

JENNIFER ANGEL SOUL TALK

EMPOWER YOUR DAY

Pay attention to your energy by recognizing what you are doing that isn't working for you, and setting new disciplines that keep your MIND, BODY and SPIRIT strong.

What you do first thing in the morning, before you do anything else, can set your energy in a positive or negative state for the day.

Here are some of Jennifer's favorite morning energy shifters

SPIRIT

- Start with a form of meditation, guided or self meditation
- If you don't have time for meditation, then practice some rhythmic breathing exercises, focusing on your breath.
- Breathe in through your nostrils and out through your mouth.
- Try a Rapid Relaxation Process, combining light, color and breathe to connect with your inner-mind, to silence your mind, and access inner-guidance.
- Carve out space to be by yourself, even if it is 5-10 mins and work up to 20-40 minutes. Some days you may do 10-mins and other days 30 mins.
- Do a gratitude exercise. Find at least five things, people or situations you have to be grateful for. After doing a rapid relaxation process, recite out loud or silently to yourself;

"I am grateful for... (include person, situation or yourself) in my life, thank you"





MIND

- Keep a journal next to your bed or in your private meditative energy space. In the morning, as soon as you wake up or directly after your meditation or relaxation process, write down what comes to your mind. Don't analyze it, or think too deeply, just write and journal your thoughts.
- Notice any thoughts that negative or feel heavy, thank your thoughts for highlighting where you need to do some inner work, and then change and replace those thoughts with a more positive and empowering thought.
- Recite Affirmations, and realize that repetition is a powerful change formula

A few of Jennifer's favorite affirmations from masters she follows

- * Things are always working out for me
- * I naturally attract abundance and good fortune
- * I activate the vibration of love and abundance in my life
- * I am so happy and grateful now that money comes to me in increasing quantities through multiple sources on a continual bases (Bob Proctor)
- * I give myself permission to prosper and grow

BODY

- As soon as you wake up, take a drink of water, start the day hydrated
- Movement - decide what you are going to do for your body; go for a walk, go to the gym, do some home exercises, subscribe to a virtual program, walk your dog, recruit a friend or neighbor to be your exercise buddy.
- Find something you can do everyday, that makes you feel great and you can easily fit into your schedule.
- Check your diet: Your body will tell you when it feels energized or sluggish. When you eat something that doesn't agree with you, your body will react.
- Listen acutely to the messages your body delivers to you and then obey.
- Start the day off right, with food and beverage that energize and balance your body.



Now that you have decided how you will start your day in an empowered, positive and productive manner, next make a timing plan.

Decide how to start your day empowered, in a way that it will fit within your life, your family, your responsibilities, and in a way that will allow you to stay on track with your Mind, Body, Spirit connection.

Good Luck and to Your Good Health!