

Dear Peace Seeker,

Thank you for allowing this resource to walk with you on your path from stress to peace. I take both honor and responsibility in guiding you toward a mindset where calm, clarity, and confidence become your daily companions. This resource is designed to help you create a peace-focused, stress-free life—one boundary, one intention, one reflection at a time.

Most of us are used to operating on a 12-month cycle, pushing things off because we assume we'll "get to it later." But peace is not something you can delay. Peace requires presence. Peace requires choice. Peace requires boundaries.

If you want to remove stress triggers from your life, you must commit to establishing boundaries and building a life rooted in your "I Am" statement. You'll begin by naming your pain points, calling out a stressor, and writing the "I Am" declaration that will anchor your transformation. This is where your new system of commitment and dedication begins—your shift from stress to detoxing, from overwhelm to alignment, from chaos to clarity.

Each day, you'll reflect on your triggers, emotions, intentions, and daily experiences. Even if you don't "work on it" on a particular day, you will still reflect—because every step counts. The goal is consistency, not perfection. Daily habits lead to progress, and progress leads to peace.

Before you know it, you'll begin creating the mental and emotional environment where stress-free living can flourish. You'll start to see your triggers clearly, understand their patterns, and remove them from your life. And through the boundaries you create, establish, and enforce, you'll prevent those triggers from returning.

I'm excited you chose this journey for yourself. Stress deserves no place in your daily life. Knowing what triggers it—and building boundaries that protect your peace—will change not only how you see your life, but how you live it.

I took this journey myself. Within six months of daily journaling and staying committed to my "I Am" statement, I experienced my peace breakthrough. You will get yours too. Stay focused. Stay honest. Stay committed to your peace.

Peace,

A rectangular box containing a handwritten signature in blue ink that reads "Vernetta R. Freaney".

“If you don’t set boundaries, evil will. They won’t set them to protect you. They’ll set them to use you. Boundaries are not walls to keep people out. They are fences to keep purpose safe.” – Dr. Miles Monroe

Your Pain Point

What is your stressor?

Can you be more specific?

Give an example.

How long has that been a stressor?

What have you tried to do about that?

And did that work?

How much do you think that has cost you? (*Time, money, relationships, energy, etc.*)

How do you feel about that?

Have you given up trying to deal with your stressor? Why or why not?

I release and let go of _____.

Ex. I release and let go of negative energy, self-doubt, anger and procrastination.

Boundaries are guardrails to protect your time, energy, emotions, money. You create the guardrails. Then you navigate life within them. Boundaries create the freedom of how you live your life.

Stress Triggers

What is a stress trigger? Anything that causes you hurt, sorrow, pain, anger, bitterness, envy, jealousy, etc. You get the picture. It's something that causes negative emotions within you.

These are what you want to remove. You shouldn't try to remove more than 1 big stress trigger at a time. It's like a goal. And what you do each day (intentions) is the work to accomplish that goal. This prevents you from creating endless to-do lists or trying to accomplish too much in a short amount of time that only stresses you out or frustrates you when you don't complete it.

You will decide what intentions (action steps) need to be taken to remove your stress trigger. And you will keep thinking of ways until it's finally removed. Some intentions will work. Others won't. Keep implementing intentions until one or a collaboration of them work to remove your stress trigger.

Deadlines are great with goals. But removing stress triggers isn't something you can give a deadline. It's something you'll continually work on until it removes itself from your life.

Ex. – Stress Trigger: Overwhelmed from doing too much for others

Ex- Intentions: figure out why I feel the need to do so much for others, allocate a certain amount of time weekly to help others, place parameters on who and how I help others, stand on 'No' without giving an explanation, choose 2-3 people or organizations that will receive your time then cut others off at the moment.

Whatever you choose you must commit to keeping those intentions because they enforce your boundaries.

Some stressors take days or weeks to get out of your life. Others may take months or years. The key is to figure out the right combination to remove it, prevent it from returning and enforce boundaries to make sure it doesn't cause anymore chaos in your life.

Reflect on your intentions daily to see how they are working or let them go if they aren't working.

What stress trigger are you going to remove first? _____

Some people have a few others have many. Whatever the case is for you, just keep being diligent until all of your stress triggers are removed from your life. And stress triggers pop up. Knowing how to do the work prevents them from taking over. This is a commitment to your I Am statement.

“I Am” Statement

Your “**I Am**” statement is what you want most from your life. This will be what you base living your life on daily. It needs to be an adjective. Something you want to describe the life you want to live. *Ex.* I am joy.

I Am _____

The Teacup and the Saucer

This teacup is you. Your body. Your mental state.

The saucer is what's outside of you. Your abundance. The overflow.

Imagine a teacup. We fill it up to drink it. We always like to drink from a full cup. It just tastes better that way. When you are full, you perform better. You communicate better. You live better. You're more relaxed.

When you are not full, you are irritable, cranky and snappy. You have nothing to give to anyone including yourself. Frustration or anger seeps out with thoughts, actions or how you speak to others.

In order for stress to not reign supreme in your life, you must live from a full teacup. You must put boundaries on your time, remove stressors from your life and live by your "I Am" statement.

These 3 things allow you to stay full. Being full allows you to create overflow. This is where the saucer comes into play. The saucer catches the spillage from the teacup.

When you are overflowing with abundance from no stress, you then have the energy and time to do for others, be creative and do more than you could have imagined in your life.

If you are not full, you have no reason to give anything to anyone else. It will just drain you even more. Think about how you act when you are drained.

Your goal should be to fill up your teacup, no matter how painful to others it may seem, so you can always give freely from your saucer.

Your full teacup is for you. The overflow on your saucer is for everyone else to share. If you have nothing on your saucer then you have nothing to give to anyone else at that moment.

And that's okay. You are not meant to do for others until you have done for yourself first.

Fill your cup up so you can give to others from your saucer.

How will you fill your cup up? [This means what is your *daily* self-care practice(s). *Ex.* not answering emails after a certain time or limiting work calls outside of work or setting quiet time or stepping away from social media a set time each day or finding a hobby, etc.]

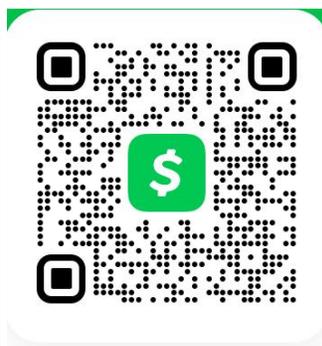
*This is to help you establish what your boundaries are on **YOUR** time.*



Vernetta R. Freney is an award-winning personal blogger and digital storyteller known for her honest, vulnerable reflections and decade-long success in online entrepreneurship. Before returning to personal blogging, she built a notable footprint across events, faith, and women’s entrepreneurship content. She created and produced the podcast [A Toast to Truths](#), led the award-winning Fusion Tour, and became a sought-after speaker and community builder. Her work has earned national recognition, including being named one of Houston’s Top 100 Young Professionals in 2015 and features in outlets such as the *Wall Street Journal*, CNBC.com, EOFire, and *Madame Noire*.

With nearly 20 years in education—from ESL instruction to academic administration—Vernetta brings deep expertise in instruction, leadership, and operations. Her career also spans media and organizational leadership, including hosting and producing the TV show *Ms. Gamechanger Knows*, consulting in podcast advertising, serving on nonprofit boards, founding the Houston African American Bloggers Association, and co-founding FreshCo Community, a coworking collective. She has spoken nationally on blogging, burnout, and entrepreneurship at conferences, workshops, and trainings across the country.

Today, Vernetta works as an Education Consultant, helping schools and organizations design forward-thinking, equity-centered solutions that move education into its next era. She holds a B.A. in Liberal Studies from Texas Wesleyan University, an M.Ed. in Education Administration with a concentration in Organizational Leadership from Grand Canyon University, and is a ministerial graduate of The Potter’s House School of Ministry.



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