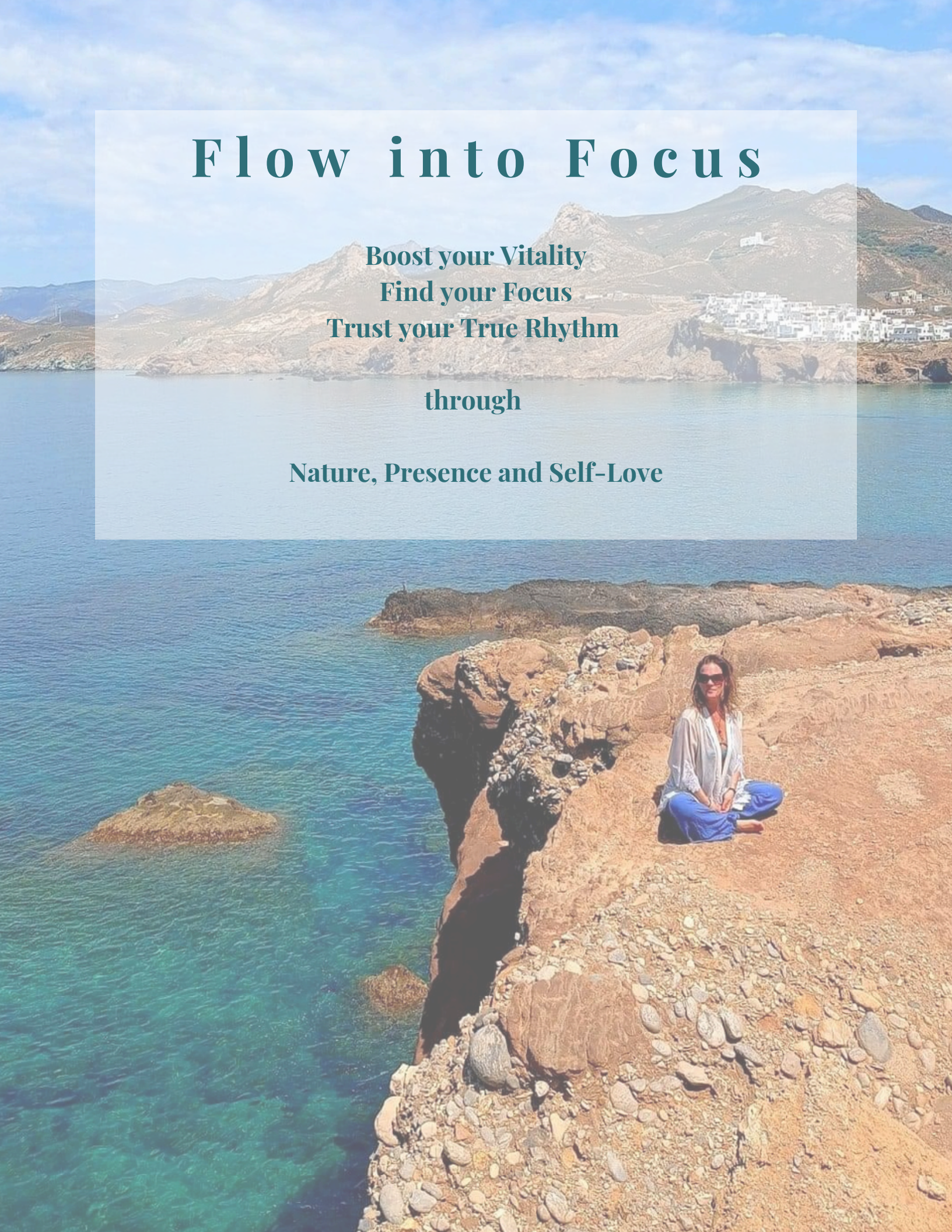


Flow into Focus

**Boost your Vitality
Find your Focus
Trust your True Rhythm**

through

Nature, Presence and Self-Love



Getting Grounded

We are in a scattered, distracted, society of 'doing'.

We are occupied and barely present.

We are ungrounded and disconnected.

When we are ungrounded, we are unclear.

When we MAKE the time to connect to nature - we connect to our true rhythm, and THAT is where our focus and productivity comes from - not outside us.

Easy to slip into the pattern of:
'Not enough time'

Self care is a reward, a treat when you really need it?
It even has a taste of selfish guilt attached?

You may think it has nothing to do with work or business?

Too many other people demanding your time/energy?

Don't know where to start, so it's easier to stay here?

Life gets in the way, people need you, things to get done, the time flies, etc etc

I know it well.

(The nemesis of Self Sabotage)

What does a really prosperous, successful life
look and FEEL like to you?

With a consistent daily practice, dedication and
accountability to keep on track, you will feel less impatient
and frustrated.

You will trust your decision making through discernment,
because you gave yourself the space you needed.

You will trust your intuition enough to see the opportunities
and know when the time is right to say 'yes.'

You won't have:
An endless list of things 'to do'
A messy schedule
Missed appointments and disappointment

Leave stress or resentment behind.
(there are days it happens, you'll get over it through kindness to yourself)

**How about making new micro habits.
Small doses, often.
Starting right now?**

Your Focus and Success are on you.

It's not 'Them'.

Self development is a constant happening, we are always becoming.
What and who we are becoming, and how we serve,
is up to us.

Only You can get clarity on your vision, find your centre.

No external Teacher can find that for you. They may guide you, but
the time comes when you have to decide, actually take a step,
and walk the path.

To do that we have to be grounded in the body, and laser-focused to
actually achieve the goals we so lovingly imagine -
without being derailed by life.

Of course we have responsibilities - but if we're barely present,
constantly distracted, pre-occupied or entertained.. how does that
serve you, or the others?

Out of the head, into the heart.

Compassion for Ourselves exercises the muscle to
hold compassion for others.

With a holistic approach, we can train our focus on self-
development, self-regulation and integrated wellness.

**We don't do it alone, we get accountable,
and we connect to nature to get grounded.**

Nothing in nature is rushed, pushed or forced.

We need to simplify life and business.
We are cyclical beings of the macrocosm and Natural Law.

Ancient practices teach us to free flow like water,
Rather than conform to the pressure that we 'should' be achieving
in society. But society didn't teach us that at school.

Could we pause to simply breathe and contemplate?

Time out, or self care, can feel like a 'waste' of time. But how much
of our valuable time is already being wasted by being caught up in
the drama of the mind, and other people?

By taking time to practice coming fully into our bodies and out of
our marvellous minds, we can dare to remember, even briefly - how
it feels to be divine creator beings.

When we tune into the breath and the beat of our heart, we step
into the sacred threshold of our essence.

Ah, Here I AM.

In doing this, we find our centre, and our focus.

Simply this..

Small doses, often. Commit.

I repeat:
Nothing in nature is rushed, pushed or forced.

We are ever developing, evolving element of this planet.
Self acceptance helps here. Just as we are in this big picture.

Every human being has a natural circadian and ultradian cycle - we can tune in to it if we really want to experience peak performance and flow.

Ancient practices teach us to free flow, rather than constrict, control or push to execute an outcome. It is about the experience.

Achieving in the areas we love is an amazing part of being human, and essential to serve the whole. To be inspired, and inspire others - delightful.

Trying to do better and striving to be better - old paradigm.

The paradox is - the less we force it, the more we achieve.

A micro habit of amazing incremental change.

Small doses... often.

As we deepen into a self awareness and development contract with ourselves, we realise that the better we feel on the inside, the better we present and serve in the world.

In slowing down, we can allow our life purpose and unique radiance to emerge. We may realise that we are already 'enough'. Genius in fact. Then our motivation and productivity can align and refine.

Know Thyself

-Socrates

Listen to YOUR rhythm. Journal daily for a month to review:

- Your most productive time of day (we have our own ultradian rhythm)
- When you peak and when you drop
- What activities you did
- What you achieved
- How you sleep
- What you eat
- Where your time goes (and who with), and how that feels

Nothing to change necessarily, just begin by bringing it all into your awareness. With this awareness, we can now dissolve the blocks, and create a new behaviour pattern.

Accept Yourself

We are fallible human beings.

Life is an ongoing opportunity for personal growth.

We don't need to strive to be perfect, it's not gonna happen.

How?

Tiny, gentle steps.

How we begin the day, shapes the day.

A morning practice,
where you simply
tune in with
yourself.

Check in with you,
before you check in
with any body else.

Morning Practices: Let There Be Light!

Sunlight/Daylight in the Morning

As with all living things - we need daylight to grow. It boosts serotonin and improves sleep/wake cycle. Light boxes are good, but artificial light doesn't have the same effect as unfiltered sunlight.

A daily dose, especially within the first hour of waking.

Wait to Hit the Caffeine

I know. Caffeine in moderation is a great boost if we use it right. So ideally wait for 60-90 minutes after waking, as the body peaks it's cortisol and takes at least an hour to drop.

Mixing morning caffeine with cortisol is likely to cause an afternoon crash and affected sleep.

Exercise Daily

Ideally in the morning to get the body moving, increase all the good frequencies and shift any stagnant energy from the system. This doesn't have to be dynamic, though a cardio burst gets the blood pumping. It could be any physical practice to get the endorphins and oxygen moving through the body.

Getting IN to the body is the key.

Meditate & Breathe

There's no expertise required.

Thoughts may come and go. The Mastery is **in the practice.**

Step by step we will moderate our dopamine levels through the effort - not the outcome.

Daylight plays a critical role in regulating the physiology of the body and maintaining overall health and well-being.

We Are Beings of
Light and Sound.

Daily Practice... Not Daily Perfect

An Evening Wind Down ritual Practice

Mark and honour the close of the day with some quiet time. Take some deep breaths and again simply check in with yourself. How are you feeling, what went well? Warm your heart with gratitude.

Switch Off Screens & Devices

At least an hour before you want to sleep. Social Media, online shopping or general entertainment have their place - but not in the bedroom. The blue light interferes with our natural electro magnetic brain waves and keeps the neurons firing when they really don't want to be.

When it gets dark, the body releases melatonin, which decreases our alertness and promotes rest. Listening to this natural rhythm allows us to move into healthy sleep patterns.

Check Your Sleeping Environment

Is it clean, tidy, relaxing and inviting?

Your external environment has a direct impact on your internal environment (and vice versa. If the mind is chaotic it often reflects in the home/workspace). The place you sleep needs to make you feel safe and held.

Let's Get Grounded, and Rooted in Wellness

Connecting to nature is a guaranteed way to get you grounded and into the body.

We spend a lot of time checking out of it. You have to be 'in it to win it'

Microdose Your Self-Care, and train your Focus muscle

Consider Your Wider Environment

Your physical living space, and your working space.

Are they really serving you?

What could you improve to make your every day life nicer and easier?

It is amazing how much easier things flow in a clean and tidy environment.

Fung shui is more than a theory.

How and Where Do You Spend Your Time?

Who do you spend time with? Does it light you up and bring you joy?

Are you making time for your top priorities?

Are there small and subtle changes you could make, boundaries you could

bravely set, that could support you in taking some space in your life,

just for you and your priorities?

Solitude

How much time do you spend alone, doing nothing?

"Never!" You may think, "why would I?!"

Perhaps it is time to try it. Even just ten minutes in silence, alone with yourself – you may be surprised on the wisdom that arises from within.

Small doses of contemplation... regularly.

It may feel like there is a lot to 'do' or change. But tiny steps is the way. Do one small thing for a few weeks, then try another small thing..

A small step every day and you are transformed over time.

Let's Be Holistic

Sharing is Caring

Solitude is one thing, isolation is another. People do care, you are loved, you are never alone, and often just talking to someone who isn't going to try and fix you, will just hold space and listen – can lift weights and shed skins.

Know your tribe, allow some accountability - we are out here.

Check Your General Intake

Caffeine, sugar, nicotine and alcohol - if you think you need to - lower it. Unhealthy addictions creep up if we don't find some self discipline and opt for moderation. I hated these words too, but facts are facts.

Occasional cake or chocolate is totally on the self care list, though.

Self Pleasure

Yes, pleasure. Small, and big doses of pleasure. However that looks for you. A sweet treat, a long bath, your favourite food, book, music, touch, dance, sing. Just for you. Just for pleasure. Transcendence has a place, but we must remember how delightful it is to be in the body - and we deserve to.

Raising the vibration is the key and pleasure is the path.

A tiny dance... everyday.

Mind Body Soul..

..are not separate. We are a whole being. These are just a few practices and rituals that we can incorporate into our existing lives to assist our ascension, evolution and human experience. Our ancestors knew this. This way, we contribute to the collective field of consciousness.

Where is Your Accountability & Support Network?

Having authentic people on our frequency around us that we can resonate with is essential. Sharing our vision is a step towards manifesting it. Accountability means you are being responsible in owning it and levelling up. When you are supported and whole heartedly encouraged step by step - the next level version of You emerges.

With a safe and solid support, we are mutually inspired and encouraged to sustain our motivation. Through integrity and co-creation, we can really:

Refine and develop our vision.

Self care and regulate through any situation.

Decide, act and finish our priority.

Create our reality and curate the time we need.

Organise the impossible tasks into a manageable schedule.

Become fully present, gaining clarity and focus.

Maintain stability and security.

Uncover sustainable inner peace.

Witness our Vision blossom into reality.

It takes Courage and Practice to find our inner focus and embody our Vision.

We have to take ownership. Slow down, fill our cup, find our centre, get clarity within. The inspired action to create magic and manifestation happens from a healthy, happy body.

“A mentor is someone who sees more talent and ability within you than you see in yourself and helps bring it out of you.” – Bob Proctor

YOU have it in you to rewire your mindset, change habits and radiate. The life you vision, can be manifested. We are creators of our own reality, and we are able to manipulate energy. It's physics and it's accessible daily.

With consistent practice, dedication and accountability to keep you on track, you will noticing that you just don't get triggered the way you used to. Trusting your decision making and intuition enough to see the opportunities and know when the time is right to say 'yes.'

When we support and inspire each other, we create a safe structure to bring focus, organisation and time management into a space of flow and ease.

It's way more simple than we (over) think.

I have an Accountability Group every Monday 9am GMT

I offer 1:1 Accountability and Mindset coaching incorporating all of this with practical techniques.

I have a 90 day Deep Dive Focus Intensive 1:1 container
(the sweet spot for next level development)

If you love this, and want to know more – let's chat!
www.clarebelmont.net or email: clare@clarebelmont.net