

VALERIE GREENE COACHING

If you find yourself overwhelmed, try these 6 Easy Steps to shift into Inner Ease.



1. HAPPY MEMORY

Think of your favorite place in nature, a favorite childhood memory, a recent happy or joyful experience. In order for this to work, you want to choose an exclusively positive memory.

2. BE THERE

Close your eyes. Go there in your mind and visualize being there!



3. MAKE IT REAL

See what you saw, feel those good feelings in your body, and hear the sounds. For example: See the ocean and waves, feel the warm sun on your skin, hear the gentle waves, and feel those happy and peaceful feelings.



4. HOLD THE HAPPY

Notice how good it feels. Hold the happy feeling as long as you can. The more you practice this "Happy Place" exercise, the better you will feel overall. I personally encourage people to set a goal of holding the happy for about 30-90 seconds.



5. SQUEEZE WRIST

Squeeze your wrist, take a slow deep breath in for a count of 5 through your nose and exhale slowly out your mouth for a count of 5, and say a positive affirmation.

"I AM LOVED." "I AM GOOD ENOUGH."

"LIFE WORKS OUT FOR ME." "I AM WORTHY EXACTLY AS I AM."



6. REPEAT

Repeat the process 3-10 times a day. You can challenge yourself to stay in your "Happy Place" longer and longer without other thoughts interrupting.

*Wishing you increased happiness today
and always.*

Love & Peace, Valerie