

# make EASE + FLOW Yours daily #improvementhack

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## GRATITUDE

Without a doubt, gratitude is the single biggest contributor to a fulfilling, easy lifestyle.

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## GLORIOUSLY RECOGNIZE NATURE'S ABUNDANCE

Inhale all the way to your belly. Exhale. Let us not forget we are cut from the same cloth as the roses, the trees, the sky, the sun.

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## DRINK MORE WATER.

## WHEN THE 'GOING GETS TOUGH' THE TOUGH ... STAY

When we promise ourselves not to abandon ourselves because of temporary uncomfortability, we offer ourselves the space needed to grow into the best version of ourself.

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## IF YOU'RE TIRED- LEARN TO REST. NOT QUIT.

The concept of "Creating more ease and flow" goes against the grain of society's Team No Sleep Club. However, giving ourselves the opportunity for short breaks in our day, actually leads to higher overall productivity. When we treat our mental well-being as greater than or equal to our physical health, the universe will match that energy, bringing us into situations where we can relax and be ourselves easily.

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## MIX IT UP.

We are creatures of habit. However, like a plant, if we're not growing, we're dying. This is not to say routines shouldn't have a place in our life. But, to create more Ease and Flow, place equal importance on out-of-the-ordinary activities that excite you. This makes the monotony seem to pass more quickly and adds some pep in our step.

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## LIVE A "FUCK YES" LIFE.

Ever wonder why the world's wealthiest are often seen in minimalist outfits? Having too many options leads to Decision Fatigue and as a result we choose none. When we decipher whether or not a presented choice truly adds to our lives, upon first gut feeling, we can decide with certainty and move on.

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## LEARN TO EAT FOR NOURISHMENT AND TO FUEL YOURSELF ON A CELLULAR LEVEL.

A great way to mix things up in life is to plan your meals into three larger meals and two snacks (dessert optional). For more information visit FullCircleCoachingbyLizzyK on instagram.

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Number 8 is a message to set solid foundations for yourself as this will ensure your future prosperity.

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