

"As a busy mom of four and home-based business owner, speaker, and author, etc., I was excited to get my hands on this book. Full of great examples and actionable ideas[that] I can immediately implement for decreasing my stress level! (The chapter on optimism alone is worth the price of the book!)" Carrie Wilkerson, Author, *The Barefoot Executive*

Stress *Express!*

15 Instant Stress Relievers

by Snowden McFall

Author of *Fired Up! How to Succeed by Making Your Dreams Come True*, which has sold over 63,000 copies!



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Instant Stress Reliever # 11 Completion The Key to Peace of Mind

*“Success is how you collect your minutes.
You spend millions of minutes to reach one triumph, one moment,
then you spend maybe a thousand minutes enjoying it.
If you are unhappy through those millions of minutes,
what good are the thousands of minutes of triumph?*

It doesn't equate.

*Life is made up of small pleasures,
Happiness is made up of those tiny successes.*

The big ones come too infrequently.

*If you don't have all those zillions of tiny successes,
the big ones don't mean anything.”*

Norman Lear

Have you ever come home from work and wondered what you did all day? Is your TO DO list never-ending with very little getting crossed off? Frustrating, isn't it? And exhausting. And **stressful**.

Completion is Essential

Incompletions drain large amounts of energy and actually create stress. Anything from half-read books to cluttered closets to the classic “to do” lists that never get finished; these are all incompletions. Incompletions are a form of self-sabotage which can create anxiety, worry and tension. Every day, each one of us makes commitments to do things. Saying you'll be at work on time is an agreement. Setting up lunch with a friend at a certain time and place is an agreement. Promising to take out the garbage tonight is an agreement.



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Most people are good at keeping agreements with others. People who don't keep agreements don't have many friends, because they aren't trustworthy.

Broken agreements destroy relationships. The problem for many of us is keeping agreements with ourselves. An example:

🕒 *Paul tells himself before going to bed that he will get up early to work out; he's starting to see a spare tire around his middle and criticizes himself for it. He sets his clock for 5:30 AM. When the alarm rings, he rolls over and goes back to sleep. What just happened? He let himself down. He has broken an agreement with himself and judges himself. If he does this enough times, he no longer will believe his own word. His self-esteem will slowly diminish and he may feel consistently tired, anxious, and frustrated with himself.*



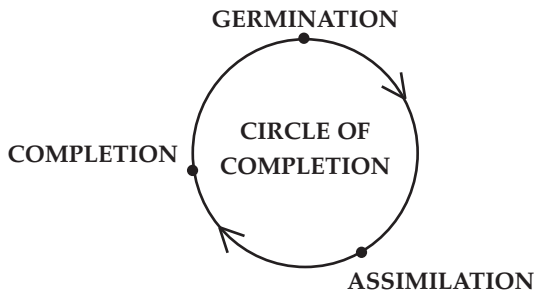
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Each incompletion is a broken agreement, and as long as something is still out there unfinished, it saps a little bit of energy. Pile up enough incompletes and you have someone who feels like a failure. Action is rewarded and inaction leads to stagnancy.

Here's Why: Completion is Powerful

In *The Path of Least Resistance*, Robert Fritz describes the circle of completion. The three phases in this circle are germination, assimilation and completion.

Germination is the initial start-up phase of a project. This is usually where you feel the greatest excitement and enthusiasm about your life. You'll most likely share that contagious energy with others.




Assimilation is the phase where people take action, where you're actually doing what needs to be done to make things happen. This is where

many people get stuck and never completely finish projects. They get halfway done or they quit just short of realizing their goals. That is a big mistake because they lose out on all the joy and power that comes from **Completion**.

There is a distinct and special energy you experience every time you **complete**. Think about it. Reflect on the last time you finished some goal or project you'd been working towards for some time. How did you feel? Satisfied, pleased with yourself, perhaps even proud? That's all part of the energy of completion and that energy gets you motivated to accomplish your next goal. It actually fuels the next project.¹

One very powerful technique is to record your successes in a journal each day. Every intention you set out to do and actually complete is a success. Whether it was to close a million dollar account or make the bed, if you set out to do it and accomplished it, to your brain, those are equal successes. (Maybe not to your emotions, but to your brain, they are!)

 *I started doing this in my mid 20's after taking a course called "Technologies for Creating. The first year, I recorded my successes for 285 days. In December, I looked at my journal and saw I had accomplished a great deal. It made me feel successful. I observed how much I completed and my self-esteem grew. Many years later, I still do it because I am so busy with two businesses, writing books and traveling internationally that I need to feel a sense of accomplishment and give myself credit for all that I have done. It's powerful and I certainly feel different on the days I don't do it. I highly recommend it as a way to feel successful and effective.*



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How to Get More Completion in Your Life

- **Be very careful about your agreements.** Don't say "yes" until you are sure you can keep the commitment.
- Walk through your house and notice what is incomplete. Is there a huge pile of laundry waiting to be done? Is the carpet filthy? **Take 10 minutes right now and just do it.** Feel the completion.
- Are there any **old newspapers or half-read magazines** in your home? Recycle them or throw them away.
- **Look in your closet.** Is there some article of clothing you know you will never wear again? Give it away.
- **Ask your friends:** "Is there anything I promised to do for you that I have forgotten?" and then listen. If you still want to do it, make plans. If not, renegotiate the agreement.

Are Your People Stressed, Unhappy & Demoralized? Ignite Their Productivity & Improve Your Bottom Line

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Fired Up! presentations are highly interactive, practical and custom-designed to:

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- energize them with greater optimism & enthusiasm - yielding better productivity
- increase employee and customer retention through better communication & attitude
- reduce absenteeism & turnover, build morale, and increase personal responsibility
- develop happier, more optimistic employees who in turn deliver excellence at work

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- Fan the Flames - Fire Up Your Team & Spark Productivity™
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"I knew we wanted a speaker who was fresh and unique, someone to shift our people into new ways of thinking. Your Fired Up presentation ideally suited our needs. Your innovative, interactive style, meaningful data and thought-provoking activities renewed and energized our team....The advance research you did...made all the difference. You met all our goals for the event; thank you for a great job. "

Leilani Bajacan, Vistakon Pharmaceuticals, division of Johnson & Johnson



Snowden McFall, M.A.T., is an inspirational & dynamic speaker. Author and co-author of five books, including *Fired Up!*, Snowden is an expert on stress and motivation. Founder of Brightwork Advertising and Training, Inc. and Fired Up! Professional Speaking, Snowden has been honored by the US Small Business Administration. Being named "National Women in Business Advocate of the Year," led to a White House Ceremony & Congressional Luncheon. A finalist for *Inc. Magazine's* "N.E. Entrepreneur of the Year," Snowden has appeared on *CNN Financial News*, *Bloomberg Television*, the *Home Shopping Network* and 300 radio shows. Quoted

in *Investors Business Daily*, *Foxnews.com* and *Success Magazine* as an expert on stress and burnout, Snowden was named Small Business Leader of the Year by the Professional Women's Council. Snowden has riveted audiences for 15+ years with her unique combination of warmth, authenticity, humor, enthusiasm, and energy.

To book Snowden for your next event, contact Wendy Kurtz at 407-876-7730