

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.

