

FIVE (5) Steps to Embrace For a More Meaningful and Happier Life
Katurah A Bryant, LMFT

Take the time to journal on each of these steps. Note what insights come to you. What action will you commit to for each of the steps to achieve your goal of a more meaningful and happier life!?

The CHOICE is YOURS TO CHOOSE HAPPINESS!

1. **Embrace your Spirituality/ Spiritual Philosophy . Do you**

Do you spend time meditating or in prayer ?

Do you take the time to still ?

Do you sit in silence and hear that intuitive voice ?

2. **Embrace Self Care:**

How do you take time for SELF/“me time” ?

Meditation/prayer ?

Exercise ?

Healthy Foods and Hydration (water!) ?

What is your optimal health?

3. **Embrace your Purpose:**

Does your career/job reflect your purpose?

How does your children and family influence your purpose?

Is your purpose reflective of Empathy For Others?

4. **Embrace your Goals:**

Do they align with your values ?

Are you promoting things outside of your character?

Do you volunteer for a worthy cause/agency/faith based community?

Are you adding value to others' lives?

5. **Embrace being intentionally GRATEFUL :**

Do you have an attitude of gratitude (changes your vibration)?

How do you show up in this world? How do others see you?