

6 STEPS TO BECOMING A PEACEFUL VOYAGER



BECOME THE CO-CREATOR OF YOUR LIFE

Your life is your creation! What could be more exciting than that? It gives you total freedom to choose what you want to make of it. What an amazing gift. Begin by making a list of all the things you love. Now fill your life with them. Pick up that paintbrush and go for it.



SET YOUR INTENTIONS

Energy flows where attention goes. Choose your intentions wisely. Make the most of your life by consciously setting your intentions to create spaces of peace. Choose a daily practice that serves the healthy, balanced, loving being you can be.

LIVE IN GRATITUDE

Look for the beauty in everything around you. Create a practice of writing in your gratitude journal, every day, 3 things you are grateful for. You will be amazed at how quickly you discover that you are shifting your perspective on your world. In no time you'll turn your negative thinking around.



LOVE THE BODY YOU INHABIT

Ground yourself daily by focusing on feeling your body. Start in the morning with a cat stretch before you get out of bed. Thank your body for moving you forward each day. Treat your body like the temple it is by making wise choices for food and exercise.

BE MINDFUL

There is nothing more necessary in this chaotic world of ours than to practice mindfulness: intentional awareness and acceptance. Walk, eat, and breathe slowly and deeply in appreciation. Enjoy each moment. Enter the stillness daily with a short meditation practice. Feel the difference.



ENJOY NATURE

Get yourself outside everyday, if only to breathe the air, see the sun or clouds, appreciate the life giving rain, or wander through a forest. And if you can't get outside, bring it inside with a plant. Look around you and discover that beauty is everywhere.

For more tips go to visionkeeper.com