



EWC
EMPOWERED WOMEN'S CIRCLE
BODY • MIND • SOUL

Reclaim YOUR LIFE:

A DOCTOR'S GUIDE TO HEALTH & VITALITY
FOR THE AWAKENING WOMAN

Use this Blueprint to create and work toward an overall vision for your life. Stay focused on the next 6-12 months so that your vision is within reach & celebrate your successes. **BE BOLD! DREAM BIG!**



REFUGE & REFLECT:

- Surround yourself in an environment that brings peace & pause
- Take time & space in absolute stillness to think & reflect
- Be in gratitude & abundance so your vision has creative space to germinate & grow



EVALUATE & EMERGE:

- Take radical responsibility for your life & embrace your power to change
- Understand where you are now & the small, consistent steps needed to realize your dreams
- Clearly state your intentions & what you 'AIM' to create with your daily path & practice



CORE VALUES & CENTER:

- Establish your non-negotiable core values
- Cherish & celebrate who you are and what you bring into the world
- Write down & post your top 3 core values and 'AIM' to keep them at the center of every decision



LEAN IN & LIFT IT UP:

- Break your vision into achievable steps & take 'AIM' DAILY
- Acknowledge & ask for support from family, friends & community (including the Empowered Women's Circle)
- Be open to the miracles & the magic & notice the beauty in the unfolding

AIM FOR A HEALTHY DAILY PRACTICE FOR BODY • MIND • SOUL



ACTION (BODY):

- Take care of your body daily - Incorporate regular exercise, healthy nutrition & restful sleep
- Choose manageable & measurable steps that bring you a little closer to your vision
- Take daily, intentional action



INTELLECT & INTELLIGENCE (MIND):

- Stimulate your brain! Research & learn new skills that build capacity toward your vision
- Wake up early & read/hear something enriching that sets your mind for the day ahead
- Express gratitude each day



MEDITATION & MINDFULNESS (SOUL):

- Establish a DAILY meditation practice
- Be present for the little things that bring joy to your life
- Be intentional with your precious time & energy