

Catch the downward spiral of despair...

Take one action towards what it is that's important to you



Are you feeling frustrated?



Overwhelmed ?



Time poor?



Are you lacking in concentration?



Feeling under pressure?



Set a new Intention



Calm your mind



Tune to your Inner Resource



Schedule in a 5 minute Yoga Nidra



Check to see if your cup is half empty



Turn it into an upward spiral of action...



Struggling to have a productive and inspiring day?