



Quick Guide

to improve

your  
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well being



YCMORE  
intentional creativity®

# QUICK GUIDE TO WELL BEING Practises

## 1 Positive Visualization

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Spend time visualizing positive outcomes and envisioning a more favorable environment. This can help shift your mindset and attract positive energy.

## 2 Gratitude Practice

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Regularly express gratitude for the positive aspects of your life. Focusing on what you appreciate can create a more positive atmosphere around you.

## 3 Set Clear Intentions

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Clearly define your goals and intentions. This clarity can guide your actions and decisions, leading to positive changes over time.

## 4 Mindfulness and Meditation

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Practice mindfulness to stay present and manage stress. Meditation can help you cultivate a sense of calm and centeredness, making it easier to navigate challenging situations.

## 5 Healthy Boundaries

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Establish and maintain healthy boundaries with others. Clearly communicate your needs and priorities, which can reduce conflict and contribute to a more positive atmosphere.

## 6 Surround Yourself with Positivity

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Spend time with supportive and positive people. The energy of those around you can significantly impact your own mood and mindset.

## 7 Self-Care

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Prioritize self-care activities that rejuvenate and energize you. Taking care of your physical and mental well-being can have a positive ripple effect on your surroundings.

## 8 Problem-Solving

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Address challenges proactively rather than letting them fester. Tackling issues head-on can create a sense of control and contribute to a more positive environment.

# QUICK GUIDE TO WELL BEING

## Practises

### **9 Creative Outlets**

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Engage in creative activities that bring you joy and fulfillment. Art, music, writing, or any other form of expression positively impacts your mood and inspires a more vibrant environment.

### **11 Uplifting Playlists**

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Create playlists and update them regularly with fresh, inspiring and favorite uplifting songs. Music that resonates positively with you can enhance your mood and create a more enjoyable atmosphere in your surroundings.

### **13 Hydration**

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Stay adequately hydrated throughout the day to support your body's functions and brains. Dehydration can lead to fatigue and a decline in cognitive function. Keep a water bottle close at all times.

### **15 Learn to Let Go**

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Release negative emotions and grudges that may be holding you back. Forgiveness and letting go can create space for positive energy to flow.

### **10 Play an Instrument**

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Playing music can be a therapeutic and rewarding experience, offering a creative outlet and contributing to a more harmonious environment. The act of playing can be a source of joy and positive energy.

### **12 Nutrient-Rich Food**

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Consuming a variety of fruits, vegetables, whole grains, and lean proteins can positively impact your energy levels and overall well-being. Good nutrition plays a crucial role in supporting both physical and mental health.

### **14 Physical Activity**

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Incorporate regular physical exercise into your routine. Exercise is known to release endorphins, which are natural mood lifters. Good physical health contributes to a more positive and energetic presence in your surroundings.

### **16 Continuous Learning**

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Stay open to learning and personal growth. Embrace change and adaptability, as it can lead to positive transformations in your life.

# SERVICES

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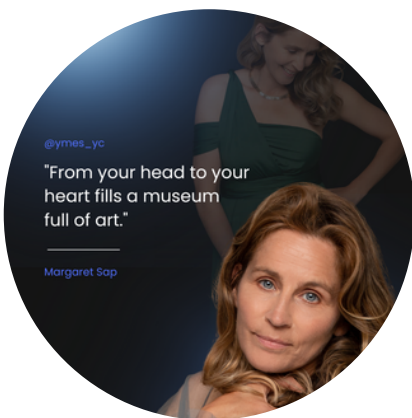
## **1:1 Coaching VIP**

*If you look for an acceleration of your personal growth, you just found it. You will have all my attention to sharpen yourself. Perspectives are my superpower. Your self-awareness is highly awakened and enhanced in no time.*



## **Group Coaching / Teams Coaching**

*By creating a safe space for participants to open up, group and team coaching under my guidance is fun, impactful and has long lasting effects on both individual and teamlevel.*



## **Speaker**

*The world needs inspiring leaders that dare to use creativity and empathy to protect what is to be cherished and to disrupt what requires change. I bring serious lifestyle topics with fun, anecdotes and tangible action steps to a broad audience.*

# THANK YOU!



This is your one and only life and my wish for you is to live your life as free and genuinely joyful as possible. Your choice to invest more time and attention in conscious creative living will add great value to you life experience.

Stay tuned to great opportunities here:



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