

# 3 UNDENIABLY SIMPLE TACTICS TO PRACTICE SOUL/LIFE BALANCE



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I have a question for you; and please ... really let this sink in...

## How often do you make time to feed your soul?

"Feeding Your Soul" is going to look different for each of us, as we are all unique beings.

"Feeding Your Soul" does not mean

- ✗ Meditation

- ✗ Exploring the Astral

- ✗ Doing some sort of healing retreat

In fact, it's so much more ACCESSIBLE ...

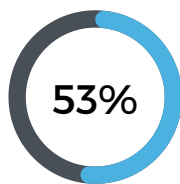
"Feeding Your Soul" is up for you to define! It's not for anyone else to define for you!

Let this be your metaphoric permission slip, to sit back, Reflect and see what's coming to the surface. This is the art of presence.

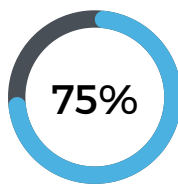
# Feeding Your SOUL is the Direct Path to Increased Mental Health (more fulfillment, joy, and energy)

Given the Mental Health Crisis we are facing, it's become abundantly clear that the root cause ... not the symptom, but the root cause of this Mental Health Crisis stems from being disconnected from our Soul.

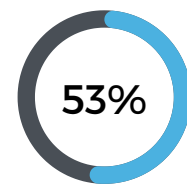
In the workplace alone, we are seeing 53% of people reporting they feel more emotionally exhausted and 75% feel more socially isolated since the start of the Pandemic in 2020 (per a study by the Harvard Business Review).



Of employees report feeling more exhausted.



Feel more socially isolated.



Say they feel more emotionally exhausted.

The stats clearly back the importance of Mental Health. The only choice is whether you (we) will do something about it or not ...



A simple solution to make one's own Mental Health a priority is through the practice of SOUL/Life Balance. By doing so, you are making an agreement with yourself to put yourself first and foremost, always while simultaneously reframing "work" as part of the energy required in living your life.

**Without further adieu, here are the 3 Undeniably Simple Tactics to Practice SOUL/Life Balance Daily...**





## 1. Connecting to Your Breath

Yoga for me, was the path that ignited my passion for going within. To be honest, it took me a while to understand the gift that is yoga and when it clicked for me is when I started connecting the movement to the breath.

Yoga is often a bit misunderstood as solely a movement practice. However, after obtaining my 200 hour credential to teach yoga; I'm now better equipped to share this gift with others. The main thing I'd like you to know (if you don't already); is that yoga as it's known in most popular western culture is associated with movement only.

Although yoga truly has 8 "branches" to the practice itself. Movement is just one of those eight branches; two other branches are meditation and breathwork. So, really the practice that we think about when we hear the word "Yoga" only relates to three of the eight aspects of yoga.

## Why is this important?

Well, I'd never say there's one path to get somewhere. However, maybe you've tried yoga and it didn't quite click for you yet or perhaps you may be thinking how can I make time to do "yoga" daily? That's far too big of an ask.

To either of these situations, I'd invite you to consider reframing your relationship to what yoga means and see if you can make but just 3-5 minutes a day to sit with yourself to practice what yoga means to you. Perhaps that means taking a few minutes in the morning to stretch, or maybe taking some silent time to meditate or even to practice just a few intentional breaths.

The breath is the gateway to feeling more energized, connecting with your heart and ultimately to more fulfillment and joy in life.

One other simple tactic to connect with your breath is something that is known as Box Breathing. Box breathing is an easy-to-use tactic that you can go back to throughout the day.

## Box Breathing *Simplified*

**1 INHALE** for 4 seconds from the bottom of your belly letting the belly expand like a balloon all the way to the top of your chest.

**2 HOLD** your breath for 4 seconds.

**3 EXHALE** slowly to the count of 4 seconds while bringing your belly inward toward your spine while dropping your shoulders.

**4 HOLD** your breath for 4 seconds and repeat steps 1-3 a couple of times until you feel “Complete”.

**WARNING:** Please use this practice at your own discretion and be mindful of when and how you deploy this tactic.



## 2. Tracing Your Thoughts

SOUL/Life Balance isn't something to chase nor something to attain. Rather, it's a way of being and it starts with the mindset shift of reframing Work/Life Balance to SOUL/Life Balance by asking yourself on a daily basis - "How can I feed my Soul in this moment"?

Tracing thoughts is simply getting to the root of a certain belief, story, emotion or really anything that comes through your conscious awareness.

Neuroscience teaches us that 96% of our thoughts are unconscious and that our conscious mind (awareness) is just 4% of what makes up who we are. The practice of tracing thoughts is to access the subconscious for my awareness of how we are truly feeling in any given moment.



# Tracing Thoughts *Simplified*

1. **PAUSE:** Notice a Thought, Story, Emotion, or a Belief entering your awareness.
2. **SILENCE:** Sit with what comes up. Hear it, allow it and listen to it without judgment.
3. **NAMING:** Give what arises a name. I know this may sound a bit odd, but stay with me here...
4. **LISTEN:** Once again, listen. Hear what this voice in your head is asking for (oftentimes it's simply to be heard/seen/recognized/witnessed).
5. **OWN YOUR QUEENDOM/KINGDOM:** You have an inner world within you and by listening to the voices arise; you now become the Leader of your "inner landscape".

**This practice may sound a bit odd if you haven't done it before; but trust me it works!**

This is a useful tactic to employ in your everyday life to help bring more conscious awareness to what's going on within you.

This is similar to the practice of IFS (Internal Family Systems) AKA Parts Work. IFS is a fantastic tool leveraged in the psychology field.

As a practice, **tracing your thoughts** is about being aware of the present moment's inner world/landscape.

By bringing awareness to the present moment through connecting with what's rising to the surface within you; you will be guided to not only “feeding your soul” daily.



### 3. Remember to Play!

Life doesn't have to be so serious, let's bring back the wondrous joy of a child looking at the world in a colorful pallet of endless possibilities!

Truth is ... Life is HARD.

In fact, it can be straight up ROUGH sometimes...

But, that doesn't mean we are a victim to circumstances and that we'll let the story of life being hard dictate our satisfaction in the life we choose to live.

BECAUSE remember, you get to CHOOSE how you show up. We get to choose whether or not life happens to us or if we choose that circumstances in life are happening for us. When we flip the script to see opportunities, we begin to build a life with more purpose rather than chaos.

## Play *Simplified*

**1. HALF FULL:** It's cliché, but choose to see things from a glass half full perspective rather than half empty. Choose a different perspective, a different narrative and rewrite your story. This begins by filling up your metaphorical cup up first - meaning; do the things that light you up no matter what.

**2. ART:** Whether or not you consider yourself an artist doesn't really matter. If you are an artist, challenge yourself in trying a new variation of art (i.e. if you're a musician but don't think of yourself as a good painter; try painting). If you don't consider yourself an artist, where can you start? Maybe grab an adult coloring book with some colored pencils and connect back with how you used to draw as a child (whether you choose to stay within the lines or not ;)



**3. LAUGHTER:** How can you soften? And I'm not doing what we call Spiritually Bypassing and avoiding tough feelings/conversations etc. by simply "laughing it off". What I am suggesting, however, is to invite back a smile into your being.

Whether it be closing your eyes and smiling to yourself about the things you're grateful for in that very precise moment, or just finding laughter through watching your favorite stand-up, comedy flick or calling that friend you know you can count on to lighten up your mood.

### **IN CLOSING**

A Life of Fulfillment is so much more accessible than we've been led to believe is possible.

If you'd like to go deeper on these concepts, please be sure to check out my #1 Bestselling book, SOUL/Life Balance at [SoulLifeBalanceBook.com](http://SoulLifeBalanceBook.com), listen to my podcast called [SOUL SEEKR](#), view my [speaker reel](#) to see how I can bring these messages to your audience, or [book a call](#) with me for a complimentary 1:1.



# THANK YOU!

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