Keys to Soulful Living

- Sanity Habits
  - Food Exercise Sleep
  - Meditation - daily check in
  - Fun and social plans
  - Creativity & causes
  - Empowerment tools
- Clear plans
  - Yearly, quarterly designs
  - Monthly, weekly goals
  - Logical and heart-wise
- Courageous actions
  - Name a few big actions
  - Take steps, track learning
  - Name help to grow
- Deeper Healing
  - Filling gaps in support
  - Alignment, having room
  - Rewiring old beliefs

Presented with xmind