

Women Living

Gloriously



TIPS TO THINK WELL & THRIVE

Create a routine of daily rituals where you begin THINKING WELL, eliminating stress, pursuing your life vision and Living GLORIOUSLY!

MEDITATION

Give yourself permission and the ability to be alone in a quiet space for 10 minutes daily. Enjoy being calm, beathing and letting your mind be free of thought. Create a space and time to be in silence. Focus on breathing, feel each breath in and out.

WRITING

Writing every day for at least 10 minutes. Write about gratitude, what you accomplished, who you helped, smething that made you laugh, what you learned, your vision for your life, and every now and then write about frustrations, but the byproduct is always beneficial as this ritual gets you to put my thoughts onto paper.

PLAY

Create the space in your life for some PLAY at least 2 times each week. These moments will become something that you look forward to and if you have children like to play with you – it will become an entire family activity.

GET IN TOUCH WITH ME

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READING

Find books with meaning (feel free to ask for recommendations) and finish at least one empowering book each quarter. The goal of this book is to get you to think differently about your life, open your perspective to new opportunities, become more acquainted with your truth, and to accomplish all of your goals.

MANTRA

Make your mantra and recite it at least once each day. Scream it out loud and let the world know that the time is here and the time is now for everyone to know what is possible for you!

EAT & MOVE

You need to eat well and move well regularly. This means a diet filled with high quality protein and produce and daily physical activity. This will give you energy and the mental clarity to accomplish the life you desire.

REENERGEIZE

Our brain interprets lack of sleep as a threat to the central nervous system, Shawn Achor (author of Before Happiness) writes, which can cloud judgment. Missing one night of sleep can cause you to remember 59 percent fewer positive words, which could make you overly focus on the negative. "If you are well rested and just fed, it will be easier to see the broader range of valuable details, information, and possibilities," Achor . Try this: If your attitude is chronically cranky, look at your eating and sleeping habits. A mid-morning snack could steady your blood sugar.