



FEARLESS & FOCUSED

Your personal self-development program to cultivate
spiritual growth, inner-strength, and character.

Kerri Herndon, MS, CLC

Fearless & Focused Coaching Program Workbook

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Kerri Herndon, Kerri Herndon Counseling & Coaching, the Fearless & Focused Coaching Program address only the underlying spiritual issues of disease. We believe that people who use our products and or services can reasonably expect to have the issues of their heart healed through practical application of presented information and the miraculous power of God.

Dear Friend,

Everyone is susceptible to stress, anxiety, worry, depression, and fear. Unfortunately, Christian people often feel that they must hide their and pretend that nothing is wrong. This act in itself can make their condition much worse and more difficult to overcome. If you are battling with stress, anxiety, or depression, there is hope.

The primary focus of this program is on the development of self-control, spiritual growth, stress management, increased objectivity, choices, and compassion. Before we go any further, it is important that the following statement is made: If you are having any suicidal thoughts of harming yourself or others in any way, it is critically important that you consult your primary care physician or go to the nearest emergency room. Thoughts such as these mean that you are suffering from severe depression, and you will probably need special attention in order to control the severity of your symptoms.

However, for the majority of people, the concepts outlined in this program will help you to overcome both depression and anxiety. You may feel anxious or depressed at the moment but with the support of a caring community (loved ones, friends, therapist, counselor, etc.), and this program, I believe that you can move from fear into living a more focused life through Christ Jesus.

I pray that these exercises, practical suggestions, and spiritual insights will bring wholeness to your life, increase our spiritual understanding, and strengthen your ability to worship and serve God as He created you.

- Kerri Herndon, MS, CLC

Before you get started:

- Read through all the pages in the workbook up to the section marked Lesson 1.
- Follow the Focused Action Steps for every lesson.
- Pray and meditate on the word of God *every day*. Ask the Holy Spirit for wisdom and enlightenment of His word. Believe that the Lord will provide break mental bondage and strongholds to receive fresh truths and revelation.

Objectives:

- To be able to understand that God has provided solutions for a peaceful mind.
- To obtain an understanding of the common personality traits shared by people struggling with the challenges of anxiety and worry.
- To understand the background experiences that are often found in people with anxiety, stress and depression.
- To see that CONTROL is at the base of most of our anxiety.
- To begin to identify the positive sides of your personality.
- To understand the repetition of unhealthy thinking habits can cause anxiety and through renewing the mind (practicing healthy, positive thoughts) can bring freedom.
- To provide effective coping skills for stress and anxiety.

LESSON 1: Do you really have everything under control?

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. - Albert Einstein

Did You Know:

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older (18% of U.S. population).

The Anxiety and Depression Association of America (ADAA)

Introduction

Peace I leave with you; My [own] peace I now give and bequeath to you.

Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.] – John 14:27 AMP

Do you have trouble focusing during the day or sleeping at night? Are you fraught with worry about your relationships, finances, work, and family life? Do you get little enjoyment out of life? Have a secret fear of being in groups of people? Can't get on a plane, do a presentation, or get through a thunderstorm? Are you irritable much of the time? Have you had a racing heart and fear that you'll die suddenly from a heart attack? Do you tremble, shake, and have hot or cold sensations? Are you beset by other unexplained physical symptoms, such as dizziness, tingling, or muscle pains? Do minor physical symptoms trigger fears of deadly diseases? Do you constantly check the stove or the locks on your door before leaving the house? Has a traumatic event in your life left you with frightening flashbacks or a feeling of numbness?

If you identify with any (or many) of these symptoms and scenarios, you're not alone.

There is a difference between normal worry and excessive worry. Most everyone will experience feelings of worry at some point in their lives. As believers, we have tremendous power available to us, we have God's protection on and around us. However, our salvation doesn't guarantee a trouble-free life. We will encounter problems. Every one of us at different times in our life will go through seasons when things don't work out as "we" would like or planned.

A close relative of worry can be best described in terms of anxiety, a general troubled or uneasy feeling of apprehension. For the person suffering from an anxiety disorder, the worry is persistent and habitual, often initiated by unrealistic situations or thoughts. In addition, this worry is seemingly uncontrollable and often interferes with the ability of the individual to concentrate or otherwise function normally. Anxiety disorders can coexist with other ailments including panic disorder, depression and alcoholism.

It's a condition that has been misunderstood and misdiagnosed for years, affecting one out of every five people. Well over 20-million people.

Some people suffering from anxiety experience pain. Some, do not. Many of their problems are emotional and analytical. They are learned habits that can be unlearned.

The Bible teaches that anxiety brings a heaviness to a person's life (Proverbs 12:25). We have to keep in mind at all times, we are tripartite beings: we are spirit, we have a soul, and we inhabit a physical body (Thessalonians 5:23). When we accept Jesus, our spirit is born again, but our soul is merely "rescued" – it is now capable of being renewed, but it is not yet fully transformed. From the moment of our salvation, we must continually work on the transformation of our souls.

The mind has trouble differentiating thoughts and feelings about reality from reality itself. Anxiety is frequently linked to the perception that "things" – the environment, other people, my feelings, my thoughts – are not in control.

Now that we have examined anxiety and worry, let's take a closer look at how anxiety affects people.

People suffering from chronic anxiety often complain of:

- Strong anxiety episodes
- Racing heart/chest discomfort
- Trembling
- Nausea
- Hot and cold flashes
- Feelings of unreality and disorientation
- Dizziness
- Scary, uncontrollable thoughts
- Fatigue
- Feelings of helplessness
- Panic episodes
- Muscle tension
- Migraine headaches
- Numbness in various parts of the body
- Strange aches or pains

People suffering from anxiety disorder often have extreme apprehensions about the following:

- Dying
- Having a heart attack
- Fainting
- Losing their breath
- Going “insane”
- Losing control

- Embarrassing themselves in front of others
- Choking
- Hurting themselves or someone else

The four most common concerns of the anxious suffer are:

- Dying
- Embarrassing themselves in front of others
- Going “insane”
- Losing control

When a sufferer is experiencing a panic attack, he/she truly feels that he/she will lose control, go “insane” or die if they do not get to a “safe” place or person.

However, we know that the Lord is our strong tower, our refuge, He is our safe place. (Refer to Psalm 91 →)

In His word, God tells us to be anxious for nothing and to cast our care on Him (Philippians 4:6, 7). Many are familiar with this scriptural truth, but are not familiar in practical ways to apply truth to their life to walk in the freedom God has given us.

We have to practice self-regulation changing our thinking patterns, behaviors, and learn to improve our awareness to the relationship between thoughts, feelings and the body. Simply put, you have to learn to calm down, let go, and allow the work of Spirit inside of your life.

It is important however, that you listen, participate and have faith. It has worked for others and can work for you as well.

The following self-test has questions to assist you with evaluating your concerns. I encourage you to consult your physician, pastoral counselor, or a mental health professional and take the positive steps they recommend along with the helping resources in this workbook.

“He that dwelleth in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of Jehovah, He is my refuge and my fortress; My God, in whom I trust.

For he will deliver thee from the snare of the fowler, And from the deadly pestilence. He will cover thee with his pinions, and under his wings shalt thou take refuge: His truth is a shield and a buckler.

Thou shalt not be afraid for the terror by night, Nor for the arrow that flieth by day; for the pestilence that walketh in darkness, Nor for the destruction that wasteth at noonday.

A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee. Only with thine eyes shalt thou behold, and see the reward of the wicked.

For thou, O Jehovah, art my refuge! Thou hast made the Most High thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy tent. For he will give his angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone.

Thou shalt tread upon the lion and adder: The young lion and the serpent shalt thou trample under foot. Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name. He shall call upon me, and I will answer him; I will be with him in trouble: I will deliver him, and honor him.

With long life will I satisfy him, and show him my salvation”

Exercise 1.1

People suffering from chronic anxiety often share similar backgrounds.

Check the ones that apply to you.

- Alcoholism in the family
- Strict religious upbringing / family philosophy (control through guilt and fear)
- Parents with high expectations
- Siblings parenting other siblings or parents
- Feelings not easily expressed/displayed
- Negative emotional environment
- Lack of praise and approval
- Nervousness in family
- Over-reacting family members
- Feeling that you must always prove yourself as a child
- Separation or loss of some family member(s)
- General unstable upbringing with various conflicts

Due to the situation you may have experienced as a child, you have adopted certain personality traits. Listed below are the most common traits found in people suffering from chronic anxiety.

Check the ones that apply to you.

- Perfectionist
- Inner nervousness
- Tendency to over-react much of the time
- Low self-esteem
- Guilt ridden
- Extremely sensitive to criticism
- Emotionally sensitive
- Extremely high expectations
- Inability to make decisions
- Obsessive thinker
- Extremely analytical
- Suggestive to others problems
- Overly concerned with others opinions of you
- Tendency to worry about health problems
- Need to appear in control

Exercise 1:2

List the limitations and/or problems you have that you feel are a direct result of this condition.
List them in the order that they concern you.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

Defining Your Personality

Most people relate to a background that includes high expectations and overacting family members. We know that once we receive Christ, we become brand new creations in Him (2 Corinthians 5:17). However, for some, experiencing the fullness of our new relationship is hindered by who we used to be.

Review your list of background and personality traits that applied to you. Personality traits are extremely important. Your personality is the visible aspect of your character. More than likely, you will find that you relate to most of the listed traits. It is important for you to understand that the personality type and the type of negative, catastrophic, over-reactive thinking is what could be causing much of your anxiety.

Again, I want to emphasize, that once you accept Christ, you are a “brand new” creation. Remember, the goal is to provide practical application in renewing your mind.

For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control

. - 2 Timothy 1:7AMP

In terms of fears, many people believe they are most afraid of dying, fainting or going insane. Actually, someone who suffers with anxiety disorder very often is afraid of embarrassing himself in front of others.

Some Common Fears –

- Flying
- Socializing
- Driving or riding with others
- Speaking in front of people
- Standing in lines
- Being assertive
- Flying
- Socializing
- Taking medications
- Traveling
- Working
- Being in any situation where you are not in control
- Eating
- Fear of doctors/hospitals
- Fear of illness
- Shopping

Anxiety Evaluation 1:2

Check below any of the body symptoms you experience during an anxious period.

- | | |
|--|--|
| <input type="checkbox"/> Racing heart/chest discomfort | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Trembling/nervousness | <input type="checkbox"/> Hot or cold flashes |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Muscle tension |
| <input type="checkbox"/> Feeling confused and bewildered | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Insomnia/sleeping too much |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Restless feelings |
| <input type="checkbox"/> Numbness in various parts of the body | <input type="checkbox"/> Strange thoughts |
| <input type="checkbox"/> Feelings of fatigue and depression | <input type="checkbox"/> Feelings of helplessness |
| <input type="checkbox"/> Unexplained panicky feelings | <input type="checkbox"/> Uncontrollable bouts of anger |

How much do these symptoms bother you? *Circle the appropriate answer.*

Not much

Moderately

Extremely

Approximately how many times per week do you have panic attacks? _____

List the events, situations and/or opportunities that you have avoided this month in order to block anxiety, panic or feelings of depression:

During a typical day, how much time would you estimate that you spend worrying about this problem? _____

Are you on any medication for anxiety or depression? _____

What kind? _____ Dosage? _____

Have you seen a doctor for this problem? _____

What bothers you most about this condition? _____

How much does this condition disrupt your life? Circle the appropriate answer.

Not much

Moderately

Extremely

Understanding Depression

Depression is a global problem. One in six people around the world will suffer from major depression at some point during their lives. It has been estimated that by the year 2020 depression will be the greatest disability worldwide.

Depression is very misunderstood, perhaps because it can affect all three parts of your being – spirit, soul, and body. Any effective treatment for depression must address all three areas. Most of the time depression begins in your emotional and mental realm. Then it begins to affect your physical body, and finally it begins to affect your spiritual man.

Depression is a condition that can be defined in various ways; its severity ranges from the “blues” or a “bad mood”, to severe clinical – suicidal depression. The three major types of depression, also called depressive disorders or mood disorders, are:

Major depressive disorder: more prevalent in women than men, affects approximately 14.8 million adults – about 6.7 percent of the U.S. population. This is the leading cause of disability in the United States for ages fifteen to forty-four. It is an illness that can lead to an inability to function normally in society, and it can eventually lead to suicide.

Dysthymic disorder: mild depression, affects approximately 1.5 percent of the U.S. population or 3.3 million American adults. Dysthymia is characterized by a prevailing feeling of sadness. This disorder has symptoms similar to depression, but the symptoms are less intense and last at least two years.

Bipolar disorder: affects approximately 5.7 million Americans, or about 2.6 percent of the U.S. adult population. This type of depression, also called manic-depressive disorder, is characterized by mood swings that range from extreme highs (mania) to extreme lows (depression). These mood swings can be very rapid and dramatic, but gradual shifts from mania to depression and back to mania again are more common.

The picture of depression is often grossly distorted and therefore, even the mention of its possible presence is enough to make people often feel uncomfortable. A good number of people do not realize they are not only stressed and anxious, but also depressed.

Depression Assessment Scale 1:1

It is important that we be able to evaluate our level of depression and implement the appropriate behavior and coping skills that are helpful. **This week, begin to identify any depression that may be present, focus on a clear picture of depression and begin activities that will start to alleviate and uplift.**

This assessment tool has 16-groups of statements. In each group you are to choose the statement that most accurately describes your present way of thinking or feeling. Read all of the statements in each group before making your choice. Please circle only one number per group.

A.

1. I have had no unusual change in appetite.
2. I have had a mild change in appetite.
3. I have had a moderate change in appetite
4. I have had a severe change in appetite.

B.

1. I am satisfied with my weight.
2. I am concerned about my weight.
3. I am not satisfied with my weight.

C.

1. I have had no unusual change in sleep patterns.
2. I have had a mild change in sleep patterns.
3. I have had a moderate change in sleep patterns.
4. I have had a severe change in sleep patterns.

D.

1. I am satisfied with the quality of sleep.
2. I am concerned about the quality of sleep.
3. I am not satisfied with the quality.

E.

1. I have had no unusual change in energy.
2. I have had a mild change in energy.
3. I have had a moderate change in energy.
4. I have had a severe change in energy.

F.

1. I am satisfied with my energy level.
2. I am concerned about my energy level.
3. I am not satisfied with my every level.

G.

1. I have had no unusual change in sexual desire.
2. I have had a mild change in sexual desire.
3. I have had a moderate change in sexual desire.
4. I have had a sever change in sexual desire.

H.

1. I am satisfied with my sexual desire.
2. I am concerned about my sexual desire.
3. I am not satisfied with my sexual desire.

I.

1. I have had no unusual change in self-perception.
2. I have had a mild change in self-perception.
3. I have had a moderate change in self-perception.
4. I have had a severe change in self-perception.

J.

1. I am satisfied with my self-perception.
2. I am concerned with my self-perception.
3. I am not satisfied with my self-perception.

K.

1. I have had no unusual change in my ability to concentrate.
2. I have had a mild change in my ability to concentrate.
3. I have had a moderate change in my ability to concentrate.
4. I have had a severe change in my ability to concentrate.

L.

1. I am satisfied with my ability to concentrate.
2. I am concerned with my ability to concentrate.
3. I am not satisfied with my ability to concentrate.

M.

1. I have had no unusual recurrent thoughts of death or suicide.
2. I have had a mild amount of thoughts of death or suicide.
3. I have had moderate amount of thoughts of death or suicide.
4. I have had sever amount of thoughts of death or suicide.

N.

1. I am satisfied with the quality of my life.
2. I am concerned with the quality of my life.
3. I am not satisfied with the quality of my life.

O.

1. I have had no usual change in my health.
2. I have had a mild change in my health.
3. I have had a moderate change in my health.
4. I have had a severe change in my health.

P.

1. I am satisfied with my health.
2. I am concerned about my health.
3. I am not satisfied with my health.

Scoring

Questions A, C, E, G, I, K, M, and O demonstrate either physical or psychological symptoms. Add your score for those questions.

0-8	absence of depression
9-16	mild degree of depression
17-24	moderate degree of depression
25-32	severe degree of depression

Questions B, D, F, H, J, L, N and P indicate personal satisfaction.

0-8	optimal personal satisfaction
9-16	concern about personal satisfaction
17-24	lacking in personal satisfaction

DO NOT let your score frighten you. If you feel you scored rather high and this concerns you, please talk with your physician about depression. It is common for people suffering with acute anxiety to be depressed. However, if your score is high, you might feel better talking with your physician.

To be repeated during your 11th week, on Lesson 11. Do not look at this first evaluation again, ignore it until you repeat it in Lesson 11.

In each of the Lessons hereafter, you will be given more and more information about stress, anxiety and depression. Recovery is a gradual process and our goal is to help you week-by-week to build a strong foundation of knowledge and skills. Unfortunately, there is no magic switch that turns all the negative feelings off, but there is freedom in awareness. Commit yourself to learning and improving daily, weekly, step-by-step.

Focused Action Plan:

Please note, these steps are not required, but suggested. The following action steps will allow you to begin working toward living in freedom of fear, anxiety, and stress.

1. Read and meditate Isaiah 26:3. Revise the scripture and create an affirmation for daily confession.
2. This would be a good week to make an appointment with your doctor for a checkup. Be sure that your thyroid is tested. If your depression level is interfering with your daily life, this might be a good time to talk to your doctor about an antidepressant.
3. Begin journal writing to keep track of your anxious episodes:
 - a. Where were you?
 - b. Time of day?
 - c. What were you doing?
 - d. What were you focusing on (thinking about)?
4. Begin to chart a plan to eliminate caffeine, sugar and any other stimulants you are using. Write a clear contract with yourself that details your daily plans for some type of aerobic exercise. Talk with your doctor about this.
5. Observe your behavior this week. Notice how much your “overdo” personality traits (perfectionism, worrying...) influence your anxiety, stress and depression levels. Catch yourself over doing perfectionism. How does your body feel? What is our emotional state when you realize “perfect “isn’t possible?
6. Develop a “wish list.” If my anxiety and/or depression weren’t holding me back, I would...
 - a.
 - b.
 - c.
 - d.
 - e.
7. Toward the end of this first week you may wish to sneak a peek at the end of Session two in the workbook. You will find a brief discussion and description of a breathing technique. Practice this technique for one full minute, ten times a day. Practice when you are not particularly stressed, anxious or panicky.
8. Begin reading the bible daily. Proverbs has thirty-one proverbs, perfect for each day.
9. Begin reading an inspiration book

APPENDIX A

Resources for Depression and Anxiety

Morning Glory Meditation Exercise©

Morning Glory Meditation Exercise© is a serenity skill that I have developed in preparation for daily devotional time. It provides a guide quiet the “white noise” or clear mental fog while learning to live a life of love and appreciation. It can provide some basics to develop compassion for self and others while building coherence between the heart and mind. Using the power of mindfulness meditation can assist with soul healing the soul while releasing toxic emotions.

Keeping in mind that we are three-part beings (spirit, soul and body), every part of you is connected. If you have a tense mind (which resides in your soul), you have a tense body.

Optimal results are achieved when allowing at least 20 minutes to perform this meditative exercise, preferably in the morning prior to your personal devotional time. It will assist you with clearing the clutter and the random thoughts that try to invade your mind as you seek wisdom in asking the Lord God to establish your thoughts and steps for the day.

Transformation take away

Remember, consistency is the key. The more consistent you are with other spiritual activities (attending church services, praying regularly, etc.) along with serenity skills such as Morning Glory Meditation Exercise©, you can greatly reduce feelings of anxiety, stress, and overwhelm.

This meditative practice has the potential to bridge the gap between your heart and mind. Creating a daily routine will assist with replacing fear, worries, and anxieties with love and compassion.

Resting in God’s Glory Everyday

1. Find a comfortable place to sit and pay attention to your breathing. Focus on the love of God, His grace and mercy being extended to you this morning. Begin to focus on your breathing. Imagine that each breath you take is the Spirit of the Living God coming into your body cleansing and healing it. Pause. Concentrate on the sensation of the cleansing air moving in and out of your nose and mouth. Notice your belly move in and out.

Pay attention to your breathing. Allow your belly to rise as you inhale and to slowly fall back down as you exhale. Take some time to breathe deeply as you prepare to welcome the Holy Spirit. Pause.

First concentrate on your forehead. As you breathe in, notice the muscles of your forehead. Become aware of any muscle tension in this area of your body. As you breathe out, let go of any muscle tension you find by purposely relaxing the muscles. It begins with an awareness of the tension on the in-breath, and letting go of the tension on the out-breath. Repeat for several slow deep breaths.

Next concentrate on any muscle tension in a particular body area as you inhale (like your shoulders). Now, as you exhale, consciously loosen and release that tension. Imagine the breath traveling into that particular area is a radiant healing light, then traveling out as you exhale. As the breath leaves the area, visualize the muscles slackening, as if your breath is carrying away any tension and stress you may have. Each time you breathe, make sure you are taking slow, deep breaths, concentrating on noticing how your belly rises as you inhale and falls as you exhale.

You may be aware of thoughts or feelings rising into your consciousness, or even possibly images popping up in your mind's eye. Perhaps you are aware of impinging worries, anxieties, fears, fantasies, or other preoccupations involving the past or future. It's okay and do not allow it to distract you. It is not a "failure" of your efforts to relax or become mindful; you are learning a brand new skill to support you in learning to take control of random thoughts and responses.

Begin to recite the following phrases (or an affirming scripture focused on love):

- I am filled with love, joy, peace.
- I am filled with longsuffering, kindness, goodness.
- I am filled with faithfulness, gentleness, and self-control.
- I am filled with the wisdom and knowledge of God.
- I am strengthened with might through His Spirit in my inner self.
- I have been renewed in the spirit of my mind through Christ.

Allow the feelings to arise with these words. Repeat the phrases, letting the feelings permeate your mind and body. (Continue this practice for a few weeks until you sense an authentic loving kindness toward yourself.)

If and when you notice that you've been carried away in a stream of associations, merely observe them. Then, gently return your awareness to your breath. Your breath is the gift of God giving your life; healing and cleansing your spirit, soul and body. Allow your breathing to once again become your focus, letting your thoughts recede to the background. Your awareness of your breathing helps anchor you in the present.

For the remaining time, keep your awareness focused on your breath and how it travels into your body; healing all tension and stress restoring the presence of peace and the euphoria of love. Gradually bring your consciousness back to your surroundings.

When you feel ready, start with this meditation practice, using the same phrases, but gradually expand the focus of your love, kindness, and appreciation to include others. Imagine the person and thoughtfully recite the phrases:

- I am filled with love, joy, peace.
- I am filled with longsuffering, kindness, goodness.
- I am filled with faithfulness, gentleness, and self-control.
- I am filled with the wisdom and knowledge of God.
- I am strengthened with might through His Spirit in my inner self.
- I have been renewed in the spirit of my mind through Christ.

Remember, consistency is the key. The more consistent practice of this practice along with other spiritual beliefs (attending church services, praying regularly, etc.) along with serenity skills such as Morning Glory Meditation Exercise© can greatly reduce feelings of anxiety, stress, and overwhelm. Thoughtfully consider including a regular exercise program and vitamin supplement and gain overall tremendous health benefits.

Morning Glory Meditation Exercise© has the potential to bridge the gap between yourself and others replacing fear, worries, and anxieties with love and compassion.

ABOUT KERRI

Kerri Herndon, affectionately known as Coach Kerri, is a Life Transformation Coach and Christian Counselor who specializes in Transformation of the Soul – a process that compassionately guides women in unraveling layers of distortional thinking and fear to uncover the authentic self which is the essence of transformation.

Desiring to help people achieve wholeness with a faith-based worldview, Kerri obtained a Certification in Life Coaching from the Institute for Professional Excellence in Coaching, and her MA in Counseling from Sacramento Theological Seminary and Bible College to provide practical steps for achieving emotional and spiritual well-being.

Her passion for sharing and learning has led to the development of various resources, including seminars, conferences, and entrepreneurial ventures. With a desire to provide a foundation of leadership for young women, in 2006 Kerri founded Empowering Relationships, Inc. The non-profit organization provides life-skill and leadership training and conferences for girls between the ages of 8-18. In the same spirit of education and healing, she recently has co-founded a holistic healing center, the Authenticity Well-Life Center in Elk Grove, CA.

Kerri's first book, *Simply Me: Taking off the Masks through Effectual Prayer*, has helped countless women heal emotionally and spiritually from past indiscretions and pain. The book is truly a transformational tool for anyone seeking alternative ways of healing. She currently writes for the Examiner.com while developing her private coaching and counseling practice helping others to create the life they love.

Her testimony and life-transforming messages share the miracle working power of God and how he is able to use all our baggage for His greater purpose. She is a walking representation of the WORD at work and has made it her life mission to allow the Holy Spirit to use her to impact the lives of others. Kerri and her husband, Kevin have the pleasure to have been blessed with three children. They make their home in Northern California where they both were raised.

