

POSITIVE ENLIGHTENMENT CONSULTATION SERVICES LLC

MAY/JUNE NEWSLETTER

Welcome to the May/June edition of our Positive Enlightenment Consultation Services newsletter. As we move further into the year, we hope that you are all continuing to take positive steps towards achieving your goals and living your best life.

At Positive Enlightenment, we believe that self-care and personal growth should be a priority in everyone's life. That's why we offer a wide range of coaching services to help you find clarity, overcome challenges, and discover your full potential. From one-on-one coaching sessions to group workshops and online courses, we have something for everyone.

This month, we are excited to introduce our new "Meditation and Mindfulness" coaching package. This package is designed to help you reduce stress and anxiety, improve focus and concentration, and develop a deeper sense of self-awareness. Our experienced coaches will guide you through a variety of meditation and mindfulness practices, tailored to your specific needs and preferences.

Finally, we want to remind you of the importance of self-care during these challenging times. Remember to take time for yourself, prioritize your mental and physical health, and reach out to friends, family, or a coach if you need support.

Thank you for your continued trust in our services. We are committed to helping you achieve your goals and live your best life.

Best regards,

Dr. Ashley Key Ph.D.

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Positive Enlightenment Consultation Services Team



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Smoothie of the Month

Making a protein smoothie is quick and easy. Here's a simple recipe to get you started:

Ingredients:

- 1 cup unsweetened almond milk (or other milk of your choice)
- 1 scoop protein powder (whey, pea, or other plant-based protein powder)
- 1/2 frozen banana
- 1/2 cup frozen berries (such as strawberries or blueberries)
- 1 tablespoon almond butter or peanut butter
- 1/2 teaspoon honey (optional)
- Ice cubes (optional)

Instructions:

1. Add the almond milk to a blender.
2. Add the protein powder, frozen banana, frozen berries, almond butter or peanut butter, and honey (if using).
3. Blend on high until smooth and creamy. If the smoothie is too thick, add a few ice cubes and blend again until desired consistency is reached.
4. Pour the smoothie into a glass and enjoy immediately.

You can also customize your smoothie by adding other ingredients such as spinach, kale, chia seeds, or flaxseeds for extra nutrition.