



Hand over heart. Deep breath.
Send love and positive energy to yourself.
Say something nice to YOU.

Appreciation (3)

Intentional Recall

Conscious Act of Kindness

Power Statements

Meditation

Conscious Movement



- Hand over heart. Deep breath. Send love and positive energy to yourself. Say something nice to YOU.

A deep calming breath calms the nervous system. Hand over heart activates the Vagus Nerve. One of my favorites is "I love you Lori, have a marvelous day."

- Appreciation

Our brains default to scanning for threats. We are training our brains to scan for things and experiences to appreciate. List three unique things and why.

- Intentional Recall

Recall a positive experience from the last 24 hours. Something that made you laugh, smile or feel really good. Your mind and body relive the experience.

- Conscious Act of Kindness

Text, email or call to compliment someone in your many circles. You send out positive energy and feel great and they will too. You create a ripple effect.

- Power Statements

What do you want for the day? Week? Year? Believe in your desires. Feel the flow of all coming to you. "I am _____."

- Meditation

Five to ten minutes of breath and calm is a key piece in manifesting your desires. Brain scans have shown that you stimulate the same regions in your brain when you visualize yourself performing an action as when you do the same action.

- Conscious Movement

Schedule the movement of your amazing physical body. Teach your body that your behavior matters. Sending positive chemicals through your body too!
