



**Steph's 10
Feel Groovy
Do's to Get
You in the
Groove**

**Wishing you love,
balance & peace**



Steph's 10 Feel Groovy Do's to Get You in the Groove

Hello Fellow Groover,

I am thrilled you are here with me. Together we will journey toward feeling amazing, loving our lives and having fun at every turn. Toss boring, mundane, monotonous and complacent out the window! It is time for you to **grab your life by the reigns** and ride it enjoying the stride, bumps and scenery.

The list below contains the best ways I know how to start, stay and get Feeling Groovy, even when life is a PITA (Pain In The Ass). Whether your entire life is a rainy day, parts of it need a little glue and glitter, or you need a pick me up, these are sure means to shifting the tides to positive. For the greatest benefit, be proactive. Practice some, or all, of these steps every day. **The key to a Groovy Kind of Life is in your power.** You've got this!

Do this for yourself. When you do, your life will begin to evolve. Feeling Groovy and positive energy is an intangible force that can be felt by those around you. It is contagious (you know what happens when you smile at someone or say something nice). Once you commit to a positive lifestyle, and, yes, this is a lifestyle, **you will attract happier, upbeat people and experiences into your world.**

You will be a light for those around you. Who knows, maybe someone will ask you to share how you went from grouchy to groovy! Enjoy!



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1

Wake Up and Immediately Think About Something Fun, Funny or happy: One positive thought begets another. If you hold onto the thought for 17 seconds, you start an avalanche of happy thoughts and feelings. You will feel this in your body. Practice this whenever a negative situation arises or you need to pull yourself up!

2

Meditate for 5-15 minutes every morning: As soon as you get out of bed is the best time to practice meditation. Don't look at your phone! I mean it! Believe me, I am the worst at this. Just breathe and connect with your inner self and the universe. Use an app on your phone or a guided meditation on-line if you need help. During the day, breathe through negative situations like you are giving birth, because you are! You are birthing a new way of being, thinking, feeling.



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3

Positive Affirmations: An affirmation is anything you say over and over. These can be both negative and positive. Notice the difference: "I am so stupid!" OR "I can learn anything!"

When we say anything enough, we believe it and feel it. These thoughts and words become our reality. You can make up your own affirmations. They need to be present tense and positive. You can even google lists and listen to them on YouTube.

I am going to give you a few to start you off:

- This day is amazing.
- Everything works out for my best interest.
- Time, money, food (you pick) are my friends.
- I am in perfect health.
- I love my life.
- I am open to receiving all the good and abundance in the universe.
- I am creative.
- Prosperity and abundance meet me at every turn.
- I am loving and lovable.
- I have an amazing support network.
- Everything I need comes to me easily.



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4

Exercise: Find one or two means of moving your body. Get your sweat on! You already know the benefits: endorphins, stress relief, health, and weight management. I promise, this is one of the best ways to shift how you feel. I love boxing and hot yoga, but I hate running and spin. I won't do what I don't love, but I work hard at what I do love. Do it!

5

Fuel Your Body: One of my biggest struggles has been my weight, so I am with you on this one. Whenever I think of food as fuel and I use only premium gas, I feel my best. My head is clear. My confidence rises and I feel accomplished. Limiting alcohol goes hand in hand with this. I have had many a morning workout powered by Tito's, and I feel like shit. Get the vino, vodka and tequila under control! You will thank me in the morning.



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6

Call a Friend: Find someone in your world with whom you can let your hair down. There's a catch though...no commiserating! This person needs to be strong enough to give you the square deal. They need to be loving, honest and on your team. They know your amazing-ness and will drill it into your head at every tissue they hand you. They will remind you of who you really are and tell you to cut the shit when necessary.

7

Change Your Scenery: This can mean so many things. Take a breather from a negative conversation, person or experience. There are very few decisions that need to be made immediately. Say you need to think about it; walk outside; take a drive; work remotely. Maybe you need a new group of friends, boyfriend/girlfriend, or boss. If you live near water, a park or in a walkable neighborhood, take a stroll to get a fresh perspective. Note: This would be a good time to use your positive affirmations.



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8

Socialize with “no pressure” peeps: Get out with some easy going, drama-free friends. Hit a movie, dinner, etc. Enjoy light conversations and LAUGH!

9

Listen to Upbeat Music and Dance: A fun tempo and great lyrics can change my spirits in a New York Minute! Break out your iPod, headphones or wireless speakers. Blast the radio in your car.

10

Do Something You Love: Get a new hairdo, massage, pedicure. For guys, go to a ballgame or watch one on TV. If funds are low, take a bath, read or listen to a book. Watch Grease (or your fav movie).



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Bonus: I mentioned this in #8. LAUGH, LAUGH, LAUGH. Laughing is an amazing therapist. Watch your favorite comic on YouTube, or your favorite comedy on Netflix. Connect with a funny friend.

I genuinely hope these go to Groovy Tips help you to feel so good deep down. You have the power inside. You've had it all along. You've got this!

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