

Say Y.E.A. to the 3 Daily Magical Practices

Mind, Body & Soul

(Y= YOU Declarations E=Eating Intentionally A= Affirmation through Celebration)



Daily Magical Practices #1: YOU Declarations (MIND)

It takes practice to get comfortable with really connecting to YOU and your love for your amazing self. I know this because I practice it daily. The more we invest in loving ourselves as our unique, authentic, and incredible selves, the more goodness we can give to one another and ultimately to our family, friends, communities, nations, and world. Try at least one declaration every day, such as 'I believe in myself' or 'I am enough'. Pick and choose the declaration that resonates with you. Change it up so you are really hearing it and feeling it. Create declarations that speak to YOU

Daily Magical Practices #2: Eating Intentionally (BODY)

Ready to try intuitive eating according to your body's natural hunger cues? Wanting to have a better sense of what your body needs for optimal well-being? Try using these tips with at least one meal a day: 1. Pause and say thanks for what you are about to ingest 2. Notice your energy and hunger level before eating 3. Contemplate where all the components of your meal came from 4. Check in after a few bites. Where are you now on the hunger scale of 1 – 10 (1 being lethargic and 10 being super-energized). 5. Start a new relationship with nourishing your body, and being intentional with what and how you fuel your body.

Daily Magical Practices #3: Affirmation through Celebration (SOUL)

Each day you have reason to celebrate. Start a practice of celebrating YOU. Celebrate being alive, getting to know and love yourself, extending that love to others, receiving opportunities to learn and grow, and being present for the magic of life. Please don't overlook this important daily practice; rejoice by injecting each day with the flavor of celebration and doing something kind for yourself. Celebration may be as simple using a joyous daily affirmation to set the tone of the day, doing something intentionally kind for others, and/or celebrating yourself. For instance: 1. Each morning say to yourself, "I celebrate YOU! I celebrate all that you are. I celebrate living as a reflection of wholeness." 2. Schedule a personal celebration! 3. Celebrate your connectedness 4. Start a celebration vision board showing gratitude 5. Celebrate play by making time for kid-like fun activities

Saying YEA to these 3 Daily Magical Practices will change the way you view, honor and take care of the most important person on the planet; YOU.

