



ease checklist

When you are in **resistance, struggle, challenge** or **obstacles**.
Here's a quick checklist for connecting into EASE.

1 *breathe*

6 Ask yourself:
Where is the ease in my
life right now
(and focus there!) 

2  Let it be
Easy! Say the Mantra
(Ideally daily)

7 Get into Nature 

3 Meditation
(Ideally daily) 

8 Get into Water
(swim, bath, shower) 

4 ^{SAY} "How fascinating!"

9 Ground Yourself
(bare feet on the ground) 

5 ^{SAY} "Even though this situation is not ideal,
in this moment it's okay and
in this moment I'm okay!"

10 Take a nap 

www.fairygodmotherinc.com

Love, wishes
and magic

Donna McCallum
aka The Fairy Godmother

*fairy
Godmother* inc.

