

QUICK DOWN STREAM ACTIVITIES

With Amy Francis, Certified Holistic Practitioner and Life Coach

It only takes 17 seconds to change a thought.
It takes 68 seconds of focus on your thought, to activate the law of attraction.

LOVE Without Expectation

Be PHYSICAL...Get your Heart Pumping at least once a day

Find Someone to SERVE

CLEANSE your body

BE GRATEFUL for the Little Things

Eat LIVE Food

BE AWARE of your Thoughts

DRINK at least 64oz. of WATER

Continually CANCEL/PIVOT to positive thoughts, creating a habit

CLEAN and Organize Your House

Talk about WHAT YOU WANT, not about what you don't want

Get GROUNDED

Avoid Complaining

BREATHE Deep and Meditate, to balance the L&R brain for serenity & balance

Avoid Gossip

Keep MIND CLEAN

**Actively HEAL from Emotional
Baggage To Move Forward**

Find HUMOR and LAUGH Often

**SEEK GUIDANCE/Coaching If
Needed**

FORGIVE and ask for forgiveness

CHAT with Someone Positive

Say an Earnest PRAYER

Get a HUG

READ an Uplifting scripture/quote

Visit Uplifting PLACES

**Demand Satan to LEAVE YOU, in the
Name of Jesus Christ, if need be**

