



HUNCHES, FLASHES,
IMPRESSIONS...PERMISSION TO IGNORE



INTERACTIVE



3 STEPS TO RECONNECTING TO
YOUR INNER HAPPINESS



1. WAKE UP CALL



2. TEN MONTHS OF SOLITUDE...CREATE SPACE

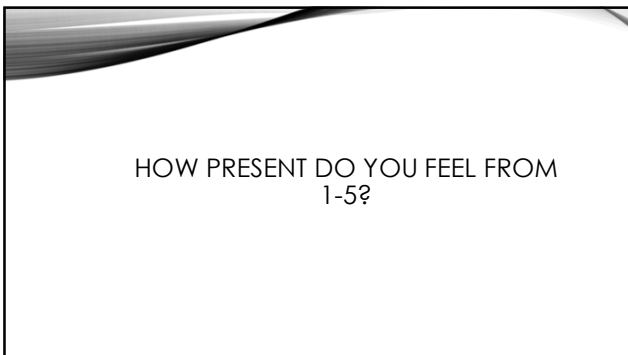


3. UH OH – WHO AM I AGAIN?










DAILY DOSE OF MEDITATION NOT
MEDICATION.

A black and white photograph showing a person sitting in a meditative lotus position in the middle of a crowded, busy public space. The people around them are blurred, suggesting movement and a fast-paced environment, while the person meditating is in sharp focus, creating a strong contrast between stillness and activity.

HOW TO GET STARTED?

- When - mornings and/or evenings are best.
- Where - anywhere that is quiet and you feel relaxed. Connected to nature is a plus.
- What position?
- How long - 1 minute to start and add 60 second increments each month.
- Why - reliable to cut through unreal thoughts and get to the real you.

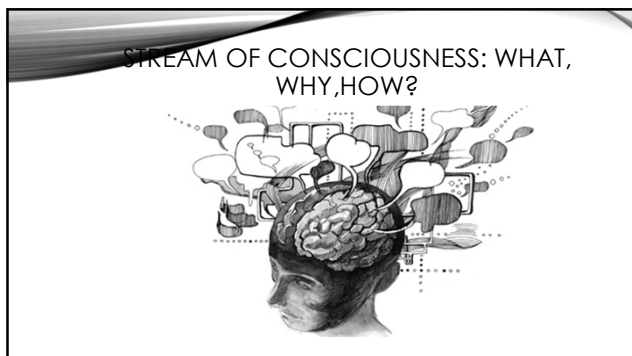
A graphic of a 'Keep Calm' poster. It features a crown at the top, followed by the text 'KEEP CALM AND LET'S TRY IT TOGETHER' in a bold, sans-serif font. The text is white on a dark background, which is itself centered within a larger white rectangular frame.

HOW PRESENT DO YOU FEEL FROM
1-5?

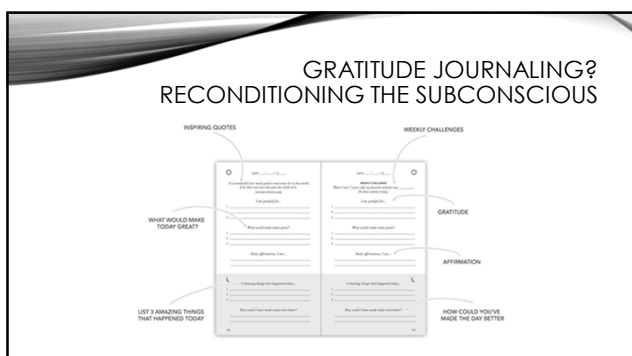
JOURNALING



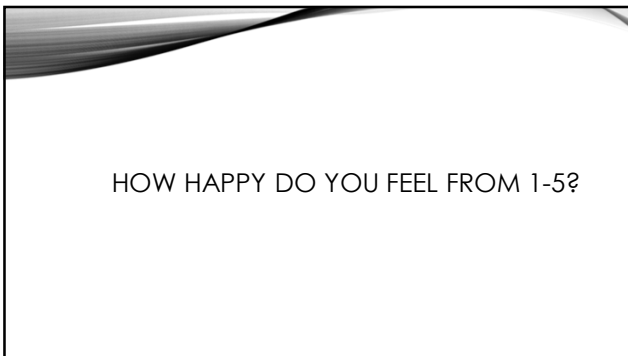
HOW HAPPY DO YOU FEEL FROM 1-5?

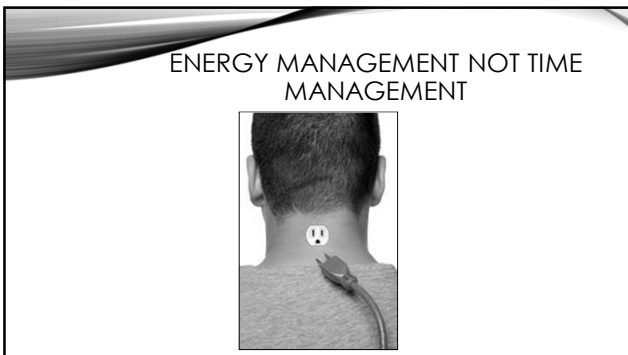




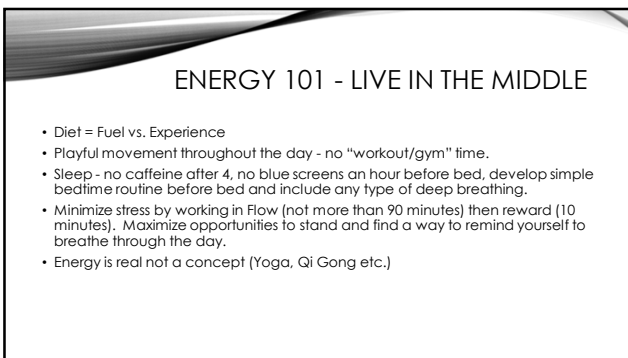














HOW CALM AND CLEAR DO YOU
FEEL FROM 1-5?

EMAIL & AND MEETINGS ARE EVIL



RECONNECT TO YOUR ART - PLAY WEEKLY



12 WEEK GUIDED BEGINNER PROGRAM
INTEGRATING ALL OF THE TECHNIQUES
ABOVE.

EMAIL IF INTERESTED....

WRAP UP

RECONNECT TO THAT WHERE AND
WHEN...

- Close your eyes.....
- See yourself....
- How old are you?
- Where are you?
- Say to yourself out loud or quietly....

