

# GUIDE TO A HEALTHY AND BALANCED LIFE

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## SPIRITUAL

**Affirm.** As soon as you wake up in the morning, take time to bless your day and affirm all will be well. Do it daily.

**Focus.** Set your intention for the day.

**Contemplate.** Close your eyes. Take time to breathe deeply.

## PHYSICAL

**Wash yourself.** Water carries the power to awaken and ground you.

**Eat.** A nourishing and healthy breakfast, lunch and dinner keeps you healthy throughout.

**Stretch.** This includes yoga, walking, or your special exercise.

## MENTAL

**Make a list of your goals for the day.**

**Breakdown your list into bite sized, actionable steps.**

**Visualize that you are taking those steps.**

## EMOTIONAL

**Ground into your center.** You can start by sitting up with your spine straight.

**Feel your heartbeat.** Hear it slow down.

**Ask yourself, what does your heart want for the day?**