

5 Rockstar Techniques To Boosting Your Bliss Every Day *with* CLAIM IT LIVE IT

Be
IN THE
MOMENT

Feel
GRATITUDE
DAILY

Release
UNHEALTHY
EXPECTATIONS

Live by
YOUR DEFINITION OF
SUCCESS &
FAILURE

Do
MORE
FOR YOU!



When your mind starts to wander into the past or into tomorrow, gently bring yourself back to the present moment. Look around. Take a breath. Let yourself feel the peace and see the magic in the present moment.



Gratitude can wash away anxiety, worry, fear and pain almost instantly. Think of one thing or person that you're grateful for. Now, breathe in the love, the appreciation, the depth of your gratitude and all the energy that comes with it.



Expectations that cause guilt, anger, frustration and disappointment against yourself or others are unhealthy. Release them! Instead, communicate your needs and create healthy loving goals to strive for.



Without defining success and failure for yourself you have no roadmap to help guide you to your goals. You have no way to measure your achievements. You can be left feeling forever unsuccessful. Define both in all areas of your life.



Start doing more for yourself and putting yourself first. It's not selfish, it's self-love. This will allow you to continue to give, support and do more for others. Balance is only attained once you're ready to give to yourself as much as you give to others.