

invest in you

Proven examples to nurture your body, mind, heart, and soul to build and maintain the best life for you.

(pick one that calls to you, circle it, and commit to doing it a few days a week for a month, let me know the difference you notice!)

1 Low cost || minimal time

- 5 minutes of meditation
- 5 minutes of journaling
- Time on your favorite hobby
- 10 minutes of walking outside
- Move your body
- Time with uplifting friends
- Volunteer or mentor
- Listen to a podcast to learn something new

2 Higher cost || more time

- Take a class at a local college
- 30 minute massage
- Take an online class
- Cook yourself a nutritious + delicious meal
- Buy a set of workout classes
- Acupuncture or Reiki Session
- Find a therapist
- Buy a new outfit you feel GREAT in

3 Highest cost || most time

- Work with a health coach
- Find a personal trainer
- Book a long weekend away
- Hire a coach to help you get unstuck
- Schedule a photo shoot
- Hire a business coach
- Pay for a dating site
- Purge an area of your home that's felt heavy

why these work + tips

Date Begin:

How You Feel:

3 mo check-in:

How You Feel:

Tiny changes over time create a ripple: 5 minutes, 3 x a week is better than 0 and over an entire year that adds up to 780 minutes! That's big momentum.

1 Low cost || minimal time

~ All consistently shift your nervous system out of fight or flight & tune you back to you providing clarity and a sense of calm in any storm over time

~ All replace heavier energy with movement and something lighter. Science has found that joy and play help us learn FASTER!

TIP: combine two together. For example: I listen to something to learn while at the gym

2 Higher cost || more time

~ Benefits of all of the above + teaching yourself that you deserve to be cared for

~ Healing past hurts through therapy and other modalities helps you let go of old stories that blind you to opportunity in the present.

TIP: always interview and research. The wrong fit can do more damage, whether it's a class, therapist, healer, or outfit. Find the one that feels best, even if it takes work and time.

3 Highest cost || most time

~ Benefits of all of the above + anchoring in that you deserve to be cared for over extended periods of time + show up as your best

~ A lightness that comes from consistent work over a long period of time or a weekend of purging. It's heavy lifting that lightens the load with a support staff that makes it more bearable and fun

TIP: always interview and research. Ask your heart what feels right and best for you right now to support you building your dreams?

