

5 Simple Ways

By Carrie Clark, CPC

About Carrie Clark

I am all about finding ways to enrich and enhance our lives in this quick moving world we live in.

I have put together here 5 Self-Care Rituals you can start today as a way for you to uplevel and focus on caring for yourself in an easy self-starting daily routine.

I have been both teaching and living the experiment of connecting to my myself as a daily practice. Some days I am better at it than other. I have found certain daily practices to be really beneficial, and I wanted to share some of them with you today.

All my best,

Carrie Clark, CPC

5 Simple Ways



Grounding

5 minutes

Before jumping out of bed, feel the support of the bed and the unshakable earth beneath you.

Take several deep breaths. While relaxing into your breaths, have appreciation for being fully supported & strengthened by the unshakable earth today.



Set Intention

1 minute

Set your intention for the day.
Choose one to three words that
symbolize how you want to be in this
day.

Ex~ energized, free, fun, focused, creative

Move Me

1 - 3 minutes

Once you rise & shine ~ move and stretch to feel fully within your body and optimally awesome.



Mid-Day Boost

1 Minute ~ several times a day

Throughout your day, every time you have a mini-break ask yourself

“How can I make this day even better for me?”

Listen and take action.

Evening Respite

5 to 10 minutes

Set aside a quiet sacred space for yourself before bedtime.

Write down several sentences under these three topics: Gifts, Gratitude & Gains

Contact

Carrie Clark, CPC

carrie@carriearkcoaching.com

www.sayyes2you.com

973-814-7445

Contact **Carrie Clark** for more information on inspirational workshops & speaking.

- ★ Stress Buster Breakthrough
- ★ Work Life Harmony
- ★ Vision Board workshops

Workshops appropriate for businesses and organizations.

