

Creating Your Best Life

ENVISION

What does living your best life look like?

FEEL

How do you want to feel?

ACT

What steps do you need to take?



Getting Clear

BREATHE

Breathe in. Breathe out. Close your eyes.
Focus on your breath. Spend a few minutes here, letting your thoughts go.
Feel the air feel your lungs.
Imagine all your thoughts floating away as you exhale.

CLEANSE

With your eyes closed, imagine you are underneath a gentle waterfall,
the water washing away any unwanted feelings or negativity.
See all of those feelings being swept away until the water runs clear.
Spend as much time as you need. Remember to breathe.

INSPIRATION

Gather together objects that center you, but remember they must
make you happy. Crystals are beautiful, with helpful properties
that you may find beneficial. Candles, in your favorite scent or
color, promotes attention and comfort. Turn on music that you
love. Brew a soothing herbal cup of tea, sip it from a tea cup or a
mug that makes you smile. Grab your favorite journal and pen.
Now let your imagination run wild. Picture your best life ever.
What does it look like? Don't censor yourself. Let the words flow.





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