



*Stop Torturing
Yourself
And Find Your Happiness*

Three easy steps to
reduce your stress,
stop your overwhelm,
and find yourself again
- FOR GOOD!



*This book is lovingly
dedicated to you - and all
the other women struggling
with stress, overwhelm,
anxiety, and depression.*

*I know your story, as it was mine.
Please know you are not alone, despite
what that pesky voice in your head is
telling you right now.
Love her, for she's just scared you might
someday find the answers you seek.*

Table of Contents

Introduction	4
Step 1 – Kicking Your Stress To The Curb	11
Step 2 – Stop Torturing Yourself	16
Step 3 – Discover Your Life Purpose	27
Next Steps – Putting It Into Practice	32
About Me	35

Introduction

How this book can help YOU

Would it be fair to say that you are currently feeling stuck, miserable, worried about your future, and totally lost about what to do about it?

That you hate your life and just don't know what your first step needs to be in order to change it?

That your first thought every morning is please let today be less terrible than yesterday, and that your last thought before falling asleep every night is please let tomorrow be better than today?

That you hate going to work, hate going out, hate being at home, hate being alone and being with others sets your teeth on edge?

That you basically hate being inside your skin?

How awful would it be if the rest of your life were just like yesterday?

If this is you, it's time to stop punishing yourself. It's time to start living the life you were meant for – right now.

Are you tired of playing head games with yourself?

This three-step process is for you if you're:

- Tired of feeling stuck in stress, overwhelm and misery
- Tired of reading all the self-help books, buying all the online courses, and not having any of it work for more than a hot minute
- Tired of trying to find the motivation and consistency that will get you out of the misery of stress and overwhelm

I get it, I was there too. That's how I created my three-step system – out of desperation when nothing else worked.

I needed to reduce my stress, stop my overwhelm, stop the negative voice in my head, and learn to find my bliss, and there was really nothing out there that did all those things in one easy-to-do package. So I got creative and mixed and matched until I found the secret recipe that works for both me and all my clients.

Let's rewind back to 2016 for a minute, if I may.

I was done. I had spent my entire life cycling through stress / overwhelm / drama / trauma, over and over (and over!) again, and I desperately needed to finally find a way to stop the madness for good.

My life was on the line – I had triggered an auto-immune disease that tanked the one bright spot in my life, my career, and that was the moment I decided I was done being the victim of my life. I refused to lie down and die.

I knew I needed to change my life. It was time to stop:

- Making shitty choices that felt awful
- People pleasing and giving my power away
- The raging perfectionism that was keeping me overwhelmed
- The nasty voice in my head

I needed to let go of my past stories - especially the really awful ones; from a bad home life and being bullied as a kid, to being in abusive relationships, to having a spouse disappear into PTSD, I had a lot of terrible memories to release.

I had to learn to become my own best friend instead of my worst enemy. It was time to learn who I was. I had spent a few years in my teens and early twenties starting this work, but it was time to get serious and stop the cycle once and for all.

I did a ton of research, and through a process of trial and error, I found the right combination of tools to get my stress under control for good.

Once I had my stress managed, I needed to stop the negative overwhelming thoughts, so I did the same process for that. And it worked like a hot damn. Things were definitely looking up! But, now that I wasn't overwhelmed anymore, I noticed that something was still missing. Life seemed a bit dull and bland, and it was boring. I needed to find my reason to jump out of bed in the morning – I needed to find something that would make me truly happy. I needed to find my *bliss*.

So, off I went searching for the magic elixir that would grant me happiness and joy - bliss even! Instead, I found a simple tool that made my life purpose absurdly easy to find. It transformed my life completely, and I finally had the whole recipe.

I was so excited! I told my friends and family who were also stuck in that same cycle, who tried it too, and it worked just as well for them. I knew I needed to share this with the world – it was too important to keep it a secret.

I created this guide just for you, and what I'm going to teach you are the steps to reducing your stress, stopping your overwhelm, and finding your happiness.

Read on to find out how easy it can be to reduce your stress without triggering your anxiety or overwhelm, and without the guilt about missing a day. What to do when your thoughts are overwhelming you. And, 1 simple tool you can use to discover your life purpose and find your happiness and bliss.

This three-step system works so well because you get massive clarity on what you really want, which motivates you to make the changes you need to make to get you where you want to go. You break through the barriers that are holding you back, so you can treat yourself like your own best friend, trust your intuition, and be present in every moment. And, you discover the tools to maintain your new lifestyle for the rest of your life.

What would happen if you learned to maintain healthy boundaries, stop the perfectionism, and show up as your true self?

You'd become a total badass! You'd discover who you are, and learn to truly love yourself.

What if it was as easy as 1 – 2 – 3?

Step 1

Kick Your Stress To The Curb

You already know you need to reduce your stress level in order to stay healthy and sane, but most of the strategies out there seem to actually make our anxiety and overwhelm worse – which makes the stress worse too! And don't even get me started on the guilt when you inevitably miss a day or forget briefly...

Consider this list to be a jumping off point, to give you some ideas that will help you decide what will work best for you. Move between them as your life progresses. Don't forget to do #3 if you feel like you messed something up!

#1 Take time for self-care

- Meditation - Meditation is nature's reset button. It's super healthy, amazingly relaxing, and can be done by anybody, anywhere. Silent, guided or musically accompanied, there's a meditation style for everyone. Give it a try!

- Exercise - Being told to exercise is rather like being told to eat your veggies...you know it's the right thing to do, but it feels impossible to fit into your day. I promise it's worth it, and it's as easy as dancing in the aisles while you grocery shop!
- Journal - Putting pen to paper (or fingers to keyboard, or voice to audio clip) is empowering, enlightening, and just all around satisfying as hell. The simple act of checking in with yourself every day, and writing down your musings, gives you so much clarity.
- Sleep - A quality bedtime routine is key to conquering stress and overwhelm. Soothing music, meditation, journaling, warm milk, a lovely bath, checking in on your vision board, and so much more, are all a good part of this most sacred part of the day.

#2 Stop people pleasing

Ugh. People pleasing - AKA the slow, tortured death of the soul. We know we need to stop it, but it just feels impossible sometimes. Saying NO is free. It's also freeing. Gather your courage and just say no.

#3 Talk nicely to yourself

You are the only YOU that you are ever likely to have - so be nice! Stop letting your inner mean girl run the show, and be kind to yourself. I like to say: treat yourself as if you were your own best friend - because you are!

#4 Focus on what you can control

The definition of insanity is doing the same thing over and over again and expecting a different result. It's time to stop obsessing over things you can't control and change the things you can. Trust me, your stress level will thank you.

#5 Make laughter a priority

Laughter truly is the best medicine, so make sure you are getting your daily dose! Spend at least some time every day doing something that feels fun, engaging, and makes you laugh and smile. Doctors orders!

I've created a beautiful Mood Tracker that you can use to start ensuring that you are redirecting your attention towards the activities that will support your mental health. You can find it at:

<https://tranquilitysoulspa.com/moodtracker>

Step 2

Break Free Of Self Hate
& Be Your Best Self

Break your mind free from the overwhelm that comes from overthinking.

When was the last time you let your negative thoughts take over and ruin a situation? How about spinning out of control for seemingly no reason?

It's time to stop torturing yourself.

Learn to recognize, question, and release your unhelpful thoughts as they come up so that they don't overwhelm you.

Let's start learning to recognize your unhelpful thoughts. There are 7 broad categories every unhelpful and negative thought can be put into. I've listed them below, along with their main characteristics.

#1 Predicting the future

When we feel anxious it is common for us to spend much of our time thinking about the future and predicting what could go wrong as opposed to just letting things be. In the end, most of the predictions we've made don't actually happen, and we've wasted time and energy being worried and upset about them.

For example: You predict the future by assuming that you'll perform poorly at a job interview, or, you assume that someone will reject you before you've even asked them for a favor!

When was the last time you predicted the future in an unrealistic or unhelpful way?

#2 Mind reading

This is when we assume that we know what other people are thinking (usually about us) without any real evidence to suggest it's true. We can also make assumptions about why someone said something or behaved in a certain way and be quick to conclude that it's about us.

For example: 'My boss thinks I'm stupid!' Or, 'my friend is ignoring me', but really he/she is just busy with other things.

When was the last time you made an assumption or jumped to a conclusion about what someone else was thinking without any real evidence to suggest it was true?

#3 Catastrophizing

People commonly 'catastrophize' when they're anxious. This is when we blow things completely out of proportion and view the situation as a catastrophe even though the problem is actually quite small.

For example: Assuming someone hates you because they didn't reply to your text within 10 seconds. Or, you expect to lose your job because of a simple mistake that you've made.

When was the last time that you blew something completely out of proportion in your mind?

#4 Focusing on the negatives

When we're anxious, we commonly develop 'tunnel vision,' where we focus solely on the negative aspects of a situation without considering the positives. Sometimes the whole picture can be colored by a single negative detail.

For example: Focusing on the one person who doesn't like you rather than the other twenty who do.

When was the last time you focused more on the negatives than on the positives?

#5 Overgeneralizing

Based on one instance in the past or present, you make the assumption that your entire future will follow a similar pattern. A sense of helplessness often accompanies such overgeneralizations.

For example: Just because one ex-partner cheated on you, you believe that 'ALL MEN (or Women) ARE BAD!'

How did you feel about yourself (or the world), the last time that you overgeneralized a situation or a group of people?

#6 Imagining the worst case scenario

Where we make predictions that the worst case scenario is going to happen, despite the fact that we may have been successful in this area in the past.

For example: You're asked to give a presentation to a group of people, and you think 'I'm going to get in there and completely mess this up' even though you've given many successful presentations in the past.

How did you feel the last time you imagined the worst case scenario of either a situation or set of circumstances you were facing?

#7 Labelling

When we 'label' ourselves based on our behavior in specific situations, we define ourselves by one specific behavior (usually a negative behavior) and fail to consider other positive characteristics and actions.

For example: 'I'm always anxious' even though this is not always the case, or 'I'm not good enough' because you failed at something, even though there are many other things that you're good at.

What labels do you currently define yourself by and are they complimenting your life? If not, which ones do you need to 'ditch'?

Now ask yourself, How do you feel after doing any of these things? What would have changed if you hadn't gone there?

So, the next time you find yourself stuck thinking an unhelpful thought, use the following questions to figure out what's really going on. They should help you come up with a more balanced or rational view of the thought, and of the situation in general. With practice, this can become an incredibly effective tool for self-reflection, understanding, and thought management.

- 1)** Is there substantial evidence for my thought?
- 2)** Is there evidence contrary to my thought?
- 3)** Am I trying to interpret this situation without all the evidence?
- 4)** What would a friend think about this situation?
- 5)** If I look at the situation positively, how is it different?
- 6)** Will this matter a year from now? How about five years from now?

Use these questions to help you quickly snap out of a funk. I've created a gorgeous bookmark, listing all of the six reflection questions above, to assist you with remembering them. You can download it at: <https://tranquilitysoulspa.com/bookmark>

Step 3

Discover Your Life Purpose

What is your real, true life purpose?

I'm not talking about your job, your daily responsibilities, or even your long term goals here. Those are nice, but they aren't your reason for being.

Why are you actually here?

I mean the REAL reason you're here. The very reason you exist.

Now, perhaps you don't believe you are here for a purpose or that life has meaning. It doesn't matter. Not believing in your purpose won't bar you from discovering it, just like not believing in gravity won't keep that apple from falling off the tree. All it will do is make it take longer to happen.

So, just in case I'm right and there is a reason you are here, let's do a fun exercise to see if you can discover your true purpose in life....

You need to empty your mind of all the things you THINK (or have ever thought) about your purpose. Ditch them, and explore. Give yourself about an hour on your own to dedicate to this experience (it will likely not take that long, but it's better to not interrupt the flow).

- 1.** take out a blank sheet of paper, or open a word processor (word, google docs, etc)
- 2.** write 'what is my true purpose in life' at the top
- 3.** write the first answer that pops into your head; it doesn't have to be a sentence or be what you expected
- 4.** repeat step 3 until you write the answer that makes you surge with emotion and cry – this is your purpose!

That's it.

It doesn't matter who you are or what you do for a living. It may make sense or it may seem stupid, but usually , it takes about 15 to 20 minutes to clear your head of the social conditioning and the expectations of those around you.

Some general guidelines for using this technique:

- Feel free to start at “I don't have a purpose” or “life is meaningless” if you are stumped. Go from there.
- False answers will come from your mind and your experiences, but when the true answer arrives, it will feel like it's coming to you from a different source entirely. If you are less aware of who you are, it may take longer. If you are more aware of who you are, it may take less time.
- It's okay to write down similar or identical answers, to head off on wild and weird tangents. Just keep going until you hit the answer that makes you cry.
- You may find yourself resisting this process, and your brain may find ways to distract you. Keep going.

- You may find a few answers that almost make you cry, but not quite – keep going! Highlight those answers as you go along so you can go back and generate new threads branching off from them. Each reflects a piece of your purpose, but they aren't the complete purpose. Those are the answers that are bringing you closer to your true purpose.

Next Steps

Putting It Into Practice

Congratulations!

You now have some great tools to combat your stress, some questions to ask that will help you shake your overwhelm, and you now know your life purpose. These are all huge first steps towards finally shifting from stressed out to blissed out, so take some time to celebrate! You've come a long way.

You may be asking yourself

“Okay, but what do I do first / next / right now?”

There are probably a few questions swirling around in your head, such as:

- How to truly implement these ideas
- How to really motivate yourself to maintain this new and improved you
- What to do when you have a setback

Now, the real work begins – building on what you've learned here and really cementing these changes in place, to ensure you create lasting change that leaves you loving yourself and your life for good.

Let's implement a plan, together, to get you there – with ease!

Schedule some time in my calendar to talk about how I can help you figure out your next steps. It's a **FREE** call, to help you suss out your best path forward and tackle anything that comes up. If you decide you want to learn more about working with me in one of my programs, great, we can have that conversation, but if not, we can just talk about what you need to focus on next in your life.

You can book your FREE call here:

<https://tranquilitysoulspa.com/booknow/>

Not quite ready for the commitment of a free call yet? I get it! Let's get to know each other a bit better in my FREE Facebook Group, The Shift: From Stressed Out To Blissed Out first. I offer some great tips on how to get started putting these steps into place in your life there.

Join us here:

<https://www.facebook.com/groups/tranquilitysoulspa/>

About Me

Who Am I, And Why I Wrote
This Book

I'm your Bliss Guide, Sheri Sutherland,

And I know your struggle intimately – I desperately wanted to be the “with it” girl.

You know the one. She's always perfectly put together, looks amazing, and nothing more than a light breeze ever ruffles her feathers. She cooks like a dream, and everything is effortless and easy. It seems like she doesn't have to do more than just think about something, and she gets it.

God, I had a love-hate relationship with her.

That was definitely NOT me. Not by a long shot. Instead, my life story is the treadmill from hell. I was the “hot mess” gal. Maybe you can relate to her?

From a toxic home life to being bullied in school, from a series of abusive relationships to a failed marriage, and just not ever feeling

able to truly connect at a deeper level with anyone, my life was a hot mess of stress, anxiety, depression, poor boundaries, and terrible relationships.

I felt like everything I did was sub-par, that success was always just out of reach, and that I must have done something absolutely awful in a past life to deserve so much misery in this one. There's no way all of this was just the luck of the draw, right? Basically...

It sucked.

The only bright spot through my life had been the fact that I had a fabulous career that I was really good at, and then when I got sick with an auto-immune disease, that was gone too.

When my career was gone, let me tell you, my whole world felt shattered. It dropped me yet again into the pit of despair, stress, and anxiety (you know the one!) Sadly, it wasn't my first, second or even third visit to that pit. We are old friends.

I've overcome a lot in my life, and if I was a lesser woman, it would have broken me a long time ago. But, I am nothing if not determined. I kept digging myself out over and over and over again, only to have the next overwhelming event destroy all my hard work all over again.

At the darkest moment in my life, after losing my marriage, my career, and my identity as a healthy person, I realized one thing. If I was going to get out of this pit of despair, stress, and anxiety for good, I needed to find my bliss.

Bliss is definitely not something I've had since I was a kid – it wasn't even in my vocab! How on earth was I supposed to find it? I spent the

next few years reading everything I could get my hands on related to being happy inside myself again - finding my bliss.

I came to realize I first needed to stop the overwhelming voices in my head and reduce my stress, which would allow me to slow down enough to find my true purpose. I kept on searching until I finally found the secret formula that worked for me, for my friends, and now for my clients. Once I found the way to have these three things in my life, I found my bliss.

I was so successful at using this three-step formula that now I teach women just like my old self how to use it for themselves, to get the same amazing results.

Stop asking yourself why the f*ck you're here, and start asking yourself how the f*ck you want to feel. Bliss should be a huge part of your life, and I can show you how to find it.

COME JOIN US

You can book your FREE planning call here:

<https://tranquilitysoulspa.com/booknow/>

Not quite ready for the commitment of a free call yet? I get it! Let's get to know each other a bit better in my FREE Facebook Group first.

Join us here:

<https://www.facebook.com/groups/tranquilitysoulspa/>