

Presented by:

The Natural ApHeal LLC

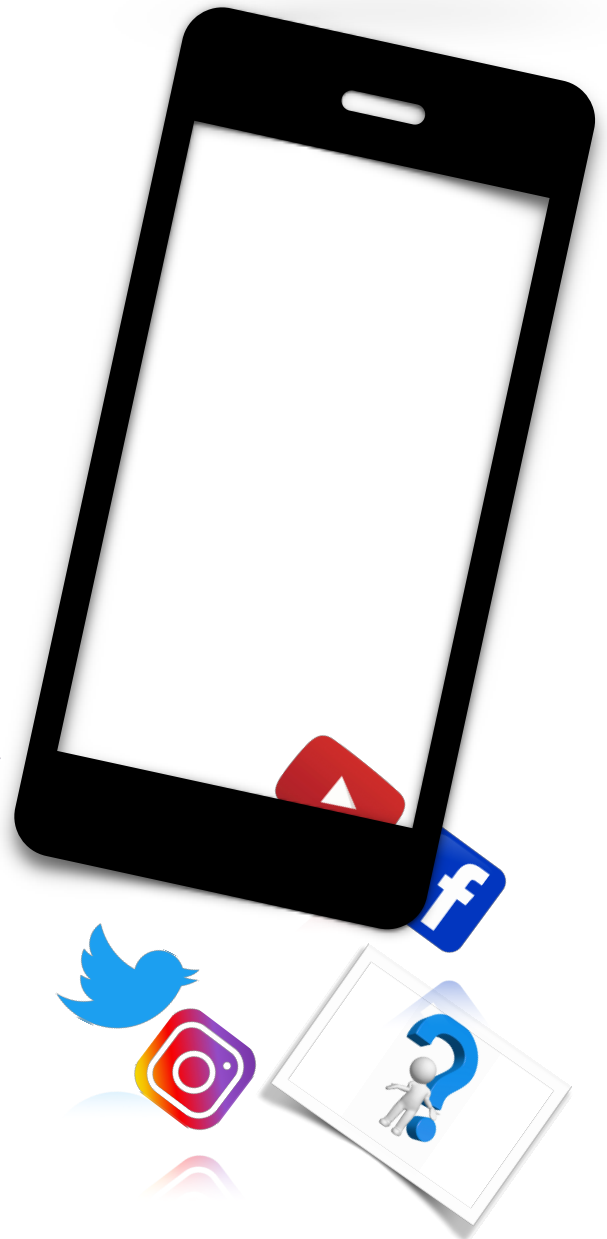
SOCIAL MEDIA CLEANSE

We all need a break to reevaluate!

Helpful ways to declutter your life!

- Take a break from social media and electronic communication.
- Clean out unread texts and emails. If you aren't going to respond, delete it!
- Clean your home, car and work space. If you see clean, you think clean, in my opinion.
- Take a break or vacation (it doesn't have to be for long, make it a few hours), and focus on you!
- Make a plan and/or a goal list, then put it to action.
- Reach out for help, it can be from friends, family or a support site.
- Start a vision board so you can visualize your plans.

Google some great samples.



A lot of the time we have no idea who we are because we define who we are by the things we're involved in and the people we are involved with, and that's not a bad thing. However, we can get lost in defining who we are by outside influences that we forget to look inside to find who we are and what we are about.