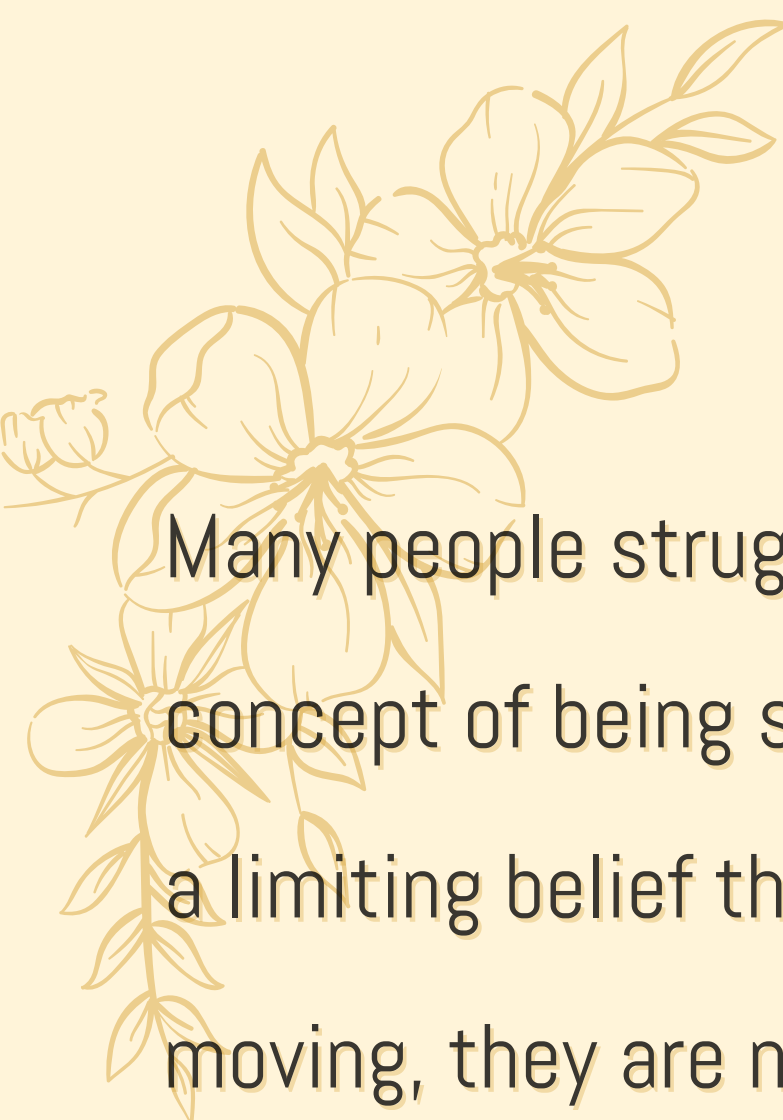




“In the rush and noise of life, as you have intervals, step home within yourselves and be still.

Wait upon God, and feel His good presence; this will carry you evenly through your day’s business.” William Penn



Many people struggle with the concept of being still. For many, it's a limiting belief that if they are not moving, they are not doing. Yet, sometimes we forget that more can be accomplished by BEING still.

SHDR

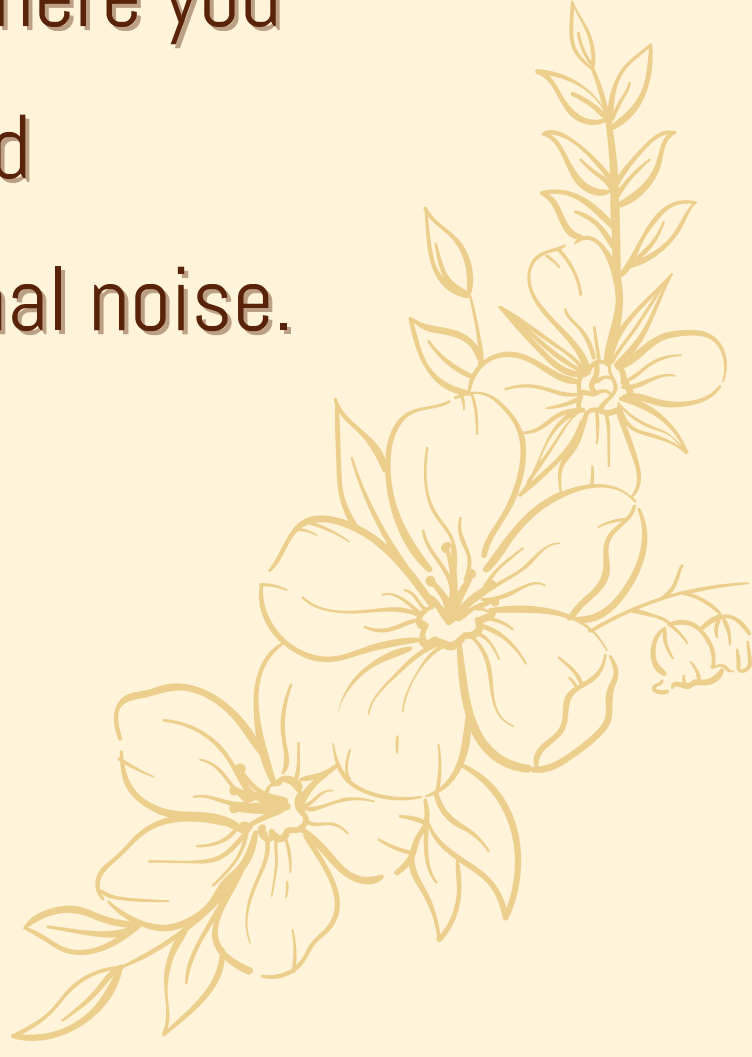




S

SIT OR STAND.

Sit or stand where you
are, and
quiet the internal noise.






T

TUNE OUT.

Tune out the frantic toxic thoughts that are trying to convince you that you **MUST ACT NOW.**





I

INTERRUPT.

Interrupt the noise, which is
distracting you.






L

LISTEN.

Listen to the still small
voice within you that has
been trying to get your
attention.

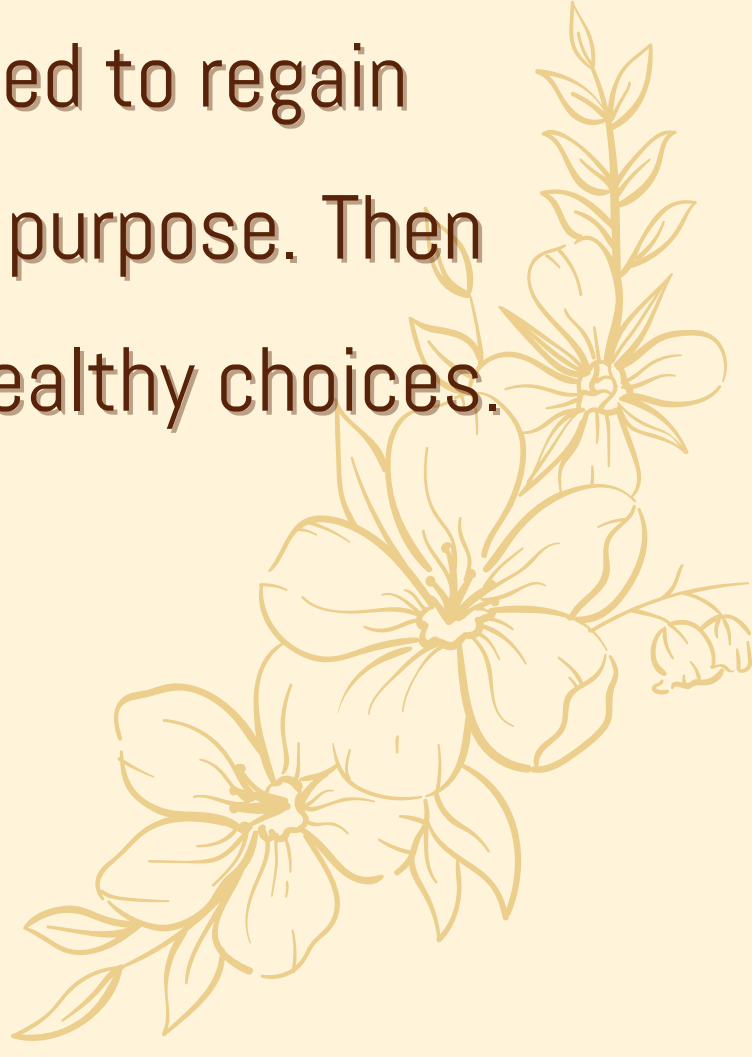




L

LEARN

Learn to be patient and trust in God's providence to provide the strength you need to regain clarity about your purpose. Then make loving and healthy choices.





We all know what we need to do to get totally healthy; however, sometimes we need a little reminder to help us regain our clarity and focus.

My acronyms are designed to provide reminders and encouragement. Please use them with love and if you find them useful, please share.

Thank you.

SHDR