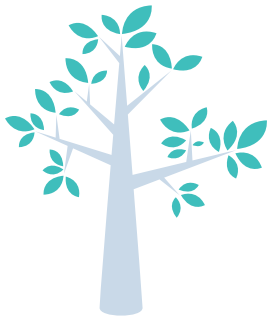




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SELF LOVE TOOL KIT

- **Meditation** To help you hear your hearts desires and your souls calling carve out space **every day** to sit in silence and listen.
- **Mindfulness** Bring more presence into your daily activities.
- **Pranayama** Breathing consciously brings you into the present, fills you with prana & says to the universe "I'm here & ready to receive".



- Go into **nature** and sit somewhere quiet, this allows you to connect within and helps the creative juices to flow.
- Stand with your **bare feet on the earth** feel yourself supported by the earth. Gather your breath from the earth into your body and then exhale from your body back into the earth.

- **Self Care** Regular massage and early nights.
- **Epsom Salts Bath** Protect & cleanse your energetic field, detox your body and soothe the adrenals.
- Enjoy long lazy evenings cuddled up **reading a book**.
- Do more of the **things that you love doing**.
- **Chakra Shower** When you're in the shower scan each of the chakras. Let the water flow over your body and clear any blockages and bring balance back to your energetic system.



- **Tune into your own advice** rather than automatically asking someone else for advice, you have all the answers within.
- **Ask your heart** questions and listen to what the heart says.
- **Notice your feelings** Does it feel heavy or light? Does it feel expansive or contractive? What's your gut telling you?
- **Don't overthink** Your first response is generally the right one.

Dance Breaks Interrupt your work every hour to have a dance break. Put on your favourite song and move! Set an alarm if needed. Your mind needs oxygen to work properly. When your brain gets more oxygen you're able to concentrate better.



WALK AS IF YOU ARE KISSING THE EARTH WITH YOUR FEET. (TICH NAHT HAHN)

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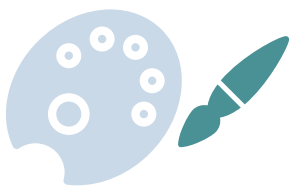
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- **Yoga** Empowerment through connection to body, mind & spirit.
- **Exercise** Move your body daily to feel strong and supple.
- **Go Within Exercise** Set an alarm to go off 3 to 4 times per day and when it does spend 1-3 mins in self reflection.



- **Journal** Take time to write down your thoughts.
- **Dream Journal** Record your dreams and have fun deciphering.
- Maybe there's a book inside you asking to be written. If so **take time every day to write.**

- **Regular spiritual practice** Commit to the discipline of a daily practice. It might be 10 minutes to connect to breath, say an affirmation and light a candle. Consistency brings change.
- **Essential Oils** A natural way to support yourself physically and emotionally. Essential oils balance hormones, promote healthy immunity and are very calming for the nervous system.



- **Get Creative** Give yourself time to tap into your creativity through art, writing, dancing, story telling...whatever your creative gifts are. You ARE creative!!
- **Sing or chant Mantra** Express yourself through your voice

- **Connect with like minded people** who will celebrate you and encourage your growth and expansion.
- **Community** How can you be of service to the world?
- **Do what lights you up.** You light up the world by following what lights you up.



LOVE YOURSELF... TREAT YOURSELF LIKE SOMEONE YOU LOVE...WITH
KINDNESS, COMPASSION AND RESPECT.



"THE MEANING OF LIFE IS TO FIND YOUR GIFT. THE PURPOSE OF LIFE IS TO GIVE IT AWAY." PABLO PICASSO

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