spiritual Equipping Broadcast

All of these are available at <http://www.DaniJohnson.com/successtools>.

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BONUS #1:

7 Holiday Stress-Reduction Tips You've Probably Never Heard Before

DO save money and pay off debt!

You can save money by not spending it at all the big holiday sales. When you don't spend all your money at the sales, you're going to find a lot of cash lying around that you didn't even know you had! The reality is, it's not just about Black Friday. It's about habits. If you keep doing the same thing over and over again, you're going to get the same results. Instead, take that extra cash and put it towards your debt. Put it towards something that will actually help you reach your financial goals, your business goals, your career goals, your family goals. I know what you're thinking... 'Oh come on, that's no fun!' Seriously?! Uh, hello! Do you know how much fun it's going to be when you start paying off debt? It's a total rush! Imagine the feeling of total freedom... There's nothing like it!

DON'T buy out of obligation!

98%ers are going to buy gifts for their family and friends, just because that's what is expected during this time of year. But please tell me, why is it necessary to buy gifts for people who don't need anything, anyway? What good is another gift that will just go on a shelf, in a box in the garage, or in next year's garage sale? But 98%ers are afraid of what people will think if they don't buy a gift. Or they're buying gifts for people just because they know the other person will buy them something. But gifts bought out of obligation is not a good use of your money!

DO put purpose to money!

Choose to do something meaningful during this holiday season. For example, take the money you would have spent on Christmas gifts for those who do not need anything, and bless a family who is truly in need. Bless them with food and clothes. Pay their

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electric bill. Just show up unannounced and bless someone who is truly in need. This will not only bless the recipient of the gifts, but it will bless you and your family more than you thought possible!

DON'T just coast through the rest of the year!

The 98%ers will be the ones so caught up in the holiday craziness, they will quit focusing on their goals. They will just go with the flow and let time slip away. And they will find themselves on January 1st in the same place they were in last year. "I fell off the wagon halfway through the year, so I'm gonna wait until January." It's like the diet that starts on Monday - you can't do that with years!

DO reevaluate the goals you set last January!

Remember that list of goals you made back in January? Where are you on that list? Have you made progress? Have you reached some of your goals? Are you on track to accomplish those goals before the end of the year? It's not too late to get back on track! You still have time - the year is not over yet! Instead of just coasting through the rest of the year, find 2 goals on that list and focus on accomplishing them. You will feel better about yourself, and you will finish the year strong.

DON'T let the stress of the season make you forget what it's all about!

This time of year is generally very fast and furious. Between the shopping, parties, financial issues, family issues, and the general busy feeling of the season, there is a lot of stress. 98%ers will get caught up in the stress and forget what the season is supposed to be about.

DO slow down and take time to remember what this time is about!

Take time to reflect on the year. Celebrate your accomplishments. Take time to be thankful for the people and the opportunities you have in your life. Use this time to teach your kids to be grateful. Teach them to use what they have to bless others who are in need. Sit

down with your family and reflect on the past year. Discuss where you want to go and what you want to accomplish in the next year.

Bonus #2:

Turning Confrontation Into A Skill Set In 7 Steps

When it comes to confrontation most people run the opposite direction. But even if it is a small issue, problems that go unsolved can hurt or even destroy a relationship. In other words, although it can be uncomfortable, confrontation is necessary! What you might not realize is it can be used to your advantage! Think of it as a secret weapon that will keep you less stressed out and strengthen business and personal relationships.

If you think back to some recent confrontations, you may feel like they didn't go so well. Most people enter confrontations with the wrong motives, and therefore it can turn out messy, hurtful, and often times do more harm than good. Past confrontation is often what leads to the fear of future ones. The ironic part is that when conflict goes unsolved, it boils up and forces a very heated explosion.

So now that we've established confrontation is not only a good thing, but also one that will put you miles ahead of your peers, we can lay out the thought process to developing this oh-so-important skill set!

1. Identify your goal before you confront! Recognize that confrontation should be about restoration and unity. Confrontation should NOT be about listing everything a person has done wrong to you or dragging someone through the mud. In most cases, both parties have the same goal. If it is a work relationship, you are both striving to accomplish something for the team or company. If it is a personal relationship you are likely both striving for the success and happiness of the family or group. It is likely you both WANT the same thing! Conflicts can hinder any or all of these mutual goals. As the saying goes, a house divided will not stand.

2. Forgiveness. Hint: this means you have to forgive them first, before the conversation takes place. The other person is likely just as afraid to confront you as you are to confront

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them! Make sure, right off the bat, that they know you aren't holding any anger or bitterness towards them. If they feel like they need to defend themselves, the conversation is probably leading towards the list of everything-wrong-with-one-another.

3. **Set a tone of encouragement!** Find something nice to say, how they are always dependable or are a valuable asset to the team. Remember to be specific AND honest, play to their strengths!

4. **Take responsibility.** Whatever part you may have had in the conflict, own up to it. Admit your fault, and ask for their forgiveness.

5. **Build the bridge.** Now get to the conflict, and ask for their input how they think it can be resolved. "I've noticed there has been some tension between us. We both want to achieve the same goal, so how can we communicate in an effective way? What can I do to help?"

6. **Correction.** Sometimes all it takes is to clear the air and forgive each other. However, if there is some correction necessary, encourage, correct, encourage! If the conversation ever takes a bad turn, go back to the encouraging part!

7. **Honor.** In everything you do, say, and how you act, honor the other person. Be respectful! This method can be used on bosses, spouses, coworkers, and friends. Being the person to step up and confront shows leadership. It isn't always about who is right or wrong, it's about achieving a common goal and working towards that. Don't let YOUR ego get in the way of your goals! Clearing the air with others and taking that negative stress out of your life will free you more than being right ever will.

Congratulations!

Well, now you know how to beat stress, and we encourage you to press forward and live the life you were intended to live. Remember, stress is a CHOICE. It does NOT have to part of our daily lives. We have to decide whether we'll get stressed out or learn how to deal with our circumstances.

May God bless and prosper you and your business!

Dani Johnson

We Want To Hear From You

We would love to hear how *10 Steps to a Stress-Free Life* has helped your personal and professional life. What's your story? We want to know. Send us an email of your success story with your family or professional life at www.DaniJohnson.com. By submitting your testimonial you give www.DaniJohnson.com permission to use all or part of it on our website or promotional material.

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