

Happy Life Essentials:

6 Ways to Cultivate Joy & Peace in Your Life



Emotional self-care

Become more in tune
with our emotions.

Journal, practice mindfulness, meditate, set
boundaries,
stop negative self-talk



Intellectual self-care

Nourish and challenge
our minds:

Complete a puzzle. Read a book. Learn new things.
Explore things that interest us.



Physical self-care

Take care of your body

Exercise, eat right, drink water, sleep AKA learn
about our Metabolic system



Social self-care

God created us to be
social people. We need
to belong

Visit with loved ones, lunch with a friend,
Reconnect with old friends



Sensory self-care

Sight, sound, smell, taste,
and touch

Listen to favorite music, diffuse pure essential oils,
get a massage,
take a walk barefoot when possible.



Spiritual self-care

Nourish our soul, find
inner peace

Meditate-listen God is peace. Pray,
spend time in nature,
Write in a gratitude journal. Be kind.

And if you're thinking, "Great... now what?" — don't worry, I've got you.

You'll get follow-up emails with real-life ideas for each of these feel-good categories
(plus some sneaky oil tricks too).

Not just more fluff — actual ways to make this stuff work in your real, slightly chaotic life.

See? Downloading this guide was already a smart move. 🙌

