

The Art of Being in the Flow

Our energy impacts the environments we inhabit and the people we are around. It is crucial for you to be aware of your own energy and how you manage it. When you relax you automatically can attract in what you need when you need it because relaxing opens your energy to receive.

Listen to your body

*Allow your breathing to calm your mind –
breathe long and slow*

Move your body

Eliminate negative distractions

Focus on the good stuff

Relax and Attract

For more resources, please visit <http://KatieBSmith.com>