

Jennifer
ANGEL

INTUITIVE BUSINESS



HAPPY BIRTHDAY!

10 ENERGY SHIFTING THINGS TO DO ON YOUR BIRTHDAY

YOUR CHECK LIST:

- Start the day with Gratitude – What and who are you thankful for?
- Meditate or sit in silence – Go Inwards – Listen to your inner voice
- Think of what inspires you? What do you love to do?
- Get in touch with a memory that makes you smile and feel happy
- Write or acknowledge three (3) things you love about yourself
- Write your goals and intentions for the year ahead – think big!
- Get active - Go for a walk, do something that gets your energy flowing
- Value your mind – write a powerful 'I AM' statement to say every day
- Be indulgent, go shopping, have lunch, do something nice for yourself
- Spend time with those you love, tell them how important they are to you

Celebrate You!

You're Worth It!