## THE CLARITY COACH



#### **10minutes A Day To Improve Yourself**

Five reminders and all you nee is 10 minutes a day to focus on you!

#### **10 MINUTES DAILY TO IMPROVE YOURSELF**

#### DEVELOP A NEW SKILLSET

Learning a new set of skills is a great way of excersing your mind, gaining a diverse knowledge and skills which can keep you motivated and inspired.

10 minutes of learning can help you master any skill, whether this is playing an instrument, learning to cooking or knit to learning a new language. By focusing 10 minutes daily this can make a positive difference to your skillset.



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## 1FDITA

Only 10 minutes every day will calm your mind and body; bringing focus, clarity and a sense of being present moment.

> Short moments of breathing helps slow the mind of clutter and you will reduce stress levels- give you more engery and the ability to acomplish tasks more productively

## RACTISE MINDFULNESS

#### **BE HERE AND NOW**

Take 10 minutes every day to just simply stop and become aware of ourself and others around you. Become mindful of your thoughts and feelings

The things that once upsetted you, made you sad, fustrated or angry, you will eventually now have a new light upon this - in how you see, feel, think and respond to those around you.

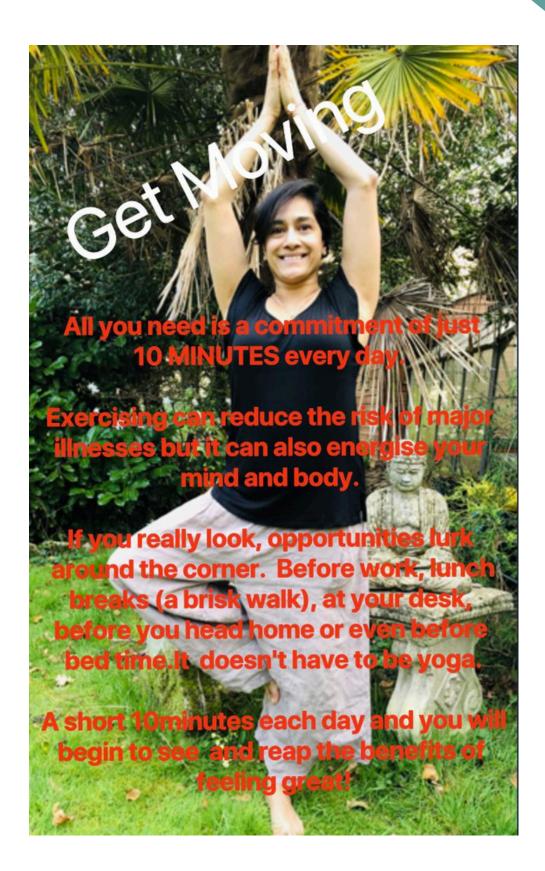
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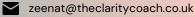






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# FIRMATIONS

Start each morning with a positive affirmation for just on empowering yoursel 5 minutes, focu visualise and think more proactively about all the opportunities that awaits you.

your greatness, how valuable you Remind yourself o ou are as person and what you can are, how ama achieve and this life

Want to live a healthier and more fulfilling life? Want help in making those amazing changes in your life? Want to better your dreams and goals?

\*\*\* If you want to explore and discover how Affirmations can empower your mind, and give you more confidence, self-esteem and resilience, then book a call with me to take action, and build a stronger you...

Mindset is everything!



Book your initial free consultation: https://calendly.com/theclarity-coach/15min

'Achieve the life you desire- find & forge your path so you can shine your light'

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