



Dealing with

TANTRUMS,

TEMPERS,

&

MELTDOWNS

Consciously.



GETTING TO KNOW YOURSELF: SO YOU CAN FIND CENTRE...



GETTING TO TRULY KNOW YOURSELF IS A LIFE LONG PURSUIT (AND I HAVE LOTS OF TOOLS TO HELP YOU ALONG THE WAY, SIMPLY ASK).....

You are a spiritual, energetic being, having this physical experience.

With that, you've observed and experienced, you've made your own opinion about things.

You are having a life experience, but deep down there is a unique energy that is solely YOU.

Call it spirit, call it essence, soul, inner being, higher self... consciousness.

You are YOU. And being that YOU is precisely why your child chose you to launch them into this life experience.

So, for the purpose of this course, here are 3 simple exercises you can do, to find centre.

THE 3 SELF CARE STEPS TO BALANCE

BREATHE....

Inhale for 5. Exhale for 5... repeat 6 times.
That equals a full minute of inner balance.

MORNING CONNECTION.....

Connecting with your inner self first thing in the morning, through either saying good morning to spirit, acknowledging the earth, or doing a body scan and giving appreciation for being here, begins the day is a space of grace and present connection.

I will connect in the morning by...

APPRECIATION RAMPAGES AT NIGHT

Write at least 5 things you truly appreciate just before sleep each night. (the last half hour before sleep actually sets the feeling space you wake up in...).

