

# Tip Sheet



## Military Family's 5 Step Guide To Peaceful Living

**Stay In Present Time!** "*Be where you are,*" helps you refocus your thoughts. If you are vacuuming, then think about the job. Today set aside all thoughts about the past (*regret & guilt*) or future (*worry*). When needed, reserve a short time each day -15 minutes or so, to plan & make notes for the future. Staying in present time improves focus & clarity. Writing notes frees the mind.

**Sleep Deeply Not More!** Irritability is a sign of poor quality sleep. Remove the distracting elements in your life with the *sleep easy* CD & you improve sleep - [www.personalCIedge.com](http://www.personalCIedge.com). Using the CD on a regular basis slowly reduces accumulated stress & quiets a busy mind. Find the tract that works best for you! Use it to return to a deeper sleep after waking up in the night or drinking.

**Hang Out With The Winners!** Stay away from negative people. They bring everyone down around them. Other people's prying questions & opinions about you, your situation, family or children's behavior are not your business – so pay no heed! Consider the source –Is it their business? Is their opinion based on education & wisdom? If not try saying, "*That topic is not open for discussion!*" Counter with a positive statement & watch them squirm!

**Try Having An Unexpressed Opinion!** Troublemakers can't finish what you don't start. This way you prevent hassles that were once normal for you. Be kind & you'll have no regrets. This way people who pick fights soon leave you alone!

**Think About What You Like In The People Around You.** Then when you have something difficult to say, first tell them one quality that you honestly admire. It opens the door to listening & considering what is on your mind.

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**Donnalee Kelly**, CEO CI Corporate Instincts Inc. & co designer of 'Your Personal CI Edge On Life,' a great tool to prepare for & recover from a hectic season at home or work! For article or interview contact [www.personalCIedge.com](http://www.personalCIedge.com). Download free tip sheets. (Military)

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