INSPIRE BALANCE COACHING

WHEN THE GOING GETS TOUGH...

1. START EVERY DAY THINKING OF AT LEAST ONE GOOD THING.

2. REMIND YOURSELF OF YOUR UNIQUE STRENGTHS AND FIND WAYS TO USE THEM.

3. WRITE IN A JOURNAL.

4. SEE EACH DAY IS A FRESH START!

5. FIND A MOTIVATIONAL QUOTE.

6. ASK FOR HELP.

7. TAKE DEEP BREATHS TO CALM YOUR BODY AND ASK YOURSELF, WHAT CHOICES DO I HAVE?

8. GET GROUNDED.

9. MOVE YOUR BODY.

10. DON'T BEAT YOURSELF UP!

Erica Rood, M.A. Ed.
858-344-6334
erica@inspirebalancecom
InspireBalance.com