

# **Building a Conscious Lifestyle**

## **3 Transformative Steps**

### **1) Boost your Communication Techniques**

- \*Learn about COMPASSIONATE Communication
- \*Engage in Active Listening
- \*Find a communication partner/mentor
- \*Practice

### **2) Engage in daily Self-Love (aka Self-Care) Practices**

- \*Practice Intentional Reflection
- \*Play
- \*Meditate
- \*Movement & Dance
- \*Creative Expression
- \*Eat High vibrational Foods
- \*Yoga
- \*Create a routine

### **3) Decolonize the BodyMind**

- \*Connect with Mother Earth
- \*Practice a sustainable, “Conscious Consumer” lifestyle
- \*Identify & affirm Personal Strengths
- \*Find your Allies!
- \*Increase your Spiritual Intelligence, AKA develop a Universe-All Consciousness

## Time to Reflect

Which of the 3 steps are your strong in?

Which of these steps would you like to grow into?

### Ready for a challenge?

- \*For ONE week, commit to practicing any one of the 3 Transformative Steps
- \*Record your progress daily
- \*Follow @selflovecreatives  
or sign up for our email list at [selflovecreatives.com](http://selflovecreatives.com)
- \*Create a post/email sharing what you noticed or what was most inspiring for you at the end of your week
- \*Tag me & #ConsciousLifestyle
- \*Win a free session with me (Valued over \$250)

My goal is to help community & global leaders who are ready to decolonize their BodyMind, walk in their purpose, ON purpose. 1:1 training gives you the opportunity to ACTivate Self Love Wellness & Build a Conscious Lifestyle.

**Claim your free initial consultation appointment**  
**[selflovecreatives@gmail.com](mailto:selflovecreatives@gmail.com) or DM @selflovecreatives**

