



*10 Steps To A Connected, Present &  
Nourished Life*



# *Hey Lovely*

Here you'll find my simple steps to help you stay connected. These are things I'd encourage you to be building into everyday life, trust me they will make the world of difference!

## *#1. Stillness*

This is YOU time, for meditation, visualisation, journaling connecting to your mind, your soul, what truly matters. Turn off the screens, unplug, stop doing and just BE.

## *#2. Movement*

Give your body the love it deserves, it's made to move! What will you do to move and take care of your body? Yoga, walking, stretching, exercise class.

## *#3. Nourishment*

Your body is your vehicle to be here on this planet, how will you nourish it? What foods do you want to eat? What goodness do you want to put in? How will you nourish it with great thoughts and positivity?

## *#4. Rituals*

Having a set ritual that you do each day is a great way to get set and get connected, we will be delving into this in more details soon. But for now what will you do regularly for you and why? How will get focused and set for the day?

## *#5. Allowing*

Allowing in the connection from the universe and accepting support from external sources. It's very common for women to feel they have to do everything themselves, but when you can open up space for the universe to support you, it will take a weight off. (we will be delving into this in more detail soon) Also be sure to accept help in life, you do not have to do everything alone. Some women feel a lot of shame in for example having a cleaner 'because they should do it themselves' if having a cleaner would free up a few hours a week for you to relax and work on you, accept that help!

## *#6. Relationships*

Relationships are a vital part of human connection, this includes the one with yourself! So how are you going to treat you? Consider the way you would talk and be with a close friend and how treating yourself like this would positively impact your life.

## *#7. Creation*

What will bring out the child like creativity in you? What could you do to have fun and be creative? As we grow older we lose touch with the things that lit us up as kids, we stop doing those activities that we loved so much that would make time disappear. The more you can do these creative things, the more connected you will feel.

## *#8. Completion*

The sense of completion is really important, when we leave things unfinished we feel uneasy. What needs completing? Things you've started and then forgot or said 'I'll do it tomorrow' What loose ends will you tie up? What have you been putting off for way too long, let's get it done, you'll feel so good!

## *#9. Environment*

Your environment has a huge effect on how you feel, your actions and behaviours. What changes do you need to make in your environment so you can be the best version of you? Do you need to declutter, brighten or freshen it up?

## *#10. Surrender*

How will you surrender to the universe? How will you let magic into your life? How will you make space for miracles to happen?