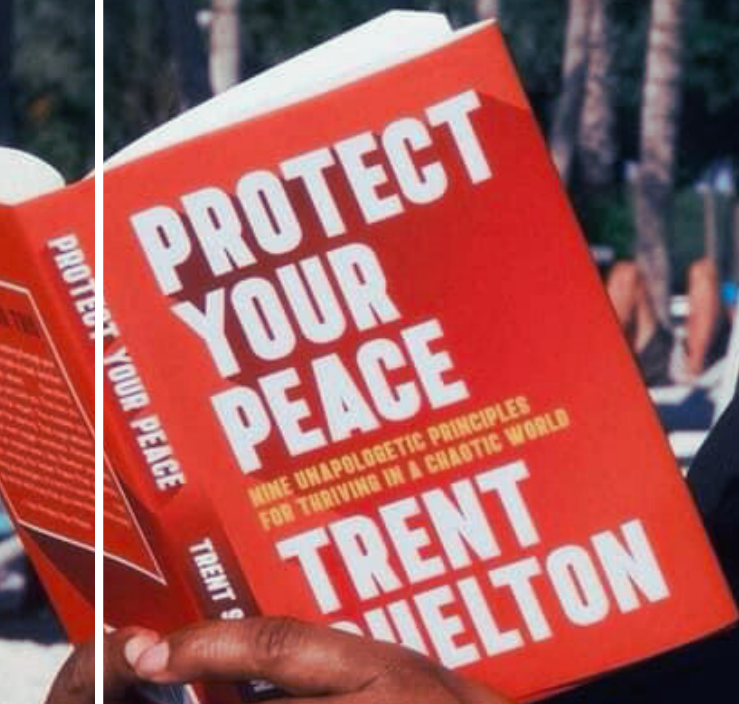


10 STEP GUIDE TO PROTECT YOUR PEACE



it all
starts
with
you!

PERFORMANCE & PURPOSE COACH

@trentshelton



— Introduction —

This guide, inspired by Trent Shelton, provides 10 practical steps to safeguard your peace. From identifying stressors and setting boundaries to practicing self-care and gratitude, it emphasizes building a peaceful life through mindful choices and positive habits.

— Welcome Page —

Welcome to "Protect Your Peace" – a 10-step guide to Identify stressors, set boundaries, prioritize self-care, and nurture positive relationships. Practice mindfulness, say no when needed, and declutter your space. Embrace gratitude and engage in joyful activities.

Follow these steps to create a haven of peace in your daily life. Let's embark on this journey to create a sanctuary of peace in your life.

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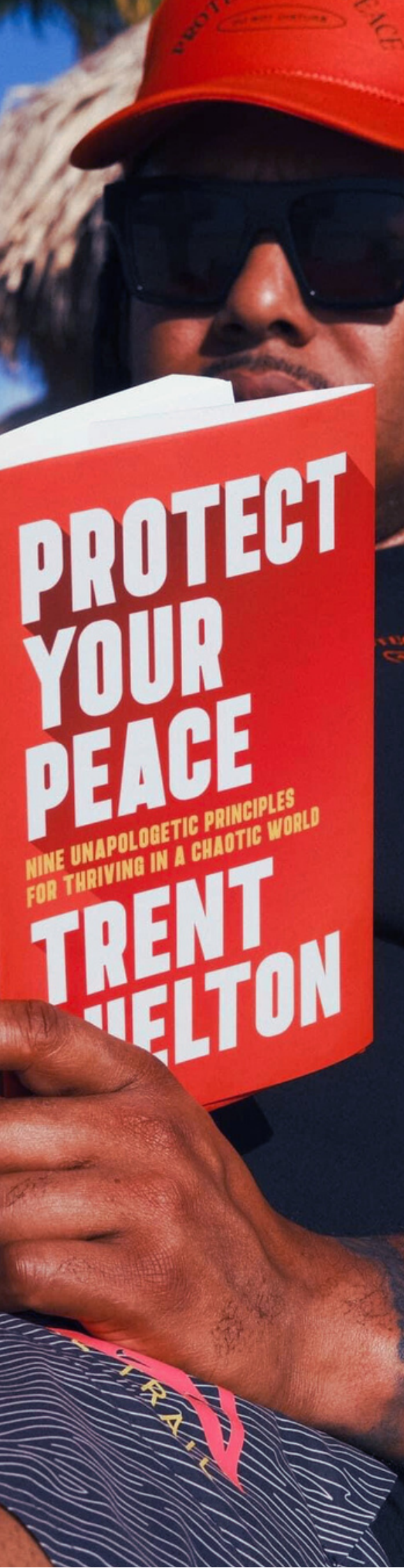
01 Disconnect Often

Trent's urging us to recognize the significance of stepping back from the constant buzz of life. When you disconnect, you're hitting pause on the external noise. It's an intentional break to give your mind some room to stretch.

In that disconnection, you're not just distancing yourself from; you're reconnecting to who you are. It's a journey inward. Think of it as recharging your internal batteries. You're finding clarity amid the chaos, rejuvenating your spirit, and safeguarding that precious inner peace. Trent's saying, "Hey, in the midst of life's whirlwind, take a moment to center yourself."

So, embrace the practice of disconnecting often and reconnect with what truly matters – your authentic self and the beauty of the world.





02 Say NO

Let's dive deep into mastering the art of saying no. It's a game-changer for your peace. Look, saying no isn't about being negative or shutting people out. It's about protecting your energy and staying true to your priorities. When you say no, you're setting boundaries.

You're acknowledging that your time and well-being are valuable. Don't let guilt or fear dictate your decisions. If something doesn't align with your peace or goals, it's okay to decline.

Saying NO is an act of self-love. So, embrace the art of saying no, and watch how it transforms your life for the better.



03

Self-Love

When Trent talks about prioritizing self-love, he's emphasizing the need to make yourself a priority – mentally, emotionally, and physically. It's about recognizing that your well-being is not negotiable; it's the foundation upon which everything else rests.



...Self-Love Continued.

Prioritizing self-love means being attuned to your thoughts and emotions. It's acknowledging when you need a break, seeking support when necessary, and cultivating a positive internal dialogue.

Embracing self-love doesn't mean being selfish; it means understanding that by taking care of yourself, you're better equipped to care for others. It's like the safety message on airplanes – secure your oxygen mask before assisting others.

Let self-love be your guiding principle. Invest in your well-being, cherish your mind and body, and watch how it radiates positivity into every aspect of your life. It's not just an act of kindness to yourself; it's a revolutionary act that can transform your entire existence.

04 Declutter

This isn't just about tidying up; it's about creating a space that nurtures your well-being on a profound level. Identify elements in your environment that disrupt your focus and energy away from what truly matters. It might mean creating designated spaces for work, relaxation, and leisure. The idea is to surround yourself with things that resonate with you, creating an environment that reflects your values and aspirations. You're not just organizing your physical space; you're creating a sanctuary. A space that supports your well-being, encourages mindfulness, and becomes a reflection of your journey towards a more meaningful life. It's a powerful step towards fostering peace within and around you.



05 Set Boundaries

Establishing firm boundaries is like drawing a line in the sand to protect the sanctuary of your peace. It involves making unequivocal decisions about what behaviors, influences, and energies you permit in your life.

By doing so, you're not only safeguarding your well-being but also creating a framework that prioritizes what truly matters to you. It's a powerful act of self-preservation and a commitment to maintaining a space where your peace is non-negotiable.

So, let those boundaries be your shield, allowing in only what aligns with your serenity and blocking out anything that threatens to disturb it.





06 Engage

Trent teaches to engage in activities you love—it's not just about filling time; it's about creating a life that resonates with joy and fulfillment. Dedicate intentional moments to the things that light up your soul, whether it's a passion you've had forever or a new adventure. This isn't just about hobbies; it's about crafting a life where every moment contributes to your peace and happiness. It's about self-discovery and staying true to what makes you genuinely happy.

Let your chosen activities be a constant source of joy, leading you to a life overflowing with peace and happiness.



07

Be Mindful

Being mindful is more than just a trendy term; it's a game-changer for your life. It's about living in the now, not drowning in the past or getting lost in the future. Mindfulness is being present, fully engaged in this moment. It's about listening to your thoughts, feeling your emotions, and appreciating the beauty around you. Imagine it like a mental reset button—clearing the clutter and focusing on what truly matters.


Don't let life rush by without savoring it. Mindfulness is a practice; it's taking a pause to breathe, to be grateful, and to find peace amid the chaos. Embrace the power of now, stay mindful, and watch how it transforms your entire perspective on life.

08

Identify Stress

Knowing your stress triggers is a game-changer. It's about being real with yourself, understanding what's causing drama in your life. Identifying stressors is not about pointing fingers; it's about self-awareness. Take a deep look at YOUR life, see what's draining your energy, what's messing with your peace. It could be external, internal—whatever. Recognize it, own it, so you can deal with it.

Stress is a weight we don't need. When you know your triggers, you can start untangling that mess. It's a journey, not a sprint. Be honest, identify those stressors, and create a life that's truly yours.



IF ALL
STARTS
WITH YOU

09

Connection

Who you roll with matters, big time. Surround yourself with those who light up your path, who inspire, support, and encourage your journey. Positive connections ain't just about having a bunch of friends; it's about having a tribe that fuels your growth. You want people who see your vision, who push you to be better, who celebrate your wins and have your back in the losses. Life's too short for negative vibes. Cut out the energy-drainers, the naysayers. Build a circle that elevates you. It's not about quantity; it's about quality. When your circle is strong, you become unstoppable.

Positive connections fuel positive outcomes. Stay true, stay connected, and watch how your journey transforms.





10 Gratitude

Gratitude isn't just some feel-good stuff; it's a priority for your life. Gratitude is like a secret weapon—it shifts your entire perspective. When life gets tough, finding something to be grateful for is key. It's about focusing on what you have, not what's missing. Trust me, there's always something to be thankful for, even in the storm. Gratitude is a mindset. It's waking up and appreciating the air you breathe, people around you, opportunities in your path. It's a daily practice that rewires your brain for positivity.

Start your day with thanks, end it with thanks. Watch how it transforms your outlook. But, like Trent always says “It All Starts With You. It’s RehabTime, let’s get it.”

ORDER NOW

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If these 10 steps to protecting your peace have made a real impact on your life, get ready for an even deeper dive.

I'm thrilled to announce my upcoming book, 'Protect Your Peace.' Pre-order it now to get more insights, strategies, and wisdom to elevate your journey to lasting peace.

Let's take this journey together. Stay tuned, stay blessed.

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