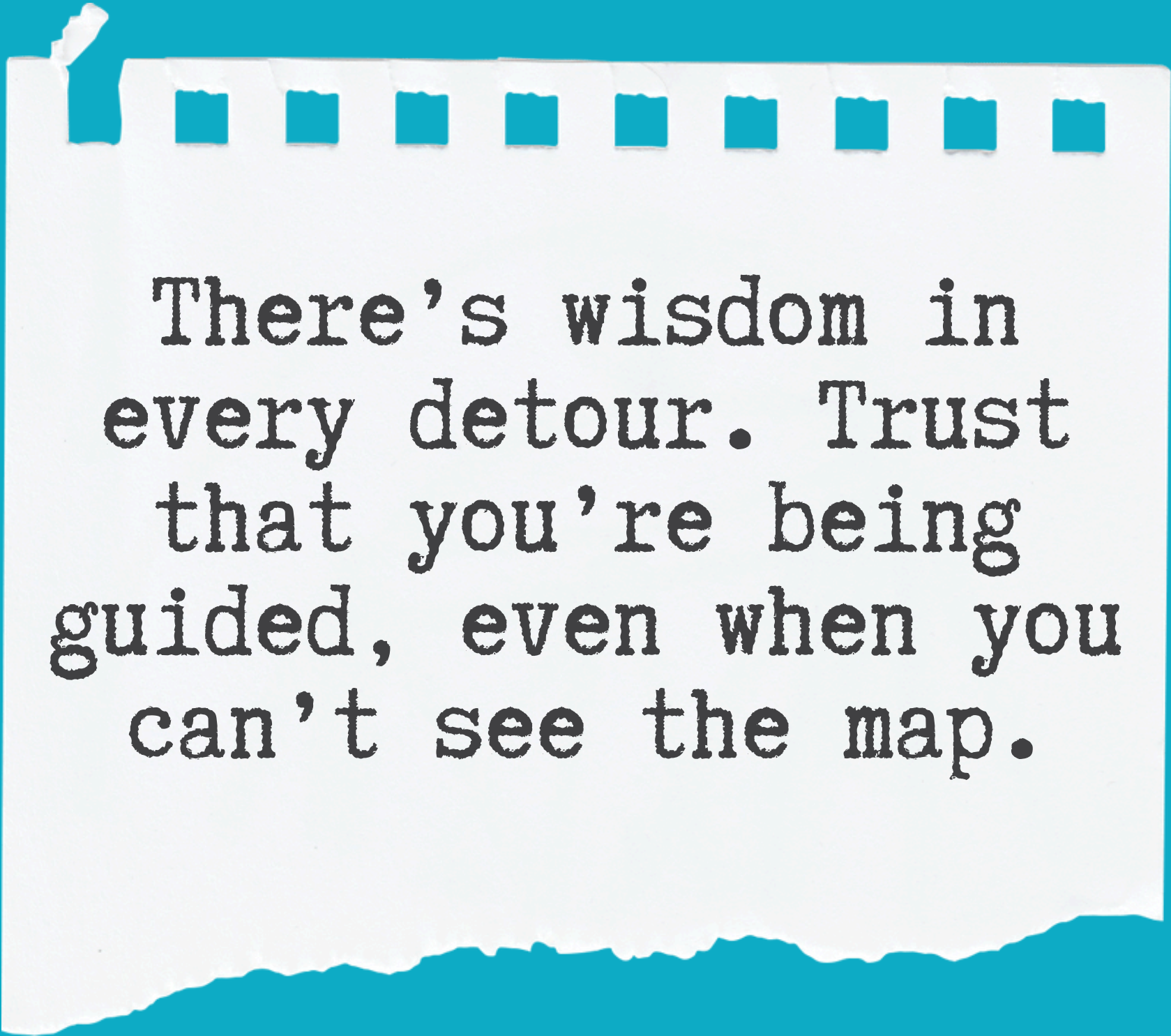


“
**Peace is not found in
chasing perfection**
it's found in embracing
the beautiful mess of
being human.



don't sweat
the small stuff®





There's wisdom in
every detour. Trust
that you're being
guided, even when you
can't see the map.



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the small stuff®

“

life didn't come
with clear instructions.

- DR. RICHARD CARLSON

”

SPEAK TO YOURSELF LIKE YOU WOULD TO YOUR BEST FRIEND

I am enough



I am worthy



I am learning



I trust myself



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LISTEN



NOTICE



CENTER



SOFTEN



RENEW



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I choose gratitude
every day!



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Contentment begins
when you stop counting
what you lack.



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love you



for you



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Notification

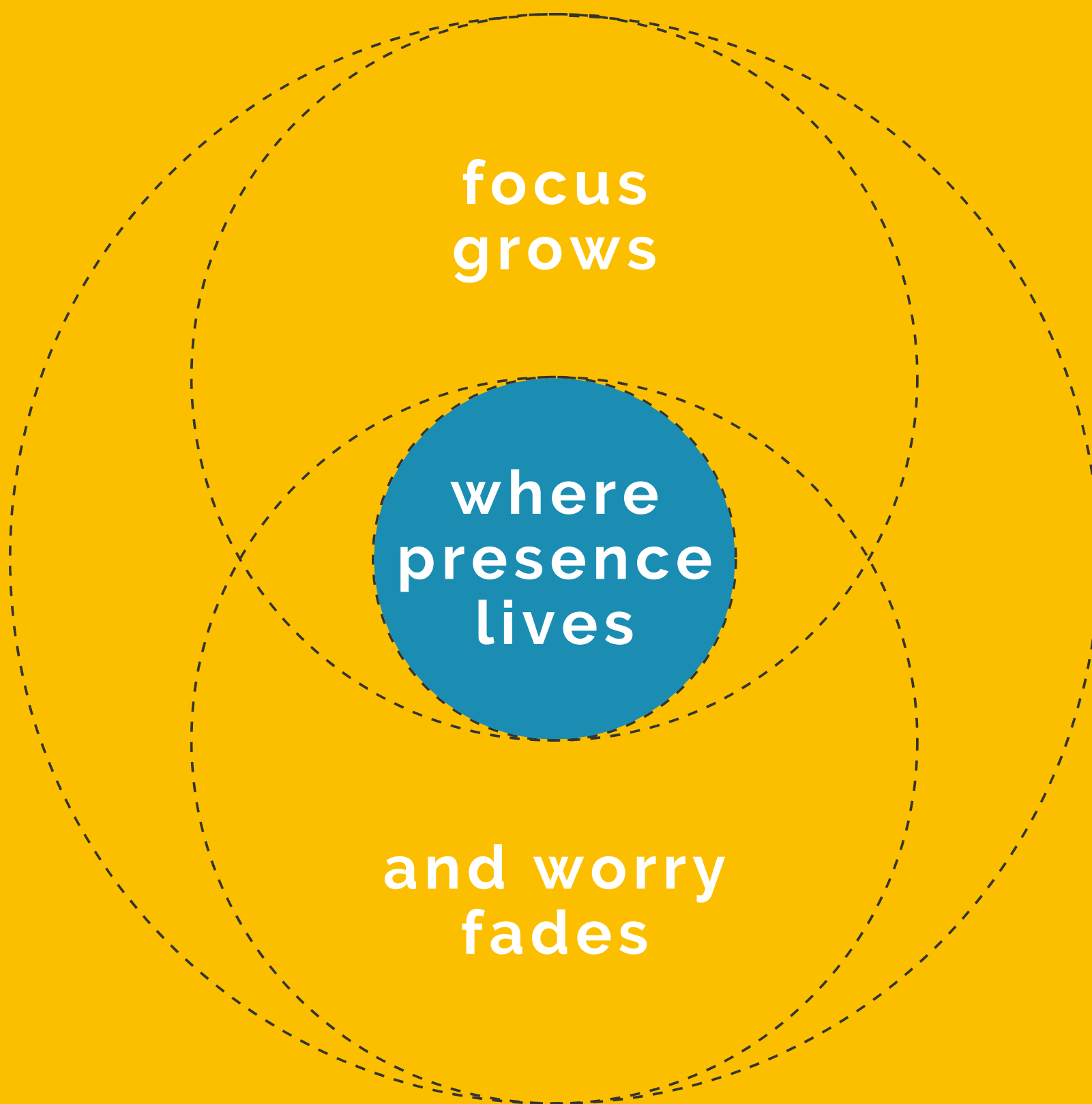
Remember: you're allowed to start the day at your own pace.

Yes!



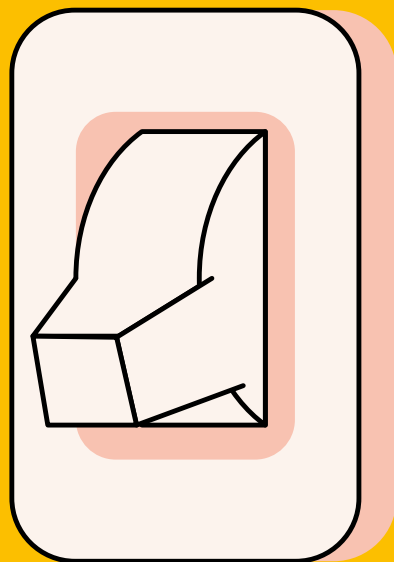
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AWARENESS CHECK



@dontsweat_smallstuff

Overthinking

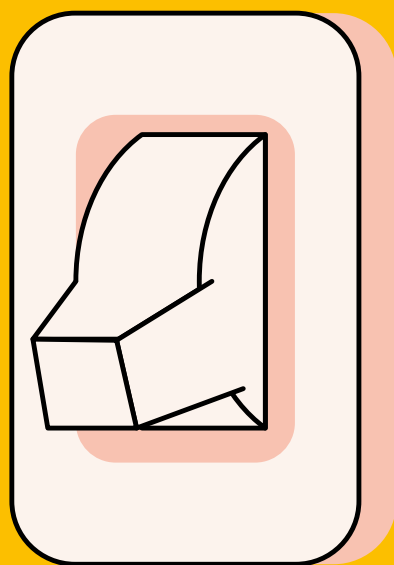


Clarity



dontsweat.com

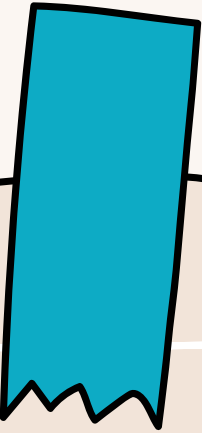
Worry



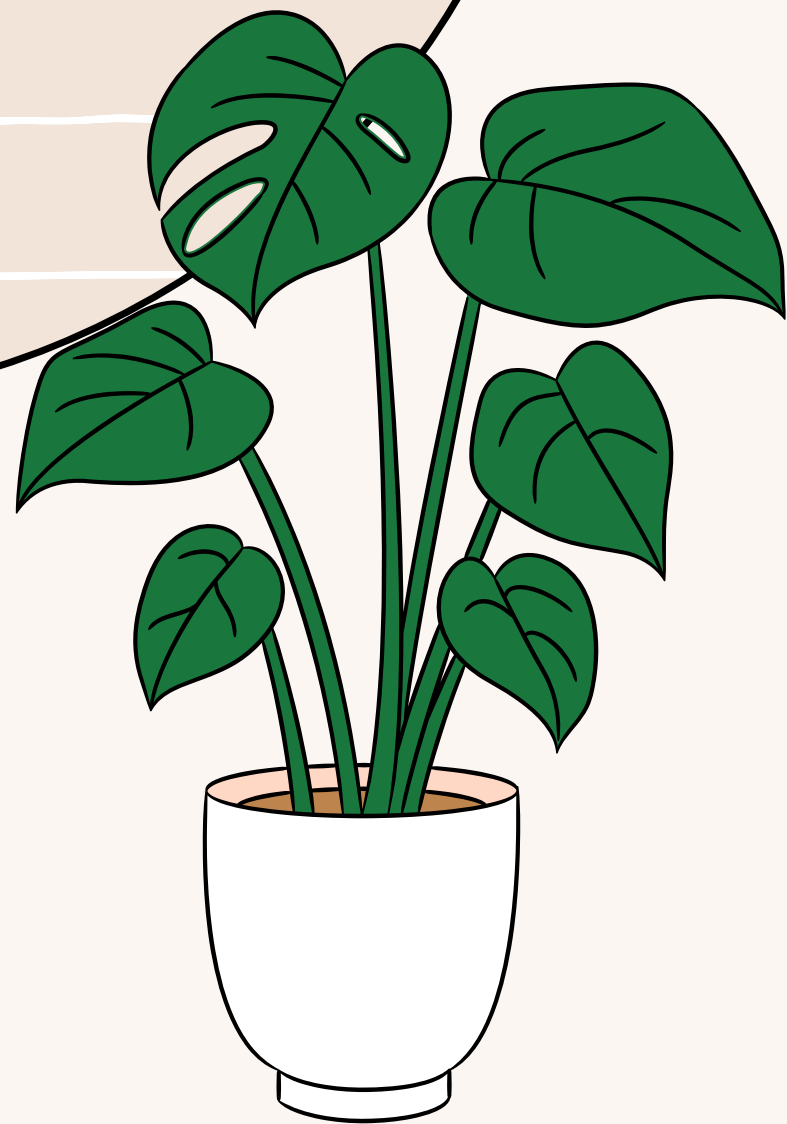
Calm



dontsweat.com



**Want your
peace to grow?
Nurture your
thoughts daily.**



**don't sweat
the small stuff®**



note to self:
most things aren't
worth losing sleep
over.



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Where's your heart today?



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Ask yourself...

**Am I patient
with myself?**

**Do I pause
to rest?**

**Am I gentle
with others?**

**Do I stand by
my values?**



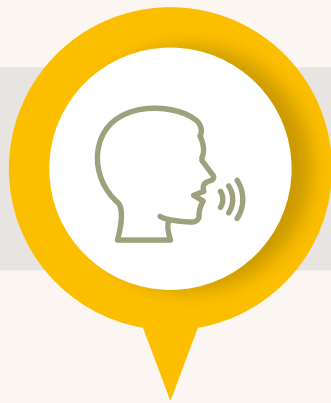
**don't sweat
the small stuff®**

4 SIMPLE WAYS To Grow Self-Love



STAGE: 1

Notice your
harsh
thoughts



STAGE: 2

Speak to
yourself
kindly



STAGE: 3

Do one
caring thing
for you

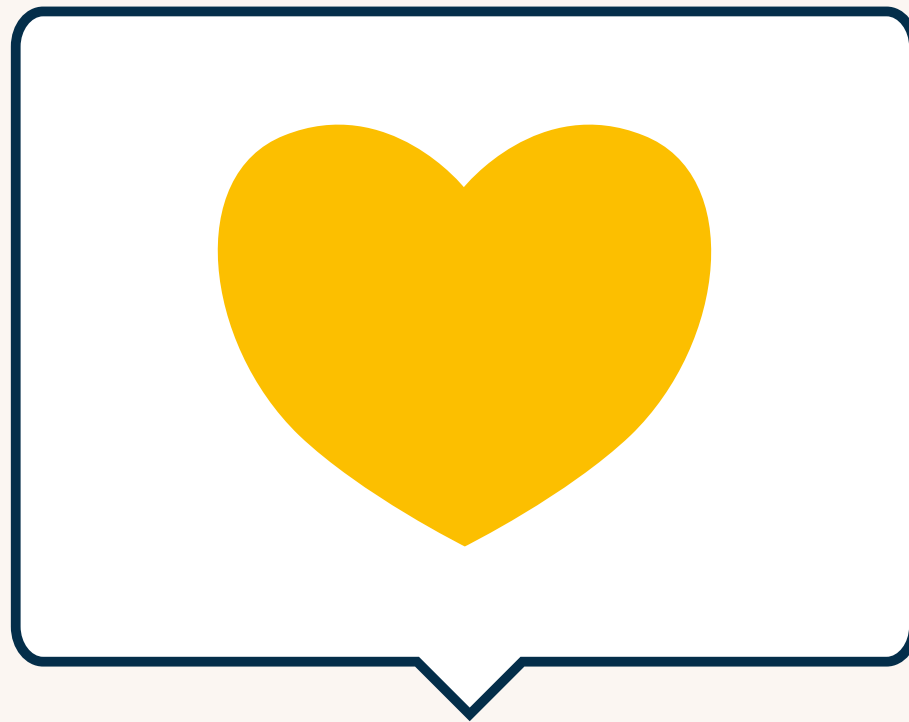


STAGE: 4

Keep
people who
lift you up



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always remember

It's brave to leave what hurts
and protect what heals.



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HOW TO SWITCH back to center



Step outside



Drop your shoulders



This moment is enough



Take three slow breaths



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A CALM NIGHTTIME RESET



Power down your thoughts with gratitude



Sip warm herbal tea (no caffeine)



Dim the lights an hour before bed



Stretch or do light yoga



Write tomorrow's to-do list so it's out of your head



Listen to soft music as you drift off



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