## quickSHIFT Stress - Success Cycle

Take a moment to ask yourself, are you stuck on a stress-success cycle?

As a reminder the stress-success cycle is where you stress, obsess, and worry until you achieve whatever goal you're working toward in the moment. But invariably, that nagging feeling comes right back—something is missing. You're not feeling calm anymore or focused. You ask yourself what else is on your to-do list. You'll focus on that because it will make you feel better. But it doesn't.	
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