



Star Born Wellness

Conscious Menu for Daily Living

Offering: A lovely way to maintain and enhance a state of well-being, a sense of balance, harmony, inspiration, staying grounded, connected with self/others, your Spiritual Connection and so much more is listed below. There is freedom to select, create the amount of time, frequency and order of the menu items. Choose what is beneficial to and for you... perhaps add to the “menu”. Remain conscious and be InJoy.

- ✦ 1. Enjoy a Spiritual Practice (prayer, meditation, devotional reading...)
- ✦ 2. Connect with family and/or friends
- ✦ 3. Do something to support those you know and serve (clients, students, colleagues, co-workers, employees, service providers, organization)
- ✦ 4. Do something in your home to positively shift the energy (organize, beautify, repair, release an item)
- ✦ 5. Serve the community/world (contribute, prayer, support a neighbor, random act of kindness)
- ✦ 6. Be mindful about what and how much “news” to watch, listen, read
- ✦ 7. Lift vibration of home through music
- ✦ 8. Bring in fresh air and let the sun shine in through windows/doors
- ✦ 9. Engage in a form of leisure, relaxation, recreation, exercise, walking in nature (forest bathing)
- ✦ 10. Learn or do something new... see something with a new eye.
- ✦ 11. Laugh at something or with someone ...out loud... smile (even for “no reason at all”)
- ✦ 12. Create (music, writing, art, new recipe, plant a garden for flowers or food)
- ✦ 13. Reflect
- ✦ 14. Express Gratitude