My Top Life-Hacks for Feeling Peaceful + Happy in Life

Say this mantra daily, all day, every day: *What else is possible? How does it get better than this?*

Sweat in a sauna

Get in hot water often. Baths, hot tubs

Light candles in your home. Keep fresh flowers.

Make your bed in the morning

Brush your skin, put oil on your body

Keep lots of plants in your home

Write morning pages or journal often

Record your dreams

Dance and Sing. Listen to music you love

Listen to inspiring books on cd when in your car - keep learning!
Everything in your home has a place, a home of its own. Keep things tidy in your space. Get rid of anything that doesn’t bring you joy!

Have crystals in your home & put crystals in the window

A load of laundry a day keeps chaos away

Hire a house cleaner

Go for walks often

Tap

Have a practice. Ground, meditate. Do your energy work to feel good, let go and fuel up.

Wear clothes that you love

Drink lots of water. I love to rehydrate with Skratch

Have a fun water glass like the ones at Hustle Mama. You deserve it! I bought this when I was pregnant with Sophia + it’s mama’s water jar, everyone knows it in my house! It brought me joy in those early sleep-deprived days to drink out of this fun glass. (It’s the little things!)