



K.I.S.S-Keep It Soulful and Simple

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This worksheet is a supplement training guide to “K.I.S.S. Keep It Soulful and Simple” video published on April 30, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Life is simple or it should be simple. But we often insist making it complicated. Life on the fast track will eventually take its toll on you; in your attitude, values, relationship and health. The pressure to perform and live up to unrealistic expectations leaves you yearning for a simpler more peaceful life. Sometimes we even tend to overthink things.

A simple life has a different meaning to all. For most people, it means getting rid of some of life’s complexities, getting rid of the drama, and eliminating all but the essentials. If you’re struggling to keep your life clear and simple, there is a clear path to getting back on track. Check out my video [here](#) to get you started.

How do your thoughts and emotions impact your life?

Simplifying your life doesn't need to be complicated. Learning to create optimal balance mind-body-soul can help immensely, and taking little steps is the best way to make it happen. Eliminating drama, getting organized, journaling, praying, simplifying your relationships, exercising, and learning to take the time to slow down and appreciate the little things can help to keep you sane. Always remember to K.I.S.S. Keep it Soulful and Simple.

What actions are you going to take to simplify your life?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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