

01.

THE LIVE WELL MANIFESTATION

TO BEGIN:

Get in a comfortable position either sitting upright in a chair or crosslegged on the floor. Make sure your shoulders are down and relaxed and your eyes are gently closed.

Slowly inhale as deeply as you can, hold your breath at the top, and then exhale all the air from your lungs.

Repeat this 10 more times focusing on your breath.

NOW IMAGINE:

You're living your best life. You're healthier than you've ever been. You wake up each morning excited about the day ahead of you. You've met your goals and are truly thriving.

What things/people are most important to you?

How do you feel? Calm, fit, strong, energized, and happy?

Focus on the feelings that come up for you.

What activities are you doing regularly to support those feelings?

What does your day look like?

Take yourself mentally through your day, starting with the moment you open your eyes. Envision how you feel along with all the positive and healthy behaviors you're doing to cause those feelings.

The first step to accomplishing a goal is having a vision. It's helpful to write down how you desire to feel and then come up with a few behaviors and strategies to support those feelings, so you can begin to implement them into your day, one at a time. It's the small, consistent changes that have the greatest impact!