

# 1 TAP INTO SOURCE



Practice meditation to access the stillness within. Healing and guidance springs from your awareness in the present moment. Notice and trust that the universe is conspiring in your favor.

*how?*

# 2 RECORD NEW TAPES

Talk to yourself as if you were talking to a dear friend or child. Notice when you catch your mind headed for self deprecating thoughts. Pause and shift into forgiveness, unconditional love and kindness. Try giving yourself a hug, blowing yourself kisses, and finding the blessing in everything that seems to be going “wrong.” *how?*



# 3 BE IN & LIKE WATER

Become one with water. Hydrate, bathe, swim, and spend time around bodies of water. Connecting with what we are most made of reminds us of our true nature. Recognize and allow for the flow that is supporting you. *how?*

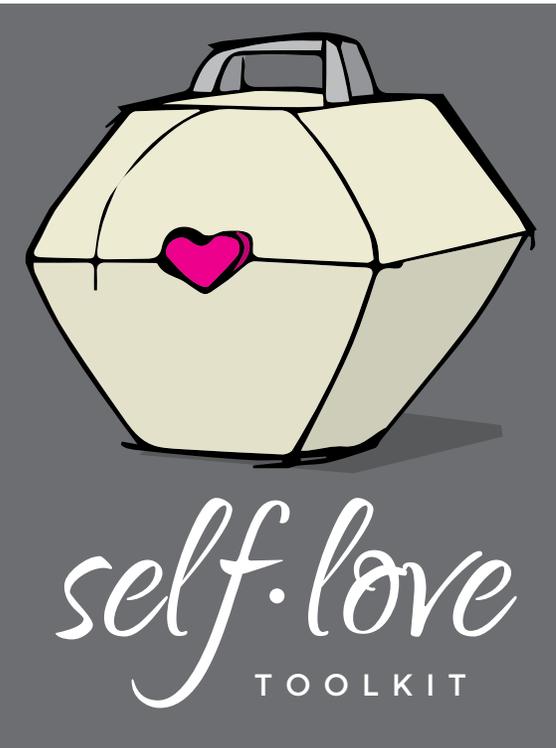


# 4 GIVE THANKS

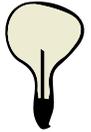


Gratitude for yourself and for all is self love at it's best. Celebrate your gifts, talents, and experiences—your opportunities for growth and letting go. “Wear thankfulness like a cloak and it will feed every corner of your life.”

-Rumi *how?*



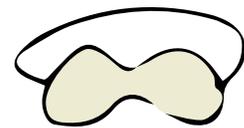
# 5 LIGHT UP



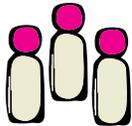
Express yourself in ways that feel authentic to you. Get crafty, dig in the dirt, or rearrange a bedroom. Share with others the fruits of this creativity and enthusiasm. Shine your light and spread the love. *how?*

Go to bed early. By 10pm. Sleep restores + rejuvenates. Give yourself the gift of sleep. *how?*

# 7 SLEEP



# 6 TOUCH



Practice self massage with great love. Bring awareness to your skin, your senses and your ability to heal with loving touch. *how?*

# 8 TUNE IN



Be in your body. Get to know what it feels like to have your attention at your feet, your heart, your belly, your energy field. Practice breathing into and around your body. Notice how your body feels throughout the day. What amplifies your experience? Try breath work, singing, mantra and movement. *how?*

# 9 NOURISH

Get curious about what nourishes you. Our habits create our lives. Check in with what beliefs and choices are no longer serving you. Create a daily routine that prioritizes your wellness and your feeling good. Fill up and overflow.

*how?*



# 10 MOVE

Practice yoga, walking, dancing, climbing, surfing or whatever moves you—just for you. You are made to move and it feels so good. Take it outside! *how?*

