

Rich Life Realization

STOP USING STRESS AS FUEL

**"I HELP OVERTHINKERS GET OUT OF
THEIR OWN WAY SO THEY CAN
EXPERIENCE MENTAL PEACE AND FRESH
IDEAS"**



THE PROBLEM

**You use stress, fear, and self
criticism as fuel for
achievement and success.**

THE SOLUTION

**You understand where stress
really comes from**

THE GUIDE

**Rich Life stressed himself out so
much he had to visit the
emergency room.**

**Not he (mostly) lives a peaceful
life**

THE FUEL

**Are you using
stress, fear, and
self criticism as
fuel for
achievement and
success?**



A PERFORMANCE ENHANCING DRUG

**We can become
addicted to
enhancing
performance
with self
imposed
pressure**



THE AFTERBURNER EFFECT



**THERE
ARE SIDE
EFFECTS
OF STRESS
AS FUEL**



**YOU DON'T
NEED THE
ANTIDOTE . . .**



**IF YOU DON'T
TAKE THE
POISON**

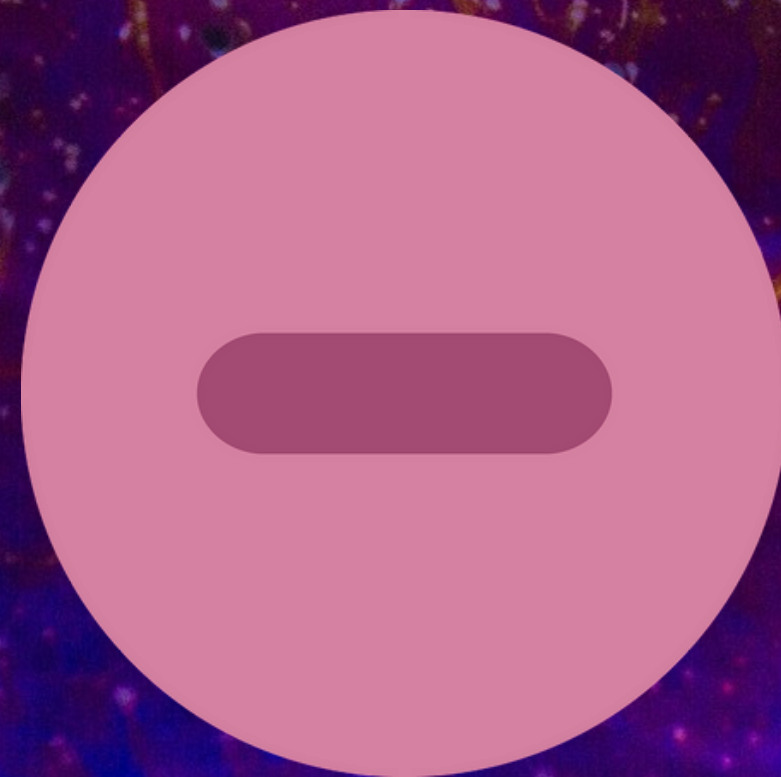
AN ALTERNATIVE FUEL SOURCE



AN ALTERNATIVE FUEL SOURCE

What if you could operate from a space of innate wonder, curiosity, and creativitiy?

**INSTEAD OF FOCUSING
ON CULTIVATING
CREATIVITY AND
CURIOSITY . . .**



**LEARN TO LET GO
OF THE FEAR AND
STRESS IN THE WAY**

**DON'T PUSH IT
AWAY**



DROP IT

**STRESS DOESN'T
ACTUALLY WEIGH
ANYTHING UNLESS YOU
PUT IT ON YOURSELF**





I USED TO THINK THAT . . .

Write down where you used to think stress came from:

I used to think that stress came from deadlines



NOW I KNOW THAT . . .

Now I know that stress really comes from:



NOW I KNOW THAT . . .

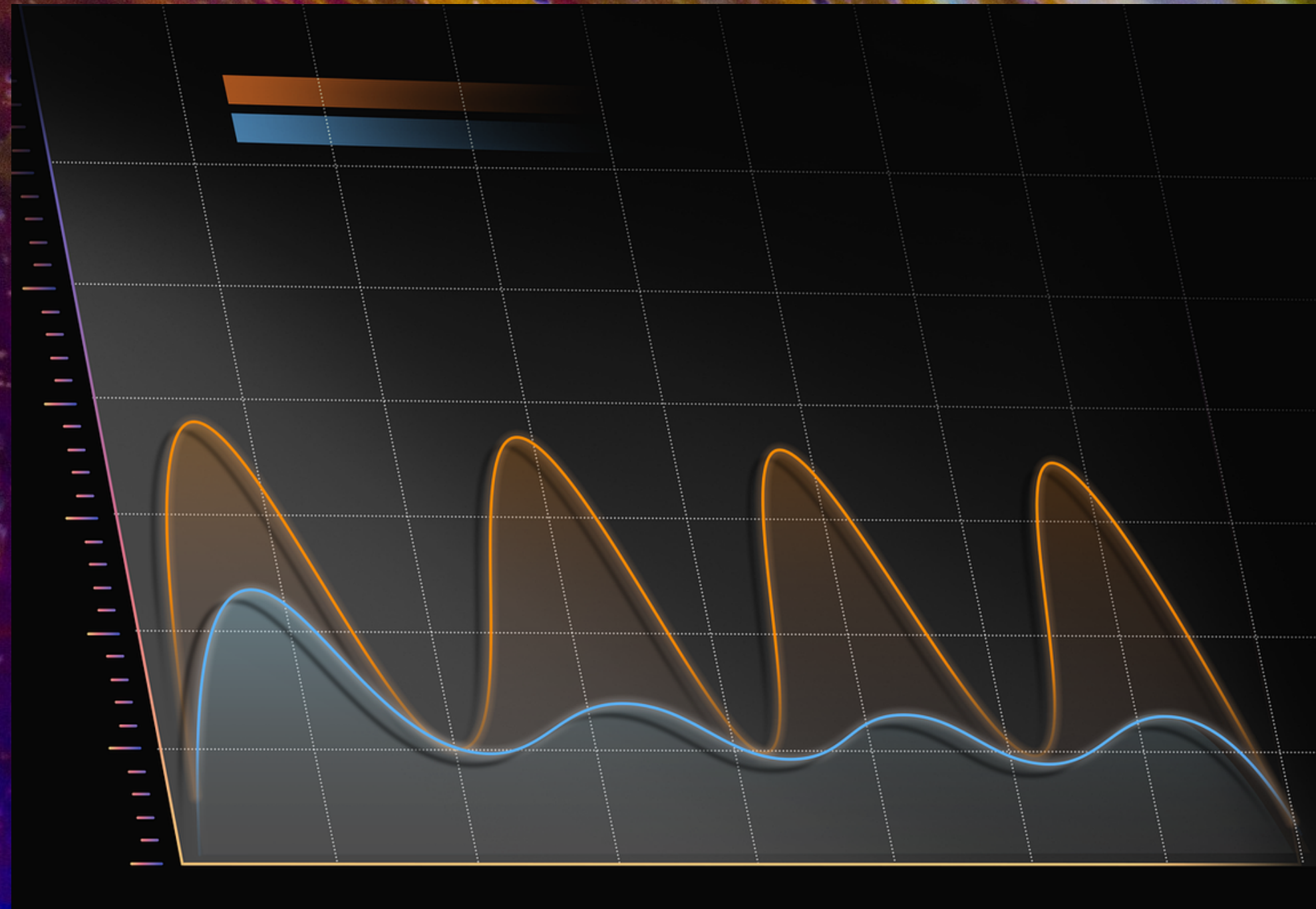
Now I know that stress really comes from:
my thinking in the the moment.

THE POWER OF THOUGHT

**Your stress is
caused by the
weight of our own
thinking.**



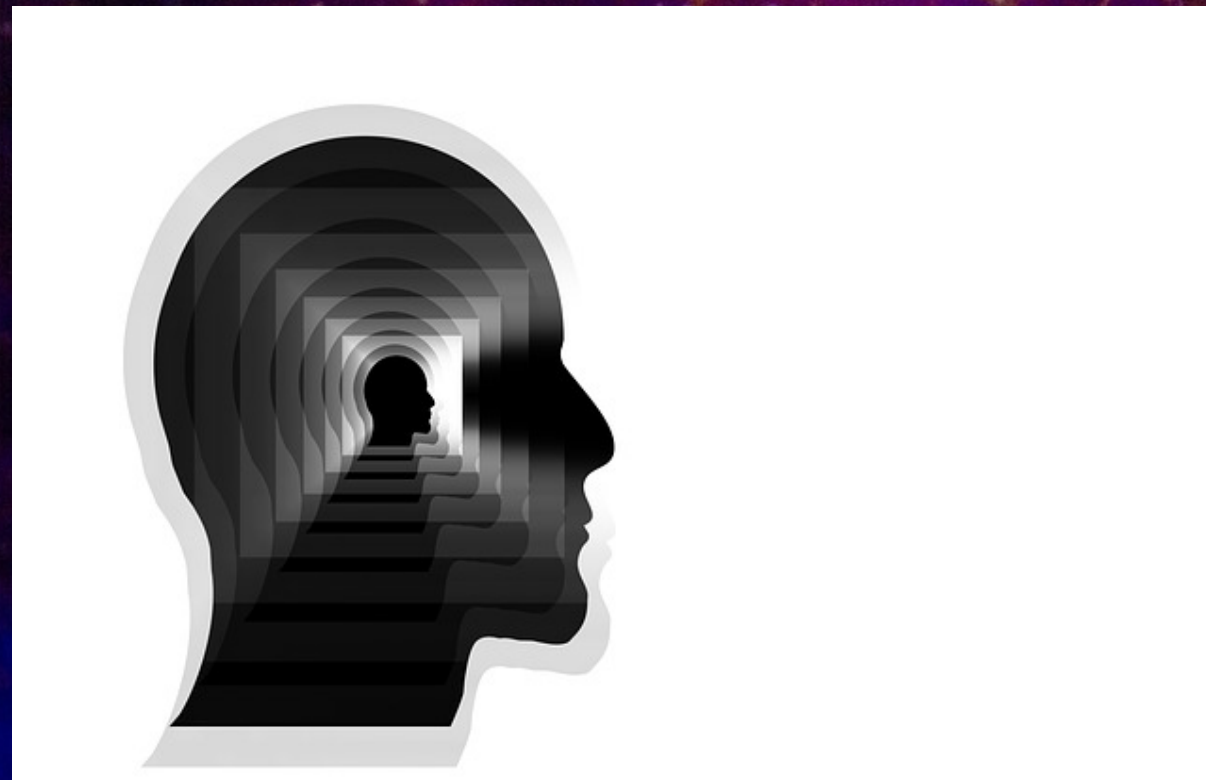
STRESS FLUCTUATIONS



MULTIPLYING STRESS

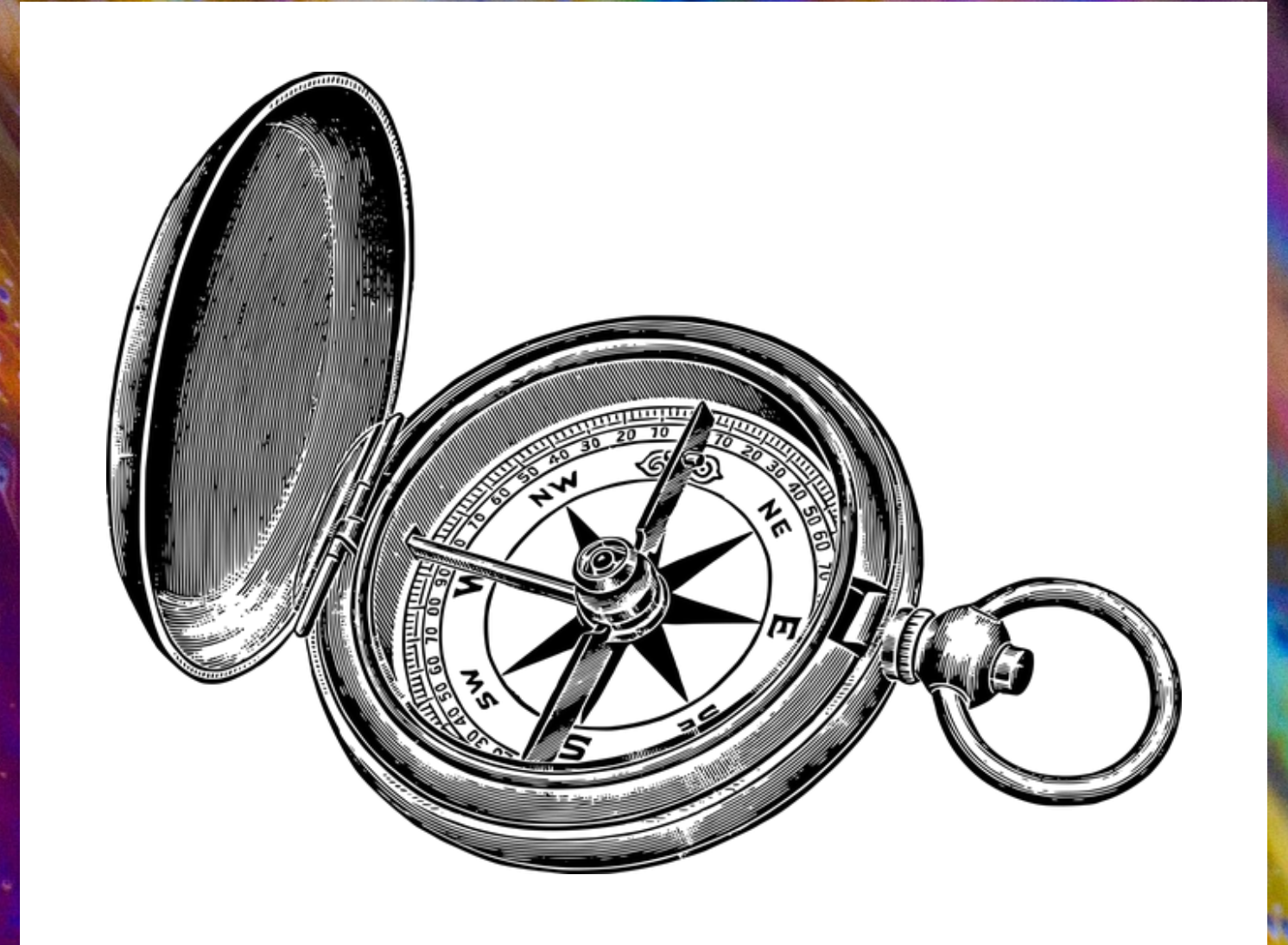


BORROWED STRESS



**STRESSING ABOUT HOW
STRESSED I AM**

**WHAT IF
STRESS WAS A
A GUIDE?**



THE SERVER EXPERIMENT



IS A STRESS FREE LIFE POSSIBLE?



RICH LIFE LIFE

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**Rich Life Discourse
and Rich Life Realization Podcast**



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