

7 PRINCIPLES OF THE STEPP™ PROGRAM



- Learn to say a Respectful but Powerful ‘No.’
- Know that you don’t always have to give a reason for your ‘No.’ You have the *right* to say ‘No.’
- Respect the Rights of Other’s to say ‘No.’ *Do not personalize the ‘No’s’* in life that you may receive.
- *Your ‘Yes,’ should resonate with you when it is given.* If asked to attend an event, volunteer for a project or enjoy an evening of entertainment, is it something you can see yourself saying ‘Heck Yes!’ to? If not—perhaps a ‘No,’ is more empowering.
- Review the consequences of your *habits*. Do they encourage a lifestyle that is vibrant, healthy and joyous? Or do your current habits lead to sickness, disease or injury?
- Value Your Time—this shows you value you and others will follow suit!
- Remember: Everyone has Personal Power! It is a Spiritual Power that is waiting to be tried—not denied!

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BENEFITS OF THE SEVEN PRINCIPLES OF THE STEPP™ PROGRAM



1. *Learn to say 'No.'* As I previously mentioned, many people first have resistance to this step, but that is because it has become so challenging for people to simply say 'No.' As a result, we wind up attending events, becoming involved in projects or spending precious time doing things we'd prefer not to do, sometimes spending money we never intended to allocate, or simply spinning our wheels in a direction that could be put to better use—say, going in a direction that will assist you in achieving your goals! Someone once stated: "To find happiness, find out what you *don't* like to do and do *less* of it, and find out what you *do* like to do and do *more* of it! Being able to say 'No,' eliminates those things that simply act as Vampires—sucking up all of your precious time. *Saying 'No,' will keep you On the Grow!*
2. *You don't need a reason for your 'No.'* Your 'No,' is good enough! No one has a right to the 'why' of your 'No,' unless YOU want to supply it. But don't supply a reason out of guilt or someone trying to 'shame-base you into an explanation.' Once your 'No' has been given don't concern yourself with how someone else feels about it. Remember we're talking about a Powerful, yet *Respectful* 'No.' How others internalize it is something they must deal with. *Know that what others think of you is none of your Spiritual business.*
3. *Respect the rights of others to say 'No.'* Just as you are able to reclaim your voice and exercise your Personal Power in saying 'No,' it is imperative that you respect the rights of others to exercise that same privilege. Once the shoe is on the other foot don't all of a sudden feel *you* must be given a 'why' for their 'No.' Do not personalize it, or go on a vendetta to determine why someone is choosing to elect to decline with you. Just as you're focusing on your path rest assured they are focusing on theirs. *Just know that it is all good, and K.I.M. (Keep It Moving!)*

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4. *Your 'Yes,' should resonate with you when it is given.* This is an easy step! ☺ Many of us do not feel 'resistance,' when asked to do something we think we might enjoy, have fun doing, or in some cases, can see ourselves making a positive impact on the world, such as aligning with a cause that one believes in. For some, this step encourages you to begin to say Yes! This allows you to move past your fears and enjoy activities, people, places and things that you've always wanted to do, but continued to hold yourself back from participating in. *Remember, discover what you like to do—and do more of it!*
5. What are the consequences of your habits? Remember that habits can have a positive effect on our lives or negative results, and consequences in themselves are simply that—*the result of continuing behaviors that we've cultivated.* Take a good, honest look at the habits you have created and determine if they are ones you want to see through to their obvious conclusions, or if they are ones you'd like to eliminate from your life to be replaced with more self-affirming, respectful, rejuvenating ones. This is not a time to judge yourself harshly or feel overwhelmed with the changes you may need to make. Simply assess where you are, where you'd like to be, and determine the best route for you to get there. Whether it's getting professional help, soliciting the support of family and friends, or developing a solo plan for you to address individually, determine what your goals are in this area of review, establish a reasonable time-frame for *them and begin to STEPP UP TO YOU!*
6. *Value your time!* M. Scott Peck stated: "*Until you value yourself you won't value your time. Until you value your time you won't do anything with it.*" Once you begin to value your time—you'll surround yourself with others that are of the same mind! You exhibit valuing your time in many areas of your life. From showing up to work to arriving at weddings, funerals, school events, movies and concerts promptly. There is nothing *fashionable* about being 'fashionably late,'—you're just late and inconsiderate of the actual event you're showing up to.
7. *Remember everyone has Personal Power!* It is not a power that can be used in a negative way. *Personal Power is a Spiritually-based, self-affirming way to present your true you. Your Personal Power is waiting to be tried—not denied!*

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