

# Design Your Lifestyle

2025

Make a list of what you already know is not working in your lifestyle	Is there Hermit Time?: stillness silence listening	How will you connect with your higher/divine self every day?	How will you return to center and get grounded?	What will you say "no" to that drains your energy?
In what ways can you pause throughout the day, to check in?	How will you make time for emotional healing, daily & over time?	Do you have or will you create a journaling practice?	Do you have or need healing tools and techniques that work for you?	Do you have a process or ritual for letting go?
How will you create and nurture your own joy?	How will you set boundaries to nurture & protect your energy?		How will you soothe yourself when something goes wrong?	How can you create enough time & space for peace?
How can you be more kind when you see your shadow self in action?	How will you heal your underlying shadow wounds?	What are some ways to make your life more cozy? Delightful?	What can you do every day that helps you accept yourself more easily?	What can you do every day that helps you love yourself more?
How will you shift your identity from 3D self to 5D goddess?	How will you nurture the inner knowing about who you are as a soul so that it grows?	What could you change that would make you fall in love with your life?	How can you be radical about getting enough rest?	How can you be radical about making time every day for self-care?