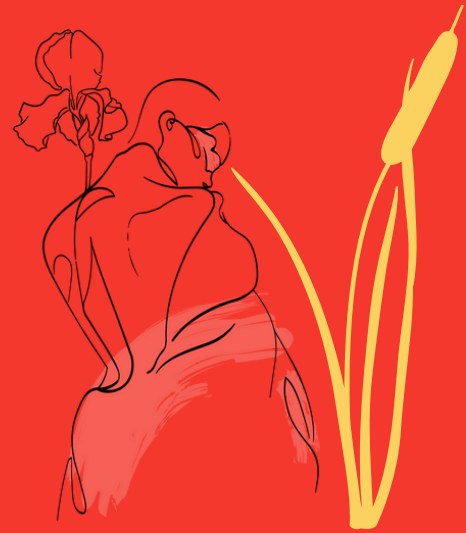


5 FREE WAYS TO BOOST YOUR MOOD

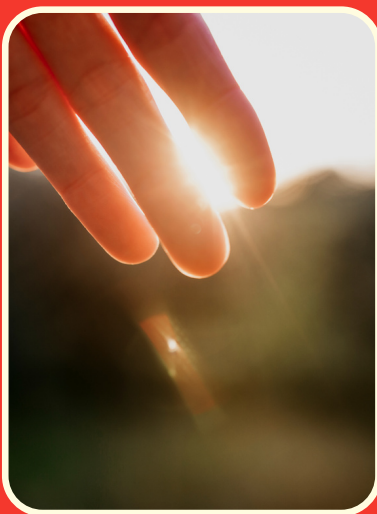
YOUR MOOD GUIDE

Although it doesn't always make sense or feel fair, life is full of ups and downs and it's our *reaction* to the instability in the day to day that is the direct measure of our *happiness*. This guide offers 5 FREE and SIMPLE ways to elevate your mood and support this phase in your life.



PRACTICE

Raising your vibration is the pathway to boosting your mood and depending on the peaks and valleys of life, happiness is a matter of consistent practice.



MOOD GUIDE



BREATHWORK

Return to your breath. Breathing is a fundamental aspect of our survival, but the stresses of life can shift the way we breath and how much air we take in. If meditating is challenging for you, an alternative way of re-setting your nervous system is a breath work exercise. There are a number of ways to do breathwork so find what works for you. One example is box breathing.

Inhale for 4 counts, hold for 4 counts, exhale 4 counts and repeat for 3 minutes,



01



MARVEL AT NATURE

Consider the amount of time you are spending in nature and what you are observing when you are in nature. Another way to elevate your mood is to commune with nature's energy and appreciate its beauty. Watch the birds, surround yourself by trees, find yourself sitting next to a creek, river or lake. If getting outside poses a challenge, look at photos of flowers or sit by a window bringing in gorgeous natural light. Let the light warm your skin.

02

READ A BOOK

Essentially, put away social media, turn off the news, get away from lower vibration tv programming and let your imagination soar. Pick up a book you once loved, borrow a genre from a friend, take something out from the local library. Step into a quiet little world all your own and fire up your personal desires.

03



TAKE 10,000 STEPS

Take 10,000 consecutive steps at your own pace. And if it helps, grab a friend who you feel safe with. Listen to your thoughts or your favorite music or podcast.

Breathe in the fresh air. Walk someplace you love or experience something new. If you struggle with available time, ask a friend or loved one to step in and alleviate your responsibilities while you walk.

04

TALK TO THE UNIVERSE

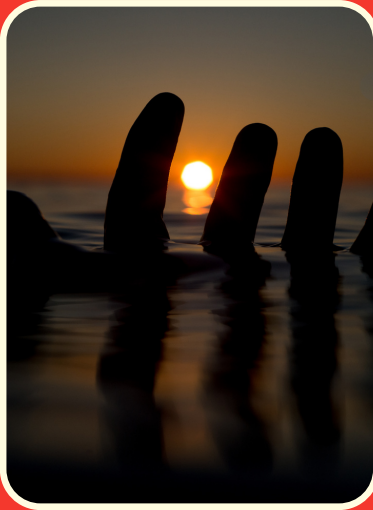
It's OK to admit that you do and enjoy talking to yourself. So this time, talk out loud to the universe and tell it what's in your heart of hearts. What is it that you want to see for your life & what will bring more passion and joy into it? If you can, in this exercise, avoid focusing on acquiring material possessions (unless it is a matter of survival) and more on how you want to feel and what you think can help you feel that way.

Ask for support and guidance and speak it into existence. Be open and honest to your hearts calling.

05



5 FREE WAYS TO BOOST YOUR MOOD



CHECKLIST

Where there's a will, there's a way. If you *want* to feel good today, you can do it. Take your time. Implement ONE step at a time. Take it little by little. You got this! If you need support, reach out for a [FREE 15 minute consult](#) and we can create a plan.

- ✓ BreathWork
- ✓ Marvel at Nature
- ✓ Read a book
- ✓ Take 10,000 consecutive steps
- ✓ Talk to the Universe