The Shift Map

Your path to *peace*, *presence*, and *personal power*.

Week 01
Returning to Calm

Mon

Set time aside for breath and silence. Your shift begins here - in stillness.

Wed

"I am willing to be calm."
Use this mantra to shift your body and mind into calm.

Fri

Practice connecting with your inner wisdom by asking, *"What do I need to know today?"*

Week 02
Listening Within

Tue

Practice your inner connection by asking, *"What part of me needs to be heard?"*

Thu

Trust your body's wisdom as a compass toward truth. Ask your body, *"How can I create more relaxation for you?"*

Sun

Time to see the shift:
Notice what has soften and what feels stronger.
See your progress with compassion.

Week 03
Acting from Power

Mon

Ask within, *"What thoughts are dimming my power?"* Then breathe deep and release them.

Wed

Go within. In the calm of your center state: *"I accept the power of my truth, beauty and wisdom."*

Fri

Ask within, *"What is a bite sized action I can take that will make a positive shift in my life?"* Then do it with joy!