

5 SIMPLE STEPS

To Mindful Living



www.gorillagirlcoaching.com



5 SIMPLE STEPS



Welcome!

To Mindful Living

I just knew you would come! I couldn't be happier that you took a step in the right direction. Bravo!

Let's kick things off and delve into the foundational pillar of Mindfulness: Self-care. This is not just a side note; it's a crucial element that directly impacts your well-being and mindfulness.

This is the place to start. **Yup, that's what I said!**

Self-care is not just a little indulgence here and there; it's the powerful act of nurturing yourself, fueling your well-being, and empowering you to be your best self. It's about paying attention to prioritizing your needs and showing yourself the love and care you need and deserve.

"Nothing impacts your life more than the joy of treating yourself right!"

~ Annie B.



When you take care of yourself and really nail it, your mindfulness level will not just improve, it will soar in other areas of your life! This gives a whole new meaning to the phrase, **"Happiness starts with you."**

So, follow this step-by-step guide, and don't skip any part. It is specifically designed to empower you to focus on what truly matters - you!

I know what you're thinking - how can this one thing change my life? Trust me; this is where the magic happens. **Stick with this self-care routine and watch how things shift for you!**

5 SIMPLE STEPS



To Mindful Living

01 Let's launch this journey to mindfulness with the power of self-connection and self-care.

- Choose a bedtime ritual you already do in the bathroom in front of the mirror, where you'll turn a quick bedtime routine into a more intentional and meaningful pamper session. **No matter how minimal** or elaborate your bedtime ritual is, this guide will be easy to incorporate.
- The **goal is to practice** showing up and treating yourself the way you treat your best friend at a slumber party. I already know **you're a great best friend!**
- When you see the words in any of these steps...you guessed it, say it out loud! I repeat —**say it out loud!**
- Keep your mind open to possibility, and **just do it!**

02 Stand tall and gaze into that mirror, Rockstar!

- **Flash yourself a sassy smile** and declare, "Hey girl, it's all about you time."
- Listen to your inner chatter - was it sweet or sassy? If it leaned towards the critical side, share a loving "**Oops, my bad**" and reset.
- Take in some deep, soothing breaths and say, "**We're here to chill and pamper.**"
- Slow down, babe – there's no rush. Treat each self-care step like a sacred ritual filled with intention and relaxation.

03 Ditch the hurry and embrace mindfulness as you wash your face. This isn't a to-do list item - it's a moment of self-love.

- Extend this intentional care to **every step of your routine**, whether slathering on lotion, freshening up those pearly whites, or swapping out your contacts.
- Pause, breathe, smile, and appreciate the effort **you're investing in yourself.**
- Wrap it up by looking in the mirror, beaming at your reflection, and whispering a heartfelt "Thank you. See you in the morning.!"
- Who knows, you might just hear a "Thank you" right back – **self-love is a two-way street**, after all!

5 SIMPLE STEPS



To Mindful Living



04 Celebrate your Win!

- As you exit the bathroom, **throw up your arms like a champ** and say, “Yes! Let’s do it again, friend!”. The emotional surge **ignites the desire for more** self-care and empowers you to act on it!

05 Keep up the good work, Superstar!

- Remember, darling, **you are the architect of your own happiness**. Self-care, including acts of kindness towards yourself, are the ultimate game-changers that radiate into every corner of your world. And **here’s a bonus**: that radiance will positively impact those around you!
- Incorporate steps like these into your daily routine, sprinkle in some extra self-love whenever you can, and **watch as your world lights up** with mindfulness, connection, and endless possibilities.
- Go ahead, Mindful Girl, **dare to practice self-care**!

And remember—life’s too short not to treat yourself right, Baby!