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# Think Pink Women's Event

with Ellen Palmer, Holistic Health + Life Coach

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## How Mindfulness Creates Lasting Change

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**You are so very powerful ~You can create anything you want, or don't want!**

What you think you need: \_\_\_\_\_

What you really need: \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_

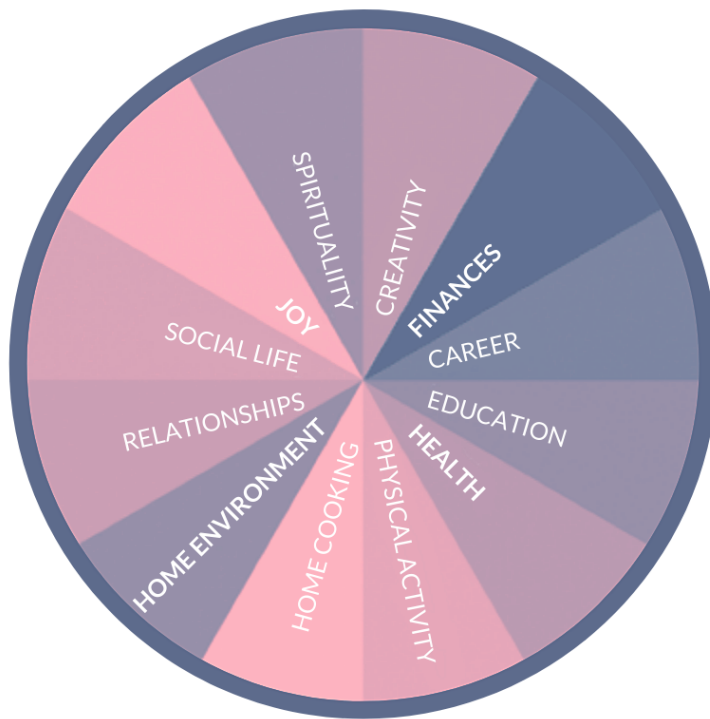
### Life Stabilizing Concepts:

1) \_\_\_\_\_

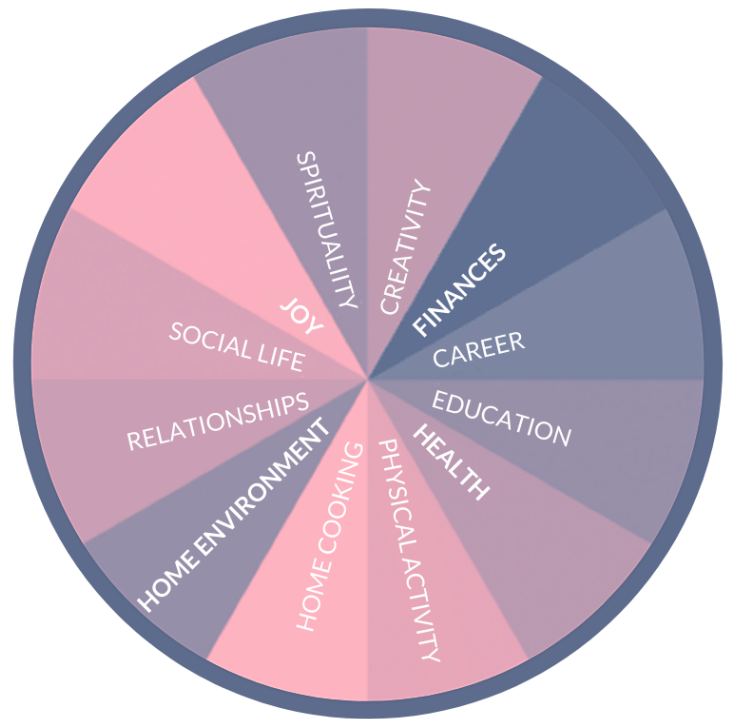
2) \_\_\_\_\_

3) \_\_\_\_\_

### Clarity



### Values



## Clarity of Values:

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**Focus:** Everything we do is to create a feeling.

How do you want to feel each day?

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***Everything is happening for you.***

**Reframe** when you don't feel it by asking, "How this could be serving me?"

**Practice:** Energy creates energy. Enjoy mindful/meditative moments to create more of how you want to feel.

## Mindfulness tools:

- Insight Timer App
- Calm App
- Body Scan Meditation
- EFT/Tapping
- Breathing Technique
- "Chew a Raisin" activity
- Power Thought Cards

### Want access to these mindfulness tools & more?

I'm thrilled to offer you a bonus resource with more tips and tools to help you make the most of your daily practice.

Get your copy of my 5 Step Morning Routine for Thriving at  
[www.ellenpalmerwellness.com/think-pink](http://www.ellenpalmerwellness.com/think-pink)