



4 WAYS TO DETOXIFY YOUR MIND.

AND REDUCE NEGATIVITY.

BRAIN SPACE

Clear your mind and write down your ideas. From to-do lists to anxious thoughts.

A HAPPY SPACE

Create an intentional space for relaxation and self-enjoyment.

REDUCE DISTRACTIONS

Multi-tasking makes you anxious, stressed, and distracted. Try a schedule for each task individually.

REDUCE NOISE

Unfollow and unsubscribe from what doesn't bring you growth/positivity.

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