

# Tips for Freeing Your Spirit and Staying on Track



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**Ground Yourself:** Be fully present in your life, not only in your head! Connect to your body and spirit to gain full access to your power.

**Break Old Patterns:** Look at old issues from a fresh perspective. If it doesn't serve you, let it go.

**Change your routine:** Do something new at least once a week.

**Learn to Relax:** When you notice that you are overwhelmed with too many details, take a moment and look up at the sky and expand your vision. Breathe!

**Exercise:** Find ways to raise your mood and flood your brain with endorphins.

**Give your passions a voice.** Develop your creativity. Take small consistent steps towards achieving your goals. Jump into the mystery of potential and possibilities. Step out of your "comfort zone" several times a day. Acknowledge yourself as valuable and give yourself the self care that someone valuable deserves.

**Get support:** An executive life coach can help you with all of the above~ and more! This month I am offering a complimentary a half hour coaching consultation to see how we can work together.

Have a balanced and powerful day...SOAR! *Eileen*



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