



LOVE YOUR LIFE

Coach | Mentor | Speaker | Truth Seeker

Key Ingredients for a Sweeter Life

Love

Ease up. Be kind. You're amazing just the way you are. Be gentle with yourself and encourage a deep, loving relationship between your mind, body and heart.

Spend time, nurturing this relationship. It's the most important relationships you'll ever have.

Intention

Begin your day in a beautiful way.

Before you rise in the morning, decide how you'd love your day to unfold. State it in the present tense with belief. For example, 'today I will be focused, calm and trust my intuition.' Take a couple of minutes to close your eyes and imagine how you'll feel when your intention is your reality. Check in throughout your day to see if you're taking the actions that are aligned with your intention.

Gratitude

It's not happy people who are grateful, it's grateful people who are happy.

Each day state 7 things you're grateful for. Give thanks for your past, the present and what you'd love to experience in the future. Make sure you look for the blessings in the more challenging areas too. Remember, what we focus on grows.

Breathe

By altering your breath, you have the power to change habitual emotional patterns, which are coded into your mind and body.

Spend time consciously breathing each day. Begin by getting comfy, close your eyes and then inhale slowly through the nose filling the belly first and then exhale through the mouth making sure to empty the belly last. Practice making your exhale a little longer than the inhale.

3 minutes of conscious breathing can reduce stress and help uplift your state of mind.

Mindfulness

You are powerful, as long as you know how powerful you are.
-Yogi BhaJan.

When we are mindful, we create our life intentionally with the words we use and the thoughts we think. Become aware of the key conversations you speak about. Are you focused on what you want? Begin to use the language and thoughts that focus on your hopes and dreams.

Intuition

You have an intuitive knowing within you that will guide you in the right direction. Begin to listen deeply and honor the wisdom within you. When your intuition speaks, reflect on what you've heard, sit with your feelings and respond accordingly.

Journal

Buy yourself a journal and write each day. You could write one sentence or five pages, it doesn't matter. This simple exercise helps to clear the mind, connect with your wise self and awaken your creativity. If you get stuck with how to start the process, you may like to ask a question like 'Soul, what would you love to share today?'

Stick with the process and soon, you'll be amazed at the inspiration that flows.

Release

You will never have everything sorted, so why not let go of perfection. When you do this, you let go of control and this is when you experience more freedom.

Take risks, make mistakes and laugh at yourself. Let go and make space for your beautiful life.

Connect

Connection to self and others is one of our fundamental needs. The more you feel connected within, the more you'll feel connected with others.

Discover what awakens you. Find a practice that brings you to the present moment, where you understand that you're part of something much bigger than yourself.

Action

Take inspired action each day to create your gorgeous life. Adding rituals and taking the steps to create a life you love doesn't have to take up a lot of time.

Choose a couple of the ingredients above and honor yourself by implementing them daily. The more effort you make, the sweeter your life will become.