

5 Daily Tips for a

Mindset that Moves

The Energy Centre

1

Thought Awareness

Throughout the day check in with your thoughts... What are you thinking? Are you stuck in the past or forecasting the future? Wherever it is, bring your mind back to the present moment.

2

Lean into Challenges

When facing challenges in your day. Take a deep breath and remind yourself that whatever comes your way "You'll handle it", you always do!

3

Practice Gratitude

Move your focus from lack to abundance. After all, what you focus on is what you get. So why not focus on the good things. Identify 3 things you are grateful for each day.

4

Notice Nature

Ground yourself each day by taking note of 1 thing in nature that brings you wonder. The warmth of the sun, the green of trees or grass, the sound of the birds, the smell of morning air, the feel of the wind on your skin.

5

Compliment someone

Validate, acknowledge or compliment someone each day. Notice their reaction. Do their face/eyes light up? Do they stand taller? Improving someone's day will often improve yours too.