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Practical  
things you can  
do to *connect*  
to your

*Heart*

and *quiet your*

*Monkey Mind*



JOURDI BLEU

MINDFUL LIVING + EMBODIMENT COACHING

# HYDRATE

*drink 3 liters of water  
per day*

MOST OF US ARE CHRONICALLY DEHYDRATED. WHEN YOUR CELLS ARE DEHYDRATED, THEY SHRIVEL UP AND MALFUNCTION (THINK OF RAISINS VS. GRAPES).

WHEN THEY ARE HYDRATED, CELLS HAVE MORE SPACE TO FUNCTION PROPERLY AND IN TURN LETS YOUR BODY/BRAIN FOCUS ON HIGHER LEVEL THINKING (NOT TAKING ENERGY UP TRYING TO JUST SURVIVE)

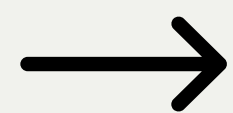


# MINDFUL BITES

*Becoming super  
present when eating*

GIVE YOURSELF THE GIFT OF NO OTHER DISTRACTIONS  
WHEN YOU CHEW. SMELL THE FOOD BEFORE YOU BITE IT.  
CHEW MORE THAN NORMAL, REALLY BECOME AWARE OF  
THE TEXTURE OF THE FOOD, THE FLAVOUR, THE  
TEMPERATURE. COME INTO GRATITUDE FOR THE FOOD.

BECOME AWARE OF ALL THE HANDS THAT HAVE  
TOUCHED THIS FOOD TO GET IT ON YOUR TABLE .

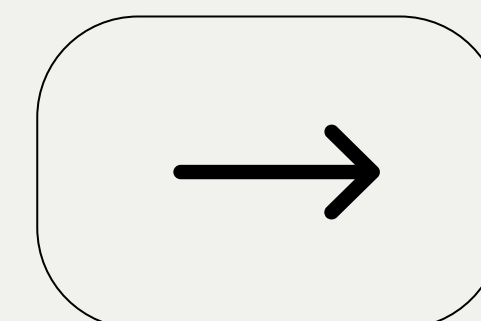




# DAILY BREAKS

*for healthy habits*

SET AN ALARM ON YOUR PHONE OR PICK SOMETHING ELSE AS A TRIGGER (COMING UP TO A RED LIGHT, THE DING OF YOUR EMAIL, ETC.) TO STOP AND TAKE 3 DEEP BREATHS. CLOSE YOUR EYES IF YOU CAN AND PUT YOUR HAND ON YOUR HEART - DROP OUT OF THE MONKEY MIND AND INTO THE BODY.



# MOVE



*get  
physical*

HIIT CLASS, YOGA, GYM SESH, SWIMMING, RUNNING, SPORTS. PICK ANYTHING THAT YOU LIKE. E-MOTION IS ENERGY IN MOTION. MOVE YOUR BODY WHEN YOU NEED TO SHAKE THE FUNK.

EXERCISE ALSO RELEASES ALL THE DOPAMINE AND SEROTONIN (HAPPY HORMONES), SO MAKING A REGULAR EXERCISE ROUTINE HAS BEEN ABSOLUTELY GAME CHANGING FOR MOST PEOPLE'S MINDSET SHIFT.



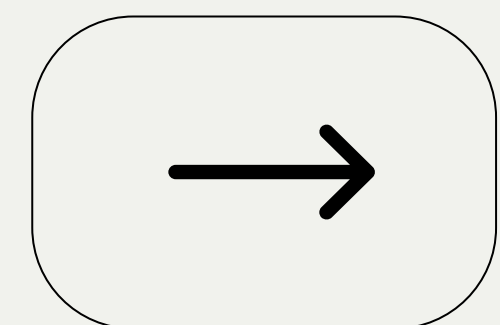


# DANCE PARTIES

*move your booty ;)*

DANCING AND MUSIC HAS BEEN AN ANCIENT PRACTICE OF HEALING, COMMUNITY AND JOY IN MOST ANCIENT CULTURES FOR GENERATIONS. IT'S HOW YOU CAN REMEMBER TO NOT TAKE YOURSELF SO SERIOUSLY AND CONNECT TO YOUR INNER CHILD AND THE ROOTS OF YOUR ANCESTORS.

TURN ON YOUR FAVOURITE TUNE AND GO CRAZY! BONUS IF YOU DO IT IN FRONT OF THE MIRROR SO YOU CAN WITNESS YOURSELF IN YOUR AMAZING POWER AND AWESOMENESS .



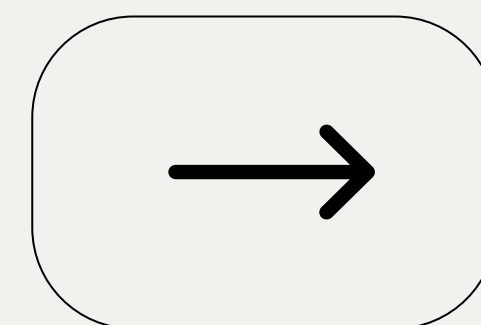


# MIRROR WORK

LOOK AT YOURSELF IN THE MIRROR, GAZE INTO YOUR OWN EYES, AND SAY "I LOVE YOU, I AM LISTENING."

SPIRITUAL TEACHERS CALL THE EYES THE GATEWAY TO THE SOUL - LOOK INTO YOUR SOUL AND BE REMINDED OF WHO YOU TRULY ARE.

MEET YOURSELF THERE AS OFTEN AS YOU CAN AND LET YOURSELF KNOW THAT YOU ARE LISTENING.



# BEAUTY WALKS

*ultimate one-ness*

GO FOR A WALK AROUND THE BLOCK WITH NO DISTRACTIONS AND JUST LOOK AROUND. LOOK UP, DOWN, LEFT, RIGHT, BEHIND YOU. APPRECIATE HOW BEAUTIFUL THE TREES AND SKY ARE. NOTICE DETAILS OF HOUSES THAT YOU HAVEN'T NOTICED BEFORE. BECOME AWARE OF THE SMELLS AND SOUNDS THAT ARE PRESENT.

SAY TO YOURSELF **HAM-SA**, WHICH TRANSLATES INTO "**I AM THAT**" (THAT SINGLE STRAIN OF CONSCIOUSNESS THAT CONNECTS US ALL TOGETHER). SENSE YOUR ONENESS.

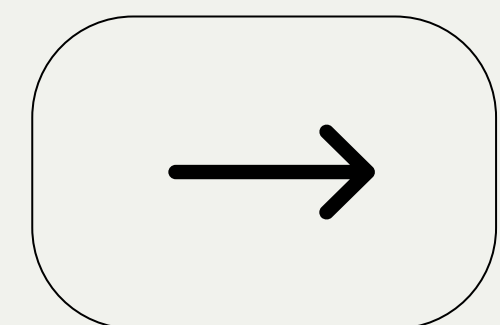


# MEDITATION

*start small*

THERE ARE MANY APPS YOU CAN CHECK OUT.

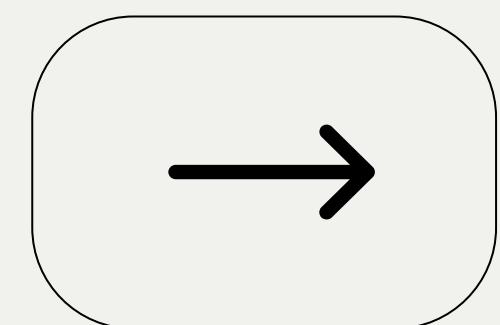
MY FAVORITES ARE INSIGHT TIMER AND CALM.



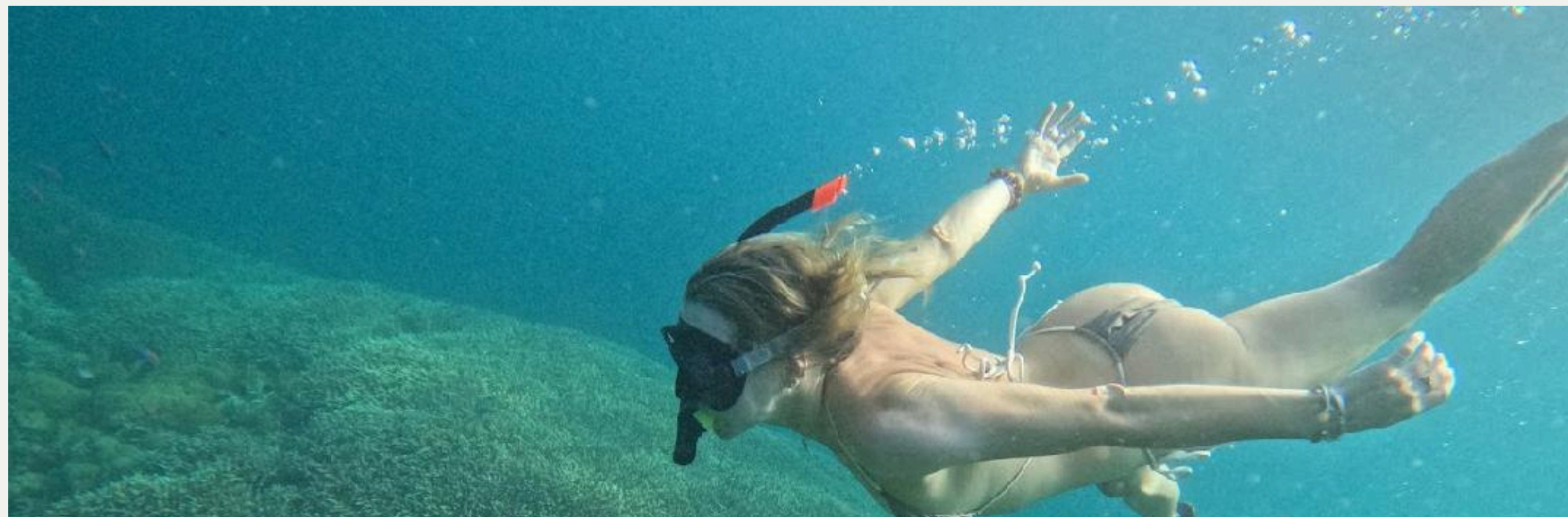
# BREATHWORK

REBIRTHING, WIM HOFF, HELIOTROPIC, SHAMANIC,  
BOX BREATHING ... JUST TO NAME A FEW. GOOGLE IT  
AND GET AFTER IT. IT TAKES YOU OUT OF YOUR  
MONKEY MIND AND INTO YOUR BODY BETTER THAN  
JUST ABOUT ANYTHING ELSE.

IF YOU WANT TO DIG DEEPER INTO BREATHWORK,  
SEND ME A DM AND WE'LL CHAT ABOUT IT.



# COLD WATER



*dips*

THERE'S ALL SORTS OF SCIENCE BEHIND WHY COLD WATER IS GOOD FOR YOUR BODY ON A PHYSICAL LEVEL, BUT I'M MORE INTERESTED IN WHAT IT DOES TO YOUR MINDSET.

WHEN YOU CHALLENGE YOURSELF TO GET INTO COLD WATER, YOU ARE TELLING YOUR SUBCONSCIOUS MIND THAT **YOU CAN DO HARD THINGS.**

THIS LEADS TO SELF-TRUST WHICH LEADS TO SELF-CONFIDENCE WHICH LEADS TO MORE SELF-LOVE <3



# IF YOU FOUND THIS

*helpful -*

IT'S GREAT TO ALSO COMPLIMENT  
THESE ACTIONS WITH **MINDSET  
RESET TECHNIQUES.**

THOSE ARE BEST DONE WITH A  
TRUSTED GUIDE, IF YOU'RE  
INTERESTED IN HEARING MORE  
ABOUT THIS...

[FOLLOW THIS LINK TO SCHEDULE  
A TOTALLY FREE, NO-STRINGS  
DISCO CALL WITH ME](#)



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