

## Own Your Awesomeness

I've said it once and I'm going to say it again, you're awesome. You were born awesome and you are awesome right now. Got it? I know, sometime you don't feel so awesome and in those moments I invite you to use a few simple tools to get you back in that winning headspace so you can re-connect to your inner light. Here are two of my favorite tricks to turn my blues into bursts of sunshine.

## Your Superhero Name

Remember playing when you were a child? Perhaps you tied a scarf around your neck and pretended to fly? You felt like you could leap tall buildings in a single bound? Play with me for a minute. If you were to craft your very own superhero name, what would it be? What incredible traits do you have at your fingertips? What do you do for others that makes them feel loved and appreciated? Write it down in the space below and then place that name on post-its all over your home to remind yourself of your super-hero capabilities. When you are feeling a little "less than", repeat your superhero name and watch your energy field strengthen instantly.

My superhero name is:

## Your Superhero Soundtrack

There's nothing like the perfect song to get you in a great mood. Why not craft a playlist of your favorite tunes? When you have a tough day or you're feeling stressed and overwhelmed, you can snap yourself back into your groove by listening to your superhero soundtrack. Happy listening!