
Raising the Energy Naturally

Your 5 Step Guide for Life !

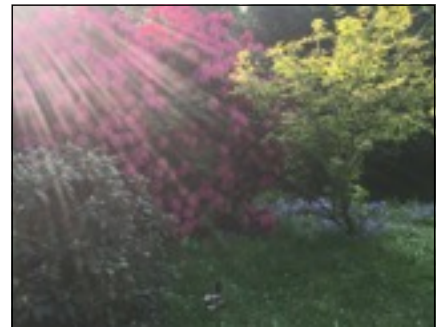


Welcome to my world ❤️

Sleep Cycle

Even if you think you're a night bird, the truth is that we all function best by sleeping early and waking up with natural sunlight. Here's how to do it: Set an alarm that will go off nightly 2 hours before your ideal bedtime. Go on: Do it now. Set the alarm on your phone... I'll wait! The secret to having a good night's sleep is being totally unplugged for a while before. And the big bonus from this is that your brain can relax into some bright ideas for you just before you doze off. Make sure to have a notepad & pen by your bed!

N.B. The last 45 minutes of your day impact not only the quality of your sleep but also the outcome of the next day.



5 A Day

Five portions fruit and veg one way or another EVERY day. By including those in your daily diet, you will find that your system can gently regulate to craving healthier foods in general. And this will mean that your brain now begins receiving more nutritious fare therefore helping it function at its best... which means even better ideas for you :)

Movement

Do anything to move your body for at least 20 minutes or so daily. This is the number one way for oxygen to reach your brain and clear your head of any negativity. Play music at home and dance around or take a walk in the park. There are also some great yoga and workout videos on YouTube you can access easily wherever you are...

Breathe

Take 5 minutes to sit quietly, close your eyes and breathe... Start with 3 deep breaths and then bring your attention to the breath coming in through your nose & out your mouth. Let the thoughts come and go as you keep returning to the breath. As you do this daily — a wonderful time is at the end of the day before the evening which feels like a natural pause moment — you will find that the hours in the day stretch to meet you at the rhythm of life that you enjoy.

Plus, you will:

- Uncover some limiting beliefs so they can be overcome
- Be in a receptive state for new creative solutions
- Understand yourself better
- Communicate more clearly
- Take action steps that resonate, inspire and empower you.

& For more on the [magic of meditation](#), [watch this!](#)

Power Words

Words are extensions of our thoughts. Whatever conversations we are having, we are actually elaborating on our thoughts. And all mind chatter is included here as well. It's a great way to unravel limiting beliefs like "This is hard" and "I don't know how..." so they can be addressed and flipped over. Pay attention to the words because essentially these are the thoughts running the show for you. And the words coming at us in our moments of relaxation are also being embedded in our system. So make sure that you are filling your mind with empowering conversations, and messages. Watch [this](#) for [more!](#)

If you haven't found your tribe of believers and encouragers yet, it's okay, it means there is still some hesitation within. The best way to clean up that vibration is to continually reach for powerful words and ideas via books, audios and videos now. I am also attaching a bonus list of affirmations for you to practice repeating daily. Choose the most relevant & Go!!!

For Daily Inspiration, join us on our FB page:

Success on your terms

Health

- Every cell in my body is now filled with Love and Light
- I am Divinely guided and protected at all times
- I am ready to release this. Thank You for transforming my fear into Love
- Every day, in every way, I am getting better and better.

Wealth

- All that is mine by Divine right is now released and reaches me in perfect timing under grace.
- I open up to creative possibilities for earnings.
- This is an abundant universe and abundance flows to me now under grace in perfect ways.

Love

- Love is who I am. As I remember who I am, I draw to me my perfect match... and all the Love in the world!
- It's easy, it's natural, it's magnetic :)
- Love creates miracles

Creativity

- My great work deserves to be supported and I fully welcome that support now
- I am richly rewarded creatively and financially for being me
- I am a creative genius.