



## 7 Actions Creating Energy for Body, Mind & Spirit

### Part 1

**Attract** what you desire – where attention goes, energy flows. Emitting positive energy puts you on the road to receive positive energy in return.

**Allow** events to happen in your life – relax and respond in the present moment. Resistance and judgement are roadblocks on the avenue of positive energy; don't let them get in the way of positivity flowing to you and through you.

**Breathe** deeply and relax – when you breathe, breathe in through the nose, out through the mouth, and with full support from the belly. Deep breathing signals your brain to relax and unwind. This calms your entire body and allows you to think with more clarity, focusing your attention on what is presently happening.

**Contemplate** your habits – what you put into your life is what will come out. Stop eating that which makes you sick, and take on this challenge to live healthier. How can you focus your thoughts and actions on bringing you joy and happiness?

**Dream** your greatest vision of yourself – visualize consistently and set goals constantly. How do you think professional athletes succeed? They dream to be the most professional and successful version of themselves.

**Enjoy** your life – take the time to notice the simple pleasures that make our time here on earth memorable. Soak in the warm feeling of sunshine on your face and inhale the sweet aroma of the summer air. Let your senses put you in the present moment – the most powerful time to be in.

**Forgive** those around you – including yourself. Forgiveness isn't for the person you are forgiving; it's for you. Forgiveness frees yourself from the hurtful feelings that consume you. Why would you take poison and think that someone else would suffer? You are the one who suffers; be good to yourself and let go.

**Gratitude** is the best attitude – be thankful for the blessings in your life so that you appreciate even the smallest of gifts. Being grateful is a snowball effect; the more time you put into being appreciative, the more things you will be grateful for in your life.

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Perceptions combined with your thoughts, feelings, and actions are what make up your reality.

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