

Soulful EVOLUTION



AFFIRMATIONS

Start your day in a positive way by transmuting negative thoughts- feel your feelings, sit with them, then release them. Practice self-empowerment by using an "I AM" statement such as I AM AUTHENTIC or I AM POWERFUL. Say the affirmation throughout the day to reaffirm your belief in yourself. Say the statement in the mirror- how does it make you feel?

MINDFULNESS

It is easy to get hung up on the past or worry about the future. Mindfulness is a practice to help you stay in the present moment, where you are free to experience the NOW- free from judgement. Many people use meditation to increase their ability to be mindful, I like to start simply by choosing a moment to stop, breathe and use all of my senses to understand and enjoy all that is within and around me



GRATITUDE

There is always something to be thankful for, even when you feel there is not. Take time to cultivate this art of appreciation- it can significantly elevate your mood and help you to see the lessons and blessings in challenges. Keeping a gratitude journal where you write down all you are grateful for helps to focus your energy on the possibilities and not limitations

BOUNDARIES

The best gift you can give yourself is a set of boundaries. Boundaries help to bring your needs to the forefront, remember you cannot pour from an empty cup. Create boundaries that focus on flowing your energy in and out, do not over-extend yourself for anyone and my favourite, NO! Is a complete sentence.

