

BeMoreU



Welcome

You hear it calling, that deep inner voice. It may be a *whisper*, it may be a ROAR. It led you here to this moment, to this community, to this list. And that beautiful inner voice *is you* calling you to unmask, uncover, and be more yourself in the world.

You are the gift

It may take courage, it will definitely take vulnerability, but whatever it takes for you - we invite you to show up fully, hold sacred space for yourself and others, and dance in the beautiful possibilities that today, this week, this beautiful life, will bring.

Who is BeMoreU



Michelle Scott

Alignment, Success, & Mindset Coach

Through creative conversations addressing Head, Heart, Body and Soul, people light up and feel in love with their lives! Who do you know that wants to create their own masterpiece life?

www.BeUniversity.org



Jennilee Porch

Master Coach & Energy Healer

Jennilee holds deep healing space for your inner world so you can create everything in your outer world that you desire. Live authentically. Create boldly. Align your mind, body and soul.

www.thedynamicway.co

10 ways to Be More U Today!

1. Nourish, inside and out

- Eat a balanced diet of mostly whole foods (with the occasional treat of course!)
- Drink plenty of fresh, clean water
- Get outside into natural light for at least 15 mins every day, even if it's cloudy

2. Move your body

- Make a list of activities YOU enjoy doing
 - Walking
 - Biking
 - Swimming
 - Dancing, etc
- Schedule time daily to do at least 15 mins (hint: combine getting natural light *and* moving your body!)

3. Get adequate sleep

- Create an environment conducive to sleep (as few electronics as your lifestyle will allow; as cool, quiet, and dark as you can manage; a clean comfortable bed; ear plugs if you need;)
- Create an evening routine that includes turning off your tv and electronics at least an hour before you want to be asleep

4. Address the stress

- What are your top 5 stressors? The things that keep you up at night or cause you to worry all day?
- Are there any that are out of your control?
 - Then literally let them go! If you can't take action on them, are they really worth your health, vitality and energy?
- What is one action you can take on the remaining items that you CAN control?
 - DO THAT.

5. Work on your mindset

- Read affirmations
- Notice when you're comparing yourself to others, or a version of yourself that you haven't quite mastered yet
- Find ways to love yourself more (see numbers 1-4 above for inspiration)

6. What makes you unique?

- Make a list of at least 10 things
 - (if you can't come up with 10, make a list of 20! 😊)
- Plan time for something on that list EVERY day!

7. Build strong boundaries

- Lean and practice "No." as a complete sentence.
- Spend more time with people that energize you and less with people that, well, don't!



8. What are you passionate about?

- Make a list of at least 10 things
 - (if you can't come up with 10, make a list of 20! 😊)
- Plan time for something on that list EVERY day!

MY 3 FAVORITE WAYS TO BE MORE ME TODAY:

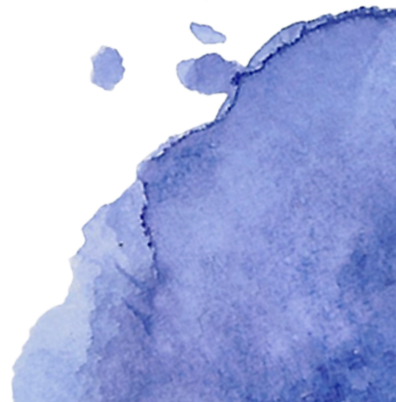
3 IDEAS I HAVE TO BE MORE ME TODAY:

9. Create space

- Let go of excess
 - Physical, mental, and in your schedule

10. Begin and end each day with gratitude – it is the ultimate state of being and receiving

- Keep a journal and write down even the smallest things
 - I'm grateful for my cozy bed and morning coffee!
- Take 5 mins a day to notice something beautiful in your environment
 - it can be on your desk, on a walk, or even someone's eyes...
- Tell someone how much you appreciate them



BeMore 

*Let your
weird light
shine bright
so all us other
weirdos
can find you*



Be More U Bingo

A fun game to reflect on your day and see what positive steps you took to be more Ü!

Ate something
nourishing

Shared
vulnerably

Stayed
hydrated

Laughed
out
loud

Practiced
self-compassion

Practiced
mindfulness

Had an
"Aha!"

Went
outside

Said,
"Yes!"

Took a Deep
Breath

Did
something
brave

Kept an
open
mind

FREE

Hugged
someone

Received a
compliment

Moved my
body

Asked my
question

Got
enough
sleep

Said,
"NO!"

Gave a
compliment

Allowed myself
to be ME

Considered
a new idea

Engaged
in deep
listening

Stretched
my body

Checked in
with my heart



Putting

It All

Together


Here is where we bring all the pieces together, solidify our take-aways, and set the course for our action and SUCCESS!

MY INTENTION FOR TODAY:

To bring my learning and key take aways to life, one action I will take is...

This action will be completed by...

To help ensure I am successful, I will reach out to...



No one is
You
and that is your
Superpower

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