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# How to Master Stress for Better Success

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**Presented by**

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# “How to Master Stress for Better Success”

“When you learn to work harder on yourself than you do on your job,  
you will become more effective on your job.”

List 4 things that cause stress for you:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## “TAP” Stress Model

**T = Tackle it in a positive way**

**A = Avoid it or learn to say “no”**

**P = Plan to accept or (if you are a spiritual person). Pray about it.**

**Whenever you have a stressful situation, ask yourself, is it**

**Controllable OR Uncontrollable?**

**If it is controllable, you have two choices – Tackle it or Avoid it**

**If it is uncontrollable, you have to plan to accept it or pray about it**

*The true art of living is listening to our warning signals and doing something about them before it's too late.”*

**Dr. Earl Suttle**

*“There are two ways of meeting difficulties. You alter the difficulties or you alter yourself to meet them.”*

**Marcus Aurelius**



# Ways to Master Your Stress

**S** - \_\_\_\_\_ and do something different.

**T** - \_\_\_\_\_ it into something humorous.

**R** - \_\_\_\_\_ your stress warning signals.

**E** - \_\_\_\_\_ your coping skills.

**S** - \_\_\_\_\_ positive when stressed.

**S** - \_\_\_\_\_ out support.

# **20 Point Wellness and Growth Plan**

1. Faith
2. Free from all addictions
3. Fitness Plan – energize yourself!
4. Food and Nutrition Plan
5. Flee from toxic people
6. Face fear and take smart risks
7. Reward yourself for special things
8. Family and friends support system
9. Find a counseling outlet
10. Build a love relationship in your life
11. Use time wisely
12. Create a personal growth plan
13. Financial freedom plan
14. Design a dream book for yourself
15. Daily fun plan
16. Open to change and self awareness
17. Rest – start your day slowly - Renewal
18. Have written goals
19. Have a relaxation plan
20. Love thyself by keeping a gratitude list.



# Write a Love or Commitment Letter to Yourself Exercise

Include at least 5 ideas from the 20 Point Wellness and Growth Plan in your letter you need to work on in the next 2 months.

Dear ...



