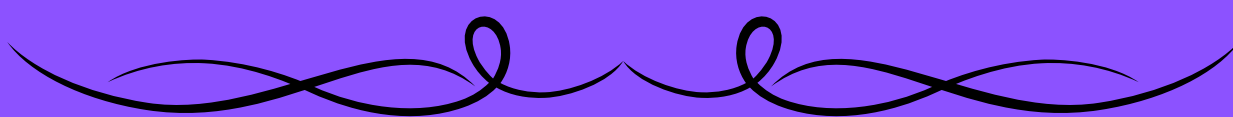


3 TIPS TO CREATE MORE HARMONY IN YOUR LIFE



1

GRATITUDE!

A grateful heart protects you from negative thinking. Speak to yourself with kindness. What are 3 things you are thankful for right now?

2

VALUES!

Connect with your Top 3 Values. If this doesn't automatically come to you- think of what drives you CRAZY? You will realize you value the opposite of that! Example- I strongly dislike when people are fake- so that means I value authenticity.

3

INTEGRATE!

Start each day with gratitude and connect with your Top 3 Values- this will set your day on a path of feeling connected and harmonious with yourself! How can you live out these values in all of your interactions today? I recommend writing your 3 Values (with erasable marker of course) on your bathroom mirror!

BONUS!

If you are ready to embrace the best version of your life possible then click [HERE](#) now to schedule a time to talk with me about the important steps to take to make changes in your lifestyle that will help you create a more harmonious life.



Empowered Life
Holistic Mindset Coach

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