

# STRESSED TO SACRED



BECOMING **FAB**

CRAFT TALK HOLIDAY SERIES  
DAY 1 | FROM STRESSED TO SACRED  
[WWW.BECOMINGFAB.COM/E10](http://WWW.BECOMINGFAB.COM/E10)

TO

FROM

*Tranae*

DATE

*December 2015*

# TERMS

THE IMAGE APPEARING ON THE COVER WAS PROVIDED AS A FREE DOWNLOAD BY RESTORED 316 DESIGNS.

THE THEORY OF MULTIPLE INTELLIGENCE IS THE INTELLECTUAL PROPERTY OF HOWARD GARDNER.

THIS GUIDE IS FOR PERSONAL USE ONLY. THIS GUIDE IS AVAILABLE AS A FREE DOWNLOAD FROM BECOMINGFAB.COM AND IT IS NOT TO BE SOLD.

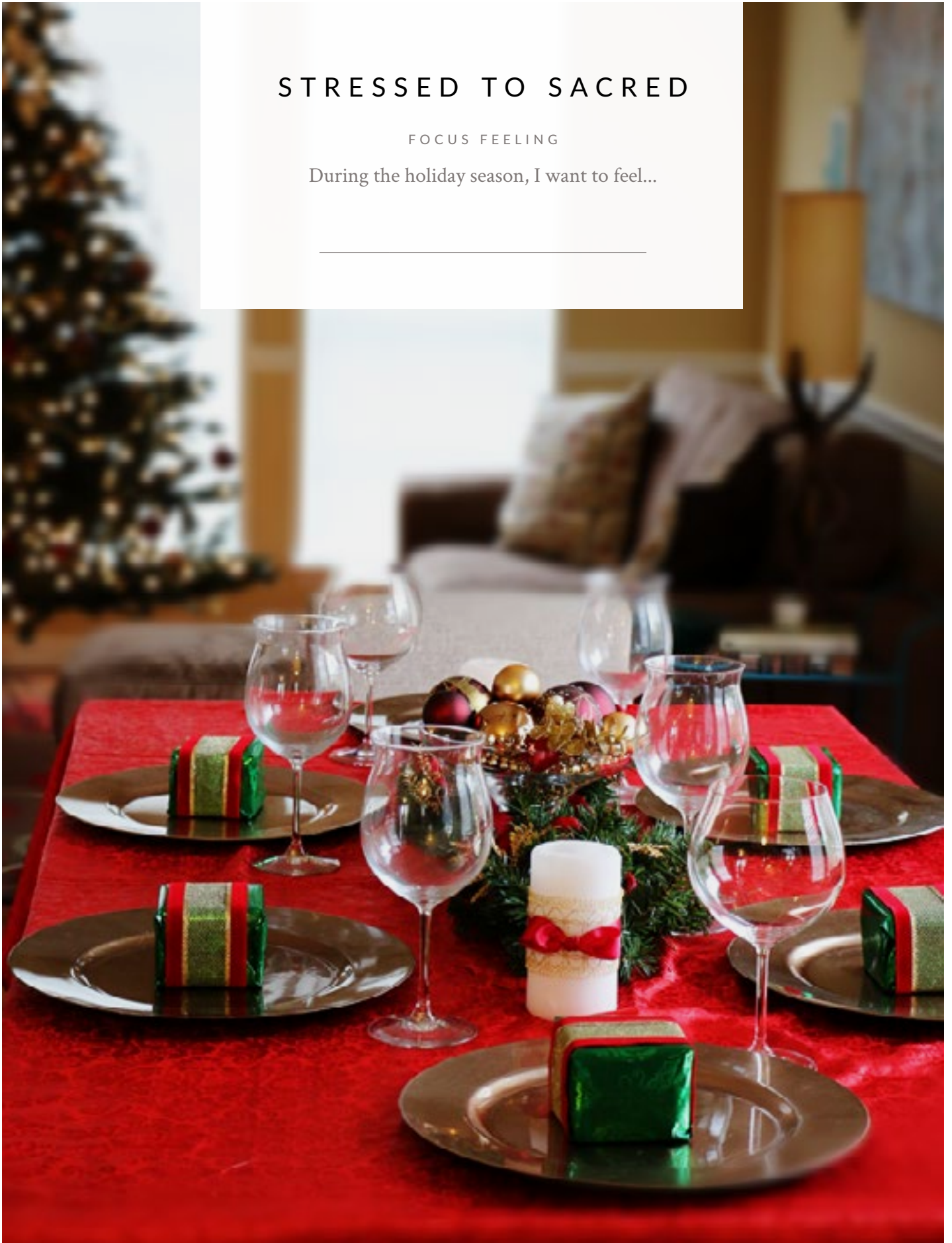
THE SELF HELP CONTENTS ARE SOLELY THE OPINION OF THE SELF HELP AUTHOR AND SHOULD NOT BE CONSIDERED AS A FORM OF THERAPY, ADVICE, DIRECTION AND/OR DIAGNOSIS OR TREATMENT OF ANY KIND: MEDICAL, SPIRITUAL, MENTAL OR OTHER. IF EXPERT ADVICE OR COUNSELING IS NEEDED, SERVICES OF A COMPETENT PROFESSIONAL SHOULD BE SOUGHT. THE SELF HELP AUTHOR ASSUME NO RESPONSIBILITY OR LIABILITY AND SPECIFICALLY DISCLAIM ANY WARRANTY, EXPRESS OR IMPLIED FOR ANY SELF HELP OR OTHERWISE PRODUCTS OR SELF HELP OR OTHERWISE SERVICES MENTIONED, OR ANY SELF HELP OR OTHERWISE TECHNIQUES OR PRACTICES DESCRIBED. THE READER OF THIS SELF HELP RESOURCE ASSUMES RESPONSIBILITY FOR THE USE OF THESE SELF HELP MATERIALS AND INFORMATION. THE SELF HELP AUTHOR ASSUMES NO RESPONSIBILITY OR LIABILITY WHATSOEVER ON THE BEHALF OF ANY READER OF THESE SELF HELP MATERIALS.

# STRESSED TO SACRED

FOCUS FEELING

During the holiday season, I want to feel...

---



TO FEEL \_\_\_\_\_ I WILL STOP...

---

---

---

---

---

---

---

---

---

---

TO FEEL \_\_\_\_\_ I WILL...

---

---

---

---

---

---

---

---

---

---

# ABOUT TRANAE

NEW BEGINNINGS

2012

The year I founded Becoming FAB

PHILOSOPHY

I believe creativity is key to joy, success, and wellness. Becoming Fab centers on the belief that creative living occurs when you focus on what matters most, take action, and be in the moment.

FAVORITE PAST TIME

CRAFTING /  
READING

//

*Creativity requires the courage to let go of certainty.*

ERICH FROMM



LIKE US ON  
FACEBOOK

*Some interesting facts*



CHANGE

The dragon's eye is a symbol of change and choice.

EDUCATOR • COUNSELOR • LIFE COACH

*Work With Me*

PERSONAL COACHING  
LIVE WORKSHOPS  
GROUP COACHING  
VIRTUAL COURSES



Craft Talk is my weekly YouTube series promoting personal development through crafting.



FOCUS  
ACT  
BE



*Hello*





## KEEP IN TOUCH

NEVER MISS A POST. JOIN OUR MAILING LIST

[BECOMINGFAB.COM/JOIN](https://becomingfab.com/join)

