

KASI BELL

Guide to Being CareFree



www.thetattooedchristian.com



Hello there!

In this Step by Step Carefree guide you'll learn how to feel carefree and start enjoying life, instead of enduring it.

Living a carefree lifestyle is one where worries do not overwhelm you because you are able to effectively manage your stress levels and your own happiness. Caring less about the smaller things will help ensure your own sanity.

Kasi

Founder, The Tattooed Christian



Disclaimer

JUST A QUICK WORD OF WARNING – BEING CAREFREE IS NOT TO BE CONFUSED WITH BEING CARELESS. A CARELESS PERSON IS COMPLACENT, DOESN'T PULL THEIR WEIGHT, AND IS SOMEONE WHO MAY NOT RESPECT OTHERS. THIS IS NOT WHAT WE ARE TRYING TO ACHIEVE HERE. OUR GOAL IS TO LET GO OF WHAT WE CAN'T CONTROL, TO STOP WORRYING AND TO START LIVING. IT'S CARING ABOUT WHAT COUNTS BUT FORGETTING ALL THE NONSENSE THAT DOESN'T.



The 8 Steps

01 STOP TRYING TO BE PERFECT

Psalms 119:96-

To all perfection, I see a limit, but your commands are boundless.

02 SPEND SOME TIME DOING NOTHING

Matthew 11:28- "Come to me, all who labor and are heavily laden, and I will give you rest."

03 IDENTIFY YOUR STRESSORS

1 Peter 5:6-7 - Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

04 CONTROL YOUR ANGER

Proverbs 14:29 - "Those who control their anger have great understanding; those with a hasty temper will make mistakes."



COMMUNICATION



CONTACT DETAILS

Kasi@thetattooedchristian.com



WEBSITE

www.thetattooedchristian.com



SOCIAL MEDIA

_thetattooedchristian

The 8 Steps

05 LEARN TO LOVE YOURSELF

Proverbs 19:8- "To acquire wisdom is to love yourself; people who cherish understanding will prosper."

06 RELEASE ATTACHMENT TO OUTCOME

Proverbs 27:1 – "Do not boast about tomorrow, for you do not know what a day may bring forth."

07 SHOW GRATITUDE

1 Thessalonians 5:16-18- Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

08 GET OUTSIDE MORE

Ephesians 5:16-17- "Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do."



COMMUNICATION



CONTACT DETAILS

Kasi@thetattooedchristian.com



WEBSITE

www.thetattooedchristian.com



SOCIAL MEDIA

[_thetattooedchristian](https://www.instagram.com/_thetattooedchristian)

Apply The Steps

1

STOP TRYING TO BE PERFECT

You've likely heard it said before 'no one's perfect.' While it's true, many of us still secretly strive for perfection and then scold ourselves on occasions when we fall short. Aiming for this unachievable goal can be a hinderance and can zap our joy. Refuse to let your vanity, pride or ego rule your life. Caring less helps you to loosen up and worry less about your imperfections, mistakes or failures.

2

SPEND SOME TME DOING NOTHING

Every now and then, you deserve some serious leisure time. Take the time to treat yourself without worrying that you are not being productive. Why not sit in the garden and listen to the birds sing, read your book on the couch with a hot drink or book a spa day. Whatever it is – just relax and enjoy life.

3

IDENTIFY YOUR STRESSORS

Grab a notebook and jot down everything that overwhelms you or stresses you out. What is it that really makes you anxious? Try to cut out as many of these stress-causing factors in your life where possible. On the other hand, think about what makes you feel happy and carefree – and make more time for these things instead.





4

CONTROL YOUR ANGER

At times, we get provoked and it can be hard to react in the right way. When someone irritates you, be the better person and remain calm and courteous. Conversations are about connecting with people. If you feel yourself getting angry, try the 10 second rule. Just stop talking, breathe and think things through. Sometimes all we need is a quick 10-second pause and the right reaction will come easier.



5

LEARN TO LOVE YOURSELF

You are you, and that is amazing. If you want to be truly carefree, you need to learn how to love yourself first. Accept how you look and remember that you are unique. Focus on your strengths and not your weaknesses.

6

RELEASE ATTACHMENT TO OUTCOME

It's great to know what you want and to take steps to achieve that goal. But, don't get so attached to having something turn out a certain way in order for you to be 'successful'. This will only set you up for disappointment. Most often, when things don't go exactly to plan, it's surprising how things turn out far better than we could have imagined it anyway! Remember – bumps are not failures, they are feedback.

7

SHOW GRATITUDE

One of the simplest ways to be happier and to feel carefree, is to take the time to appreciate the here and now. Make it a daily habit to write down just three things that you appreciate most. It doesn't matter what it is – all that matters is that it made you feel good. The more things that you find to be grateful for, the more easily you'll feel happier, more optimistic and carefree about life in general.



8

GET OUTSIDE MORE

Studies show that increasing the amount of Vitamin D you get from sunlight can boost serotonin levels – which helps you to feel less stressed overall. Whether you have a good reason to go outside or not, make it your aim to get some sun on your skin and breath fresh air for at least 15-20 minutes each day. This alone can work wonders for your mood. It's pretty hard to be carefree and happy when you're sitting around doing nothing or watching TV all day. Don't trap yourself inside (if you don't need to) instead, get outside and be active.

“

Eternal God, You who hold our time and fortunes in Your hand, Thank you for giving us life, our most precious possession. We ask that You would bring about an awakening of Your presence as never before. We pray that You would unify Your people for the glory of Your Name and that all who call themselves Christians would rise up, believing Your great Truth.

Remind us to live aware, to redeem the time, to listen to Your words, and to be willing to make a difference. Shine Your face on us, dear God.

We need You now, more than ever before. Our times are in Your hands.

Thank You that You are rich in mercy and full of grace.

Thank you that you are Forgiving and merciful.

Make us Salt for the earth and light for the world.

We pray this in the powerful name of Jesus Christ, our Savior.

AMEN



“CareFree Q & A”

How has this guide helped you?

What areas do you want to improve by this time next year?

What do you love most about yourself ? (Examples- Eyes,Smile,Height Etc..)

How can you show an act of kindness today?

What can you do for yourself to make you feel special today?

The Takeaway!

By following these eight steps and learning to care more about the things that matter and not about the things that will suck your time, energy and sanity, you'll begin to live a much more carefree life.

However, sometimes more is involved and you may need help to move past certain traumas and emotions. You may need to book a session with a professional psychologists who can help you learn tips and techniques to better focus your thought pattern and rid yourself of any anxiety or negative thinking.

FOLLOW US

LEARN MORE

I really hope this guide helps you in developing a better Carefree Lifestyle. This Doesn't have to be goodbye Love, Follow me over on Instagram and Checkout my website www.thetattooedchristian.com to find other ways your life will be impacted. To hear me speak about these 8 steps check out my podcast on all major platforms. .

KoKo, Kasi



[_thetattooedchristian](https://www.instagram.com/thetattooedchristian)
www.thetattooedchristian.com
Kasi@thetattooedchristian.com



Listen on
Apple Podcasts