

Thriving Guide

Here's an example of a Thriving Guide and below this is a template for one for you to fill in.

Thriving Guide		
What Nurtures?	Naughty Notes	Conscious Change
Are you Meditating?	Really?	Meditate for 20mins every morning
	From a place of nourishment or from a place of trying to fix, change or improve?	Do a 3 min meditation at lunch
	Perhaps you need to change your meditation?	Meditate when I cannot sleep at night
	Have you convinced yourself this doesn't work, when you know it does Faith?	
You know your enough don't you Faith?	If you don't then use this as an invitation to resolve that feeling & return to your heart	Feel into these feelings right now and see what they are inviting you to be more of
You know this is happening for you Faith?	It's a redirection not a rejection	What's the gift here?
Are you listening to your body?	Really?	What is your body telling you?
	Or are you just creating a list of ailments?	Where's your thinking gone?
	Are you seeing the ailments as invitations to resolve an imbalance?	What is your body inviting you to become in harmony with?
Have you tried accepting this?	Accepting allows you to let go of the conflict	If you cannot change it, can you accept it?
Are you caught up in the story?	It's often your thinking that is the problem, not the actual problem anymore	Let the story / the thinking go then
Where are you hanging out at the moment?	Head or Heart?	Set reminders to hang our in heart more and do more heart centered meditations
Are willing to experience everything?	Or are you trying to fix, change or improve?	Feel all the feelings, even the percieved bad, then you'll feel the good even more
	Conflict causes dis-ease you know Faith!!	

Have you tried letting go of this?	Ask yourself 'can I let go of this now'	Breath and let it go!
Are you tapping?	On what you are already internalizing or on what you think is wrong?	Tap on the raw emotions Faith, unedited!
	Go on you know it works!	
Are you listening to upbeat music daily?	Or is it the same old songs on the radio?	Listen to happy music when getting ready each morning
	Are the songs slightly depressive?	
Are you watching and reading inspiring/empowering stuff?	Have an inspiring movie day!	Watch at least 2 inspiring things a week
Have you taken yourself on a mini adventure recently?	Why not, you know you love them and they nurture you?	Go on one right now and schedule 3 a week in from now on
		Now consciously create the change, but scheduling this in!

Thriving Guide

What Nurtures?

Naughty Notes

Conscious Change

Now consciously create the change, but scheduling this in!