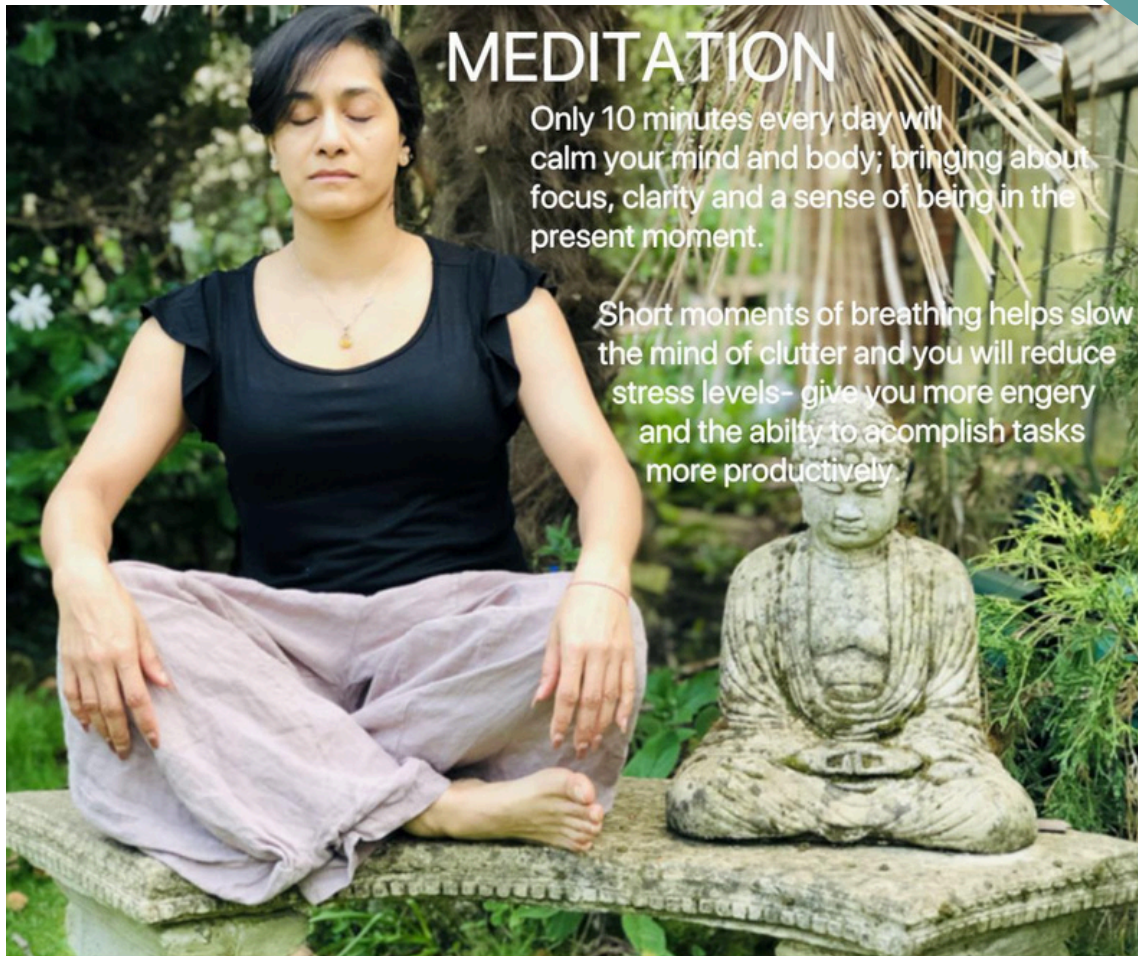


## 10minutes A Day To Improve Yourself

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



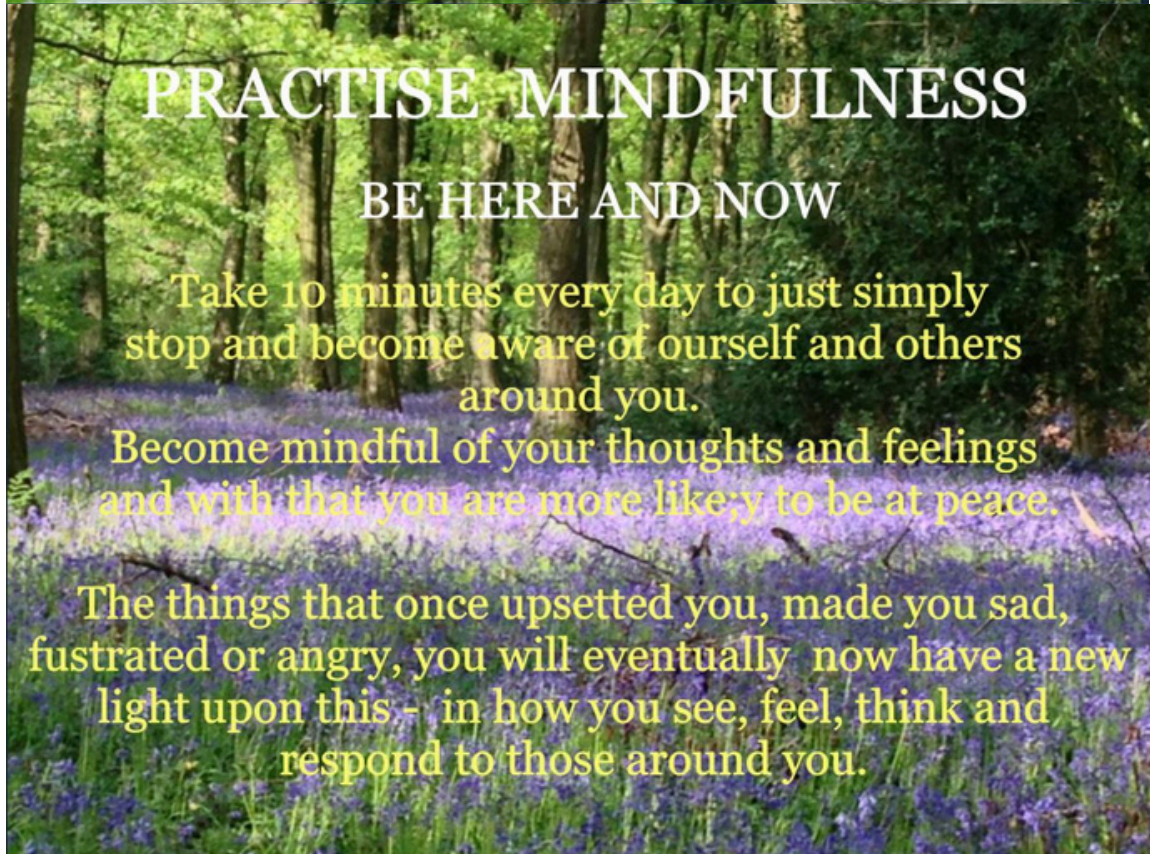




## MEDITATION

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

Short moments of breathing helps slow the mind of clutter and you will reduce stress levels- give you more energy and the ability to accomplish tasks more productively.



## PRACTISE MINDFULNESS

### BE HERE AND NOW

Take 10 minutes every day to just simply stop and become aware of yourself and others around you.

Become mindful of your thoughts and feelings and with that you are more likely to be at peace.

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









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'*