

YOUR S.O.S. PLAN

In moments of challenge, follow these loving steps to stay your course:

- 1) Go right to a loving supportive meditation like the one I've created for you called, *5-Minute Nature Reset Meditation*. Allow the nature sounds to soothe and ground you, and the guidance to lead you back to yourself and your true intention.
- 2) Tap in, listen carefully to, and follow your intuition, which is actually easier and more comfortable than resisting it. Your meditation is a great way to do this.
- 3) Trip up your old mental conditioning with a rhythmic breathing exercise; OR a very hot bath / hot shower with 30 second cold shower at the end. This can be VERY effective.
- 4) Remind yourself of the reasons you are on this healing path. You can (re)write your reasons down in your journal.
- 5) Repeat your Intention Statement or write it out a few times and really feel it.
- 6) When a weakening thought creeps in try saying "CHANGE!" (as in change the thought/feeling from an old, memorized one to an empowering one); and then say, "I can do this!" or other supportive thought, and really FEEL it.
- 7) Do something soulful instead, like reading, painting, journaling, a good film, talking with a loved one, knitting, etc.
- 8) If you can, and if it feels like the best option, remove yourself from the tempting environment and do something entirely different instead – such as going for a walk in nature, a yoga class, going to a film, etc.

And remember, I love you, and I believe in you.