

The Ultimate Secrets

FOR BUSY MILLENNIAL MOMS
DEALING WITH STRESS,
FEELINGS OF ANXIETY AND
OVERWHELM



Order Today
&
SAVE 60%

10-MINUTE DAILY HABITS

OF AFFIRMATION AND MEDITATION

TO POTENTIALLY MINIMIZE STRESS,
FEELINGS OF ANXIETY AND
OVERWHELM



#LIVEBREATHCALM

UNLEASH YOUR **CALM**
OWN YOUR **CENTER**



The Ultimate Secret for Busy Moms: Conquer Stress, Anxiety and Overwhelm

GETTING STARTED GUIDE

ITEMS TO GRAB, before you begin your first module:

1. A folder
2. Pen or pencil
3. Phone and a set of headphones
4. Scotch tape
5. Scissors

TO DO LIST, before you begin your first module:

1. Commit to a time during the day, every day, when you will have 10 minutes that you can go undisturbed and be alone. These are your **ME MINUTES**.
2. Once you have chosen a time of day to commit to your **ME MINUTES**, set an alarm or reminder in your phone daily for this time.
3. Find a clean, quiet space where you can sit comfortably, undisturbed and alone for 10 minutes everyday. This is your **ME SPACE**. For now, when possible, try to keep your **ME SPACE** consistent throughout the course.



The Ultimate Secret for Busy Millennials Moms: Conquer Stress, Anxiety and Overwhelm

GETTING STARTED GUIDE (cont'd)

The Modules

This course comes with six modules. Each module is designed to be completed over the course of 1 week. The course should take you around 6 weeks to fully complete. Each module covers a different topic and each module had the same structure. The structure is as follows: 1. an introduction, 2. affirmations, 3. the activity, and 4. the meditation. The steps below should be repeated for each module.

DAY 1 (of 7)

1. **Introduction**. A quick 30 to 60 second read. Once you read it, you're all done. Unless you choose to go back and reread it at a later time.
2. **Affirmations**. You will find 2 to 3 affirmations at the top of your 2nd page just before the main activity. At the beginning of each module, you will cut affirmations for that week (from the Affirmations Sheet included in your resources) and tape them to your mirror, or to a note card and put them at your bedside. (The goal is to make sure you put those Affirmations in a place where you're going to see them every single day at the start of your day.)
3. **Activity**. Follow the instructions on your worksheet to complete the activity. Upon completing your activity, you're going to place it in your binder or folder and leave it. THAT'S IT. #KEEPCALM and have a great day.



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GETTING STARTED GUIDE (cont'd)

The Modules

DAYS 2 through 7

1. At the start of your 10 ME MINUTES, you are going to get to your ME SPACE and recite your affirmations out loud 3x.
2. After you have recited each affirmation out loud, you're going to put on your headphones and listen to the guided meditation for that week's module.

NOTE: Now, I know a lot of people may be saying, "I have no clue how to meditate." Trust me there is no need to be an expert or to try to be an expert. So, don't go to Google and search: How do I meditate? It's not necessary. AT ALL! :) You're simply going to put your headphones on, take a deep breath, press play and LISTEN. That's it!

enjoy!



The Ultimate Secret for Millennials Moms: Conquer Stress, Anxiety and Overwhelm

Affirmations

Joy flows through me.
I choose to be joyful.
I will go with the flow; my life is easy and filled with joy.



Affirmations

I commit to open my mind to new possibilities.
I am open to connecting to the creative energy that
exists within me.



Affirmations

I love and respect myself.
I am becoming more confident each day.
I believe in myself and my abilities.



Affirmations

I am perfect whole and complete, right now, and in
every moment.
I love the person I am becoming.



Affirmations

I am rooted and grounded, no matter what is
happening around me.
I am flexible and move through life with ease.



Affirmations

I surrender my expectations and have faith that the
universe supports my desires.
I trust the process and I am open to new possibilities.



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Meditations

Module 1

Guided Meditation for Beginners with Deepak Chopra

Module 2

Relax - A 5 Minute Guided Meditation for Deep Relaxation and Stress Relief

Module 3

5-Minute Meditation You Can Do Anywhere

Module 4

5 Minute Mindfulness Meditation

Module 5

5 MINUTE Calming Meditation (With Guiding Voice)

Module 6

POSITIVE MIND in 5 Minutes Meditation

Optional

4 Minutes To Start Your Day Right! MORNING MOTIVATION and Positivity!

Daily Calm | 10 Minute Mindfulness Meditation | Letting Go





VOL. 1

LIVE, BREATH, CALM

Workshop: JOY



Joy Does the Body and the Brain Good

Written by S. R. Salaam, MBA

Our JOY is a feeling of inner gladness, delight or happiness. This inner gladness we feel leads to a cheerful heart, and a cheerful heart leads to cheerful behavior. The most important attribute of joy is that you can find joy in adversity.

We know there are many health benefits to feeling joy regularly, including:

- boosts to the immune system
- reduction in stress and pain
- supports longevity

Even the simple act of smiling can help to invoke joy. Smiling supports healthy brain function by elevating your mood, lowering your heart rate, and reducing your stress. The smile doesn't even have to be based on real emotion because faking it works as well. So, if you must, fake it until you make it because your brain doesn't know the difference!

*"We need joy
as we need air.*

*We need love
as we need
water.*

*We need each
other as we
need the earth
we share."*

Maya Angelou



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Affirmations

Joy flows through me.

I choose to be joyful.

I will go with the flow; my life is easy and filled with joy.

Take 2 minutes to list 3 of the most joyous moments of your life:

Take 2 minutes to list 3 things you could do today that would bring you joy (call a loved one, take a walk, grab an ice cream with the kids, etc.):

Take 2 minutes to list 1 big thing that you know would bring you GREAT joy: (It can be anything, but remember it has to be attainable not a genie in a lamp to give me \$1M!)



AUGUST 2021
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LIVE, BREATH, CALM

Workshop: *CREATIVITY*

creativity

In A Rut, Shake It Up

Written by Sharifa R. Salaam, MBA

Creativity exists in all of us. Some of us are just better at tapping into it than others. But, creativity is important for all of us. It's the trait that guides us to discover new solutions and ideas. It is the part of us that innately know there are endless possibilities in the universe. Creativity is the mother of innovation. It is where new inventions are conceived and how diseases are cured.

When you feel yourself blocked or frustrated, it's probably a good time to get creative. Try something outside of the box that is totally unrelated to the problem you're facing. And often times, you'll find that when you come back to it, a solution or an idea appears just like that.

***Creativity is contagious,
Pass it on.***

Albert Einstein



VOL. 1

LIVE, BREATH, CALM

Workshop: *CONFIDENCE*

CONFIDENCE

CONFIDENCE

CONFIDENCE

I Know I Can, I Know I Can

Written by S. R. Salaam, MBA

Do you want to start with the good news or the bad news? Let's start with the good news! The good news is that confidence is not based on ability. Confidence is based on belief. So, the good news is that all human beings have the ability to rewire their brains for increased or better confidence. That means if you are a human suffering from a lack of confidence, or a human with pretty good confidence looking for a boost - either group can make some very simple changes to bring about great personal progress in this area.

What's the bad news? A root element that erodes our confidence daily is often referred to as a limiting belief. A limiting belief is just that, a belief that blocks you from success, happiness, peace and so much more. Every human being on the planet has at one time or another experienced a limiting belief. No one is exempt. The difference, between those who thrive and those who don't, is that those who thrive acknowledge their limiting beliefs and do the work to eliminate them.

This workshop is a personal favorite because of the powerful and significant shift it created for me. I know that you can experience the true and positive energy that comes from the authentic engagement in the next activity. Enjoy!

"I am the greatest. I said that even before I knew I was."

Muhammad Ali



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Affirmations

I love and respect myself.

I am becoming more confident each day.

I believe in myself and my abilities.

Limiting beliefs eat away at our self-confidence. Identifying and acknowledging our limiting beliefs puts us on the path to move forward. In this next exercise, identify 5 limiting beliefs that are holding you back and blocking your path to growth.

Examples of limiting beliefs are:

1. Nothing good ever happens for me.
2. I am not pretty/handsome/smart enough.
3. I am not worthy of happiness/success/love.

1. _____
2. _____
3. _____
4. _____
5. _____

Now that you have identified the limiting beliefs that are holding you back, it's time to let them go. You may choose to burn, shred or bury them. But, you must get rid of the paper and release the bad feelings associated with the limiting beliefs you wrote above. (Please, if you choose to burn your paper, be VERY SAFE!)

Affirmations

I am confident. I am strong.

I love the person I am becoming.

I love and respect myself.

After you have completed the previous exercise, and released your limiting beliefs, say to yourself silently or aloud:

"I commit to releasing these limiting beliefs. Today, I reclaim my power!"

Now take 5 minutes to journal how you feel.

How do you feel?



VOL. 1

LIVE, BREATH, CALM

Workshop: GRATITUDE

Gratitude

Make 'An Attitude Of Gratitude' Your Habit

Written by S. R. Salaam, MBA

With all of the overwhelm that everyday life brings, it is very easy to forget about the things, moments, people, etc for which we are grateful. Gratitude allows us to truly cherish the present. The exercise for this month's workshop is a daily journaling exercise intended to (re)connect you with gratitude. When you practice GRATITUDE consistently and authentically, you will notice that life begins to flow, that people respond to you differently and that the universe shows up for you in a different way.

Some of the real life benefits of practicing gratitude regularly include:

- Lower blood pressure
- Better sleep
- Higher frequency of exercise

In addition to the physical benefits, most people that make it a habit to show appreciation realize better networks, relationships and overall psychological hygiene. Let this exercise give you the opportunity to fully embrace and respect all of the good things that are happening in your life. And, if for some reason, you struggle to find your grateful zone, try to remember things like: waking up, your home, good health or just the sunshine.

"When I started counting my blessings, my whole life turned around."

Willie Nelson



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Affirmations

I am perfect whole and complete, right now, and in every moments.

I love the person I am becoming.

1. Set a reminder on your phone for the same time each day for the next 5 days.
2. When your reminder sounds, take 1 minute to complete 1 line below.
3. After you have completed your daily grateful statement, read it aloud quietly and finish by saying, "Thank you, thank you, thank you!"

Today, I am grateful for:

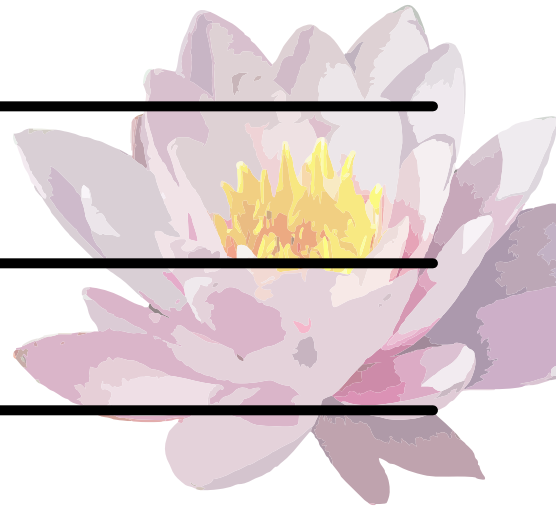
Day 1

Day 2

Day 3

Day 4

Day 5



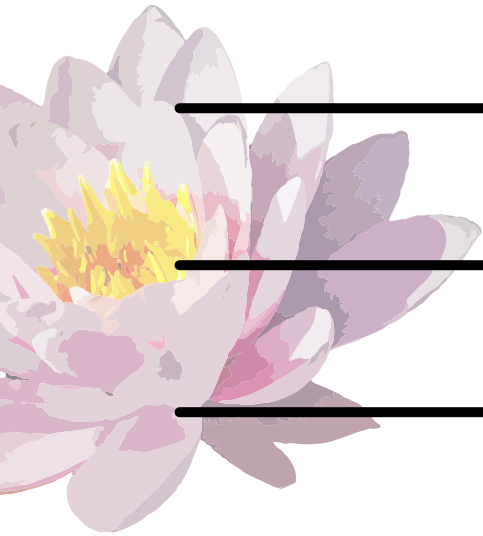
Congratulations! You have just created your very own GRATITUDE affirmations. If there is ever a day you are having trouble finding a reason to practice gratitude, refer back to your sheet.

SAVE YOUR SHEET. YOU WILL USE IT IN THE NEXT WORKSHOP.



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Today, I am grateful for:





VOL. 1

LIVE, BREATH, CALM

Workshop: *GET GROUNDED*

GET

GROUNDED

Getting Down To Earth

Written by **S. R. Miles-Salaam, MBA**

When we speak of grounding, with electricity as a reference point, we can explain how the earth may be used to balance energy to and from electrical circuits. For example, if too much energy is flowing through a particular circuit, the excess energy may be rerouted to the earth to prevent a fire or other harmful damage. The earth, or ground, is used to receive, diffuse and balance the overflow of energy. The theory works in reverse as well. If an object or circuit requires more energy, a grounded reservoir will release energy to the object or circuit to bring it to a balance. There's a pattern here - BALANCE!

Essentially, the principle of grounding works the same way for human beings. It is imperative that we maintain a consistent connection with the planet to maintain our energy and keep our spiritual balance.

"Only in quiet waters do things mirror themselves undistorted."

Only in a quiet mind is an adequate perception of the world."

Hans Margolius



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Affirmations

I am rooted and grounded, no matter what is happening around me.

I am flexible and move through life with ease.

Use the suggestions below to spend a few minutes reconnecting to the planet. This is the only module that requires you to spend a bit of your ME MINUTES outside of your ME SPACE! However, every activity should still be completed in under 10 minutes.



1

Take a 10 minute walk



2

Have a cup of tea or coffee outside



3

Meditate in your backyard for 3 minutes



4

Stand tall like a tree and breath deeply



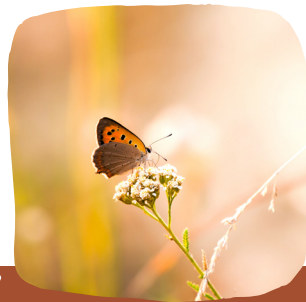
5

Find the instrumental version of your favorite song and listen



6

Pull out your phone and take a random photo of nature



7

Outside, sit quietly. Close your eyes. How many sounds can you identify?



VOL. 1

LIVE, BREATH, CALM

Workshop: SURRENDER

Surrender

Let It Go And Be In The Flow

Written by Sharifa R. Salaam, MBA

I would like to believe that we have saved the best for last. Surrender may seem easy to some. But, for most, surrendering is far from simple. People usually fall into one of two categories when it comes to surrendering:

1. The person that is so used to controlling everything, and therefore literally doesn't have the spiritual capacity to surrender. Or,
2. The person that hasn't felt in control in so long that the thought of surrendering makes them afraid or anxious.

After 5 weeks of daily spiritual work, I hope that you are now in a place to draw from your personal spiritual center, or your place of calm, and surrender some of your most authentic desires to the Universe!

"The moment of surrender is not when life is over, it's when it begins."

Marianne
Williamson



OCTOBER 2021
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Affirmations

I surrender my expectations and have faith that the universe supports my desires.

I trust the process and I am open to new possibilities.

SURPRISE: DO NOT COMPLETE THIS ACTIVITY UNTIL DAY 7 OF MODULE 6. BEGIN AS YOU WOULD IF THIS WERE DAY 2. READ YOUR AFFIRMATIONS AND BEGIN YOUR WEEKLY MEDITATION.

ON DAY 7, OPEN PART 2 OF MODULE 6 AND COMPLETE YOUR ACTIVITY (AND YOUR COURSE)!





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LIVE, BREATH, CALM

Workshop: SURRENDER

Surrender

The following exercise is one that I have practiced for over a decade. I actually learned this practice from my first (and fave) mentor, my Mom. Over the years, I have added a few elements to make it more powerful for me.

I refer to it as the "**Sacred Letter**".

Go to your folder and pull out your worksheets from module 1 and module 5. You are going to use them to help you write your sacred letter.

1. The first section of your letter, reaffirms your gratitude for those things that are going well in your life. (if you need to, refer back to your module 5 worksheet.)
2. The second section acknowledges those things in your life that you would like to have, that you dream of, but may seem out of reach. (if you need to, refer back to section 3 of your module 1 worksheet.)
3. The last section confirms your commitment to the possibilities in your life!

The sacred letter must be written in your own handwriting (because your handwriting is unique to you)!

When you are done, sign it, fold it neatly and place it in special place (a book, a frame, a private drawer). You should place your letter in a place where no one else will read it and where it will not be changed or destroyed.

NOW, LET GO! Set a reminder on your phone, for 6 months from now., to reopen and reread your letter. That may seem like forever away. But, it is not.

Dear _____,

(fill this in with whatever make you comfortable:
Universe, God, Source of Love, etc)

I am grateful for _____

Humbly and graciously, I ask for your help and guidance
with:

I know that I am supported. I know that I am guided. I know
that when I am centered and live from a place of calm, life
happens with peace and ease. I am open to new and wonderful
possibilities in my life!

Thank you. Thank you, Thank you