

Dream Plan Achieve

Productivity - Creativity - Spirituality

Daily Mini-Moments

- Have a chat with a positive friend.
- Get your heart pumping! Go for a walk or have a little dance.
- Listen to an inspiring podcast.
- Read a chapter of a book.
- Meditate - just one minute can make a huge difference.
- Listen to an upbeat song.
- Write a journal entry.
- Diffuse some essential oils.
- Clear your space.
- Eat something that makes you feel nourished.
- Pull an oracle/tarot card.
- Focus on your breath.
- Give yourself a hand massage.
- Spend some time with your favourite crystals.
- Drink a glass of water!