



# 12-Steps to Overcoming Toxic Air

STEPS	The Canary Concept	This book has one simple goal: To help clear the toxic air—for you, for me, for all of us. Our children, our canaries, are daily demonstrating that this culture has created such toxic air that the youngest among us cannot survive if we do not act, now. So, will you join me?
STEP 1	<b>Know Your Mission</b>	What is your personal mission? Why do you exist? What is your purpose? What causes you stirring and angst?
STEP 2	<b>Evaluate Your Fit</b>	Give yourself permission to design your life. If you don't fit, quit!
STEP 3	<b>Guard your input</b>	You are impacted by what you allow INTO your life, heart, mind, and soul. What you allow IN will become part of what you EXHALE, out into the collective air we all breathe.
STEP 4	<b>Overcome Objectification</b>	Do you believe you will make mistakes? Do your mistakes define you? Do you hold yourself and therefore others to impossibly high standards, so that your experience is one of frustration and stress?
STEP 5	<b>Understanding Projections</b>	Consider this: What I don't like in me, I don't like in you What is it about you that you do not like? Do you need to make changes? Do you need to accept that you have limitations? Unmet needs?
STEP 6	<b>Deactivate</b>	In the current era, many of us find ourselves feeling spent, used up, and depleted. We are simply holding on to too much and we begin to feel the tension. What can you release?
STEP 7	<b>Know your Capacity</b>	Do you believe you can expand your capacity? Do you recognize that committing to increase your capacity is self-care?
STEP 8	<b>The 3 Limited Resources</b>	Time, Energy, Money Are you fearful of not having enough of these 3 limited resources?

STEP 9	<b>Overcoming the Trying Trap</b>	Trying creates an excuse to NOT change No excuses. Are you in the trying trap?
STEP 10	<b>What happens to us matters</b>	Do you see yourself as a victim or as a survivor? Oftentimes, trauma is so ingrained and normalized that the experiencers accept it as the way life is. This mindset is counterproductive toward self-compassion and thereby a barrier to compassion for others.
STEP 11	<b>Plan Your Exhale</b>	Your influence, Words Matter The power of life and death is in the tongue. -Proverb How do you use your words?
STEP 12	<b>Hold onto Hope Legacy</b>	Your exhale, your influence, cannot be underestimated. What is your intentional impact today and for the decades to come?

*Overcoming Toxic Air, A Path to Healing and Hope-Filled Exhales* is available for purchase as a downloadable eBook, a printed paperback, an audiobook, and an accompanying workbook is available to help you process your own pain and plan your exhales. For more information, or to purchase the book, visit [www.theovercomingseries.com](http://www.theovercomingseries.com)



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