

25 WAYS TO FEEL GOOD IN YOUR BODY

– in 1 Minute or More!



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Lisa Medley is the founder of Soulistic Arts. She is a Wellbeing Lifestyle and Body Intelligence Expert with over 20 years in the healing arts including a MA in Expressive Therapy, training in life and wellness coaching, therapeutic bodywork, holistic health consulting, and conscious movement & dance.

Lisa helps clients tired of survival or so-so mode who are ready for sustainable energy, joy, and grace. She is a thought leader in physiospirituality™ and the creator of various body-centered services including, **B.E.L.O.V.E.D. Your Body™ Program** that empowers participants to sustain high-level wellbeing and high-vibe living by cultivating a positive relationship with their body.



WELCOME!

Thank you for choosing to integrate more feel-good into your body, and your life!

In the following pages, you will discover **25 Ways to Feel Good** (or at least better) **in Your Body**. They are simple one-liners, followed by a brief invitation, visual inspiration, and lots of white (blue) space to breathe.

Your body is a sacred resource and designed to offer you internal sanctuary. *Practice is necessary*. These 1-minute (or more!) ideas are just a beginning. The more you feel good, the more you want to feel good.

The last page includes a list of all of the 25 Ways that you can print out, tuck inside your planner, put next to your computer, or anywhere that will help you keep your birthright to feel good top of mind-body.

One of the many benefits about feeling good is that it is a process of *remembering*. Your natural state is EASE. It is a matter of returning to what you – and your body – already know how to do/be.

Feel free to share your questions, comments, and aha's anytime at Lisa@SoulisticArts.com

Blessings,
Lisa

Lisa Medley ★ SoulisticArts.com

1. EXHALE, INHALE

Seeking spaciousness? Create room in your body and expand your inner world by playing with exhaling first to release pent up, unnecessary, and excess stress. Then, simply allow your body to inhale and be inspired.

2. PLACE

YOUR
FEET
ON
THE
EARTH

3. LIE
ON
THE
EARTH



4. SMILE

Even if, and especially if, you don't feel like it. Try on this simple facial acrobatic, shift your physiology, and notice something to smile about. Goodness is always there.



5. CONNECT WITH NATURE

Super duper powerful. Just do it. And be.



6. STAND UP

Remedy sitting dis-ease and claim your space.

7. CIRCLE YOUR HIPS

Pretend your hips are inside a hula hoop.

8. STRETCH INTUITIVELY

Tune in. What part of your body is asking to breathe, expand, and take up more space?

9. DANCE LIKE NO ONE IS WATCHING

Since no one is watching, DANCE IT OUT!

10. DO JUMPING JACKS

A quick overall body boost!

11. SIGH, SOUND, SING

Release excess stress - including the stuck energy of the things you can't say without being socially inappropriate. Free the power of your voice.



12. PAUSE

13. PLACE YOUR HANDS ON YOUR HEART

Support this precious resource and fill it with light and cellular happiness.



14. FIERCE APPRECIATION

Choose something, anything!, and love on it. Imagine that you are a young child or alien and are seeing this person/place/thing for the first time and find it incredibly amazing wonderful awesome! Play with this heart-filled attention to a part of your body...



15. SMELL A FLOWER

Breathe in beauty.



16. PUT ON LUXURIOUS MOISTURIZER

Take care of the largest organ in the body.



17. CHEW YOUR FOOD

Your belly with thank you.

18. EAT A VEGETABLE

Your belly with also thank you.





19. IMAGINE YOUR HEAD AS A BALLOON

Lighten up your perspective and take some weight off your shoulders.

20. RELAX THE MUSCLES AROUND YOUR EYES

Give them a break from doing too much.

21. GAZE AT A CANDLE FLAME

Enjoy this movement meditation.



22. RECALL A FEEL-GOOD-IN-YOUR-BODY MEMORY:

What were you doing?

Where were you?

How were you feeling?

How were you awakening your senses? Touch/Taste/Smell/Hear/Sight

23. ASK YOUR BODY: WHAT WOULD FEEL EXQUISITE NOW?

24. THANK YOUR BODY FOR ITS SERVICE

Two of the most powerful words on the planet, “thank you.”



25. REMEMBER YOUR BODY AS SACRED

You are made of stardust after all...



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YEAH FOR YOU!

Now you practice...

Every time you tune in, you turn up the volume of your body wisdom and access more of your best self.

Allow yourself to play, experiment, and take MORE than one minute at times!

Feel free to let me know the impact as well as questions, comments, and aha's anytime!

I am here supporting your birthright to THRIVE & SHINE!

**★ Lisa Medley ★
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