

6 PILLARS

EMBODY

1
Spirituality is what connects you deeper to you.

2
Find the practice or routine that works best for your needs and your daily routine.

3
Make it personal

and make it your own.



Spirituality does not mean religion

Religion is just one aspect of spirituality that may or may not work for you. It might be one aspect of your spirituality, it might be the one focus, or you may not include it at all. It's up to you.

Below are a few suggestions and tips to get started in creating a spiritual practice, where you can embody your heart, soul, and spirit.

1) Make an altar or "spot" in your home for your spiritual practice, whatever it may be.

2 Find a meditation practice that works for you (walk, sit, read, sing, run, pray).

3) Up your self-care routine. Make it more consistent, longer, or vary it a bit.

4) Decide what works for you, what connects you to your deeper needs and make a point to come back to it each and every day.