

# TOP TIPS FOR PAIN FREE LIVING + GUIDED MEDITATION to Heal the Younger You

## TIPS:

- \* Avoid gossip and drama
- \* Let go of things and people you can't control
- \* Avoid comparing yourself to others or even to yourself
- \* Have a God/Higher Power that is larger than your Fears
- \* Don't do ANYTHING that doesn't feel right
- \* Spend some time alone getting to know yourself
- \* Speak as kindly to yourself as you would your best friend
- \* Stay away from people who drain your energy
- \* Ignore any opinions that don't enhance your life in a positive way

## HOMEWORK ASSIGNMENT

Take out pen and paper and write down:

1. What in life pains you?
2. What do you do with that pain? Where do you store the pain? Where do you put it?
3. Where did you learn to do that?
4. What are other choices you could make to resolve your pain?