

HIT THE RESTART BUTTON DAILY

7-POINT BLUEPRINT

For Living a HIGH V.I.B.E. LIFE



1

LAUGH OFTEN

- Don't take things too seriously, including yourself
- Think in terms of "Laughter is the best medicine"

LIVE IN LOVE & EMPATHY

- Put yourself in another's shoes
- Put out what you want back

2

3

BE HEART-CENTERED

- Know what you truly value
- Embrace self-awareness
- Focus on what gives you joy

LIVE PRESENT

- Don't worry about the past
- Don't fear the future

4

5

PRACTICE GRATITUDE REGULARLY

- Be Thankful for what you have and for what you are manifesting

BE IN-TUNE WITH YOUR BODY AND THE NATURAL WORLD

- Know & Nurture your body's unique needs
- Spend time in nature regularly

6

7

FORGIVE AND LET GO

- Forgiving others is healing
- Simple Mantra: I forgive those who have hurt me, wish them well and I forgive myself too."