



Mind, Body & Spirit



"Your job is to fill your own cup, so it overflows. Then, you can serve others, joyfully from your saucer." – Lisa Nichols

We have spent so much time on belief, goal setting, gratitude, forgiveness and finding peace using tapping and other practices.

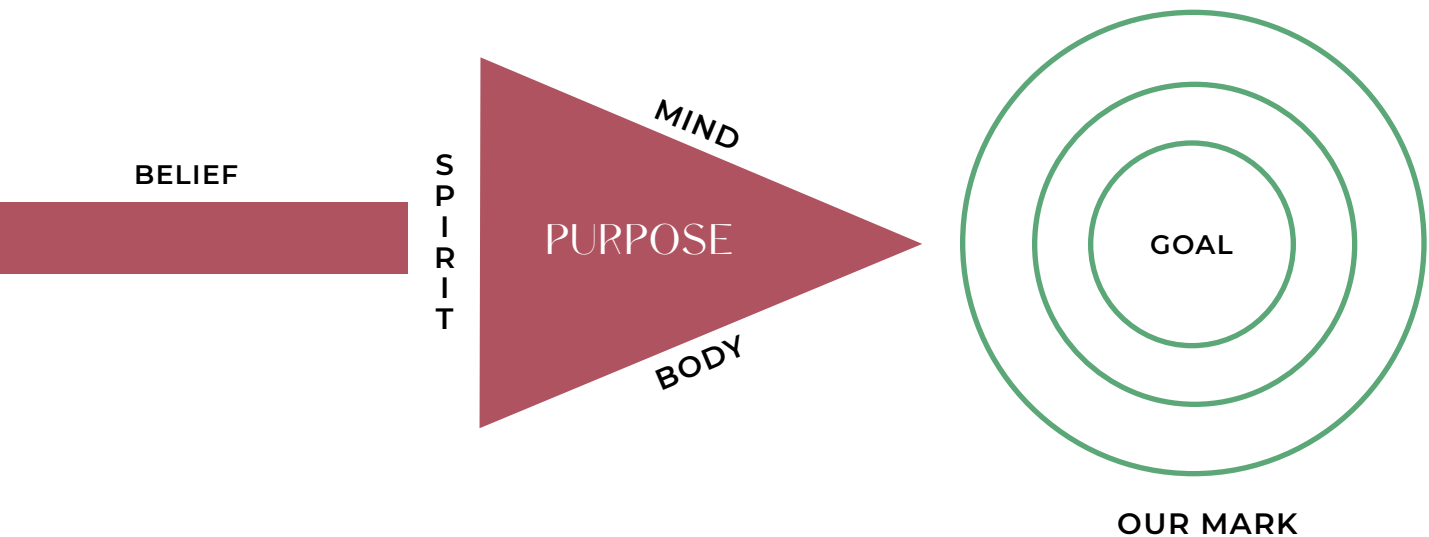
Part of connecting with our inherent purpose here on earth is to have a balance of mind, body, and spirit. If you search online, you will see several ways to connect these three centers. You are doing so many of these already using your M.A.R.K. check-in each module! It was purposely created to help you reach your goals and hit whatever mark you are aiming towards while feeling more aligned to what your mind, body, and spirit need!

This exercise is designed to help you focus on the things you intuitively believe will support you where you are right now in your life! This exercise will help you align with discovering your purpose in the next exercise! As with all tools you have been given, you can come back to this any time you are feeling out of your intuitive alignment!

The Huntress Arrow Alignment Model

"The system wants you to be either a bow or an arrow; refuse both, because there is a third choice: To be an archer!" -Mehmet Murat Ildan

Below you can see the breakdown of the arrow. The choice to reach your target, is always yours... no matter what. When you are the archer you are at cause of your life and your choices. You decide what actions to take to support you reaching your goals and you choose which direction the arrow goes and if you hit your target:

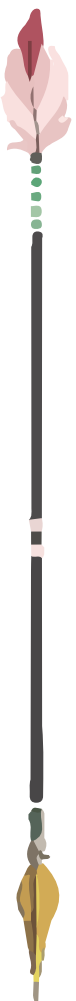


Mindy, Body & Spirit Actions Exercise

Fill out the following boxes with the first things that come to mind! Always honor those first thoughts, and then if you feel stumped, ask yourself: what else? Keep asking until you get your answers.

MIND	BODY	SPIRIT
<p>What is healthy about my mindset?</p>	<p>What do I love about my body?</p>	<p>What is beautiful about my spirit?</p>
<p>The beliefs I choose to release about my mindset?</p>	<p>The beliefs I choose to release about my body?</p>	<p>The beliefs I choose to release about my spirituality?</p>
<p>The three aligned actions to strengthen my mindset are:</p> <ol style="list-style-type: none">1.2.3.	<p>The three aligned actions to support my body are:</p> <ol style="list-style-type: none">1.2.3.	<p>The three aligned actions to strengthen my spirit are:</p> <ol style="list-style-type: none">1.2.3.

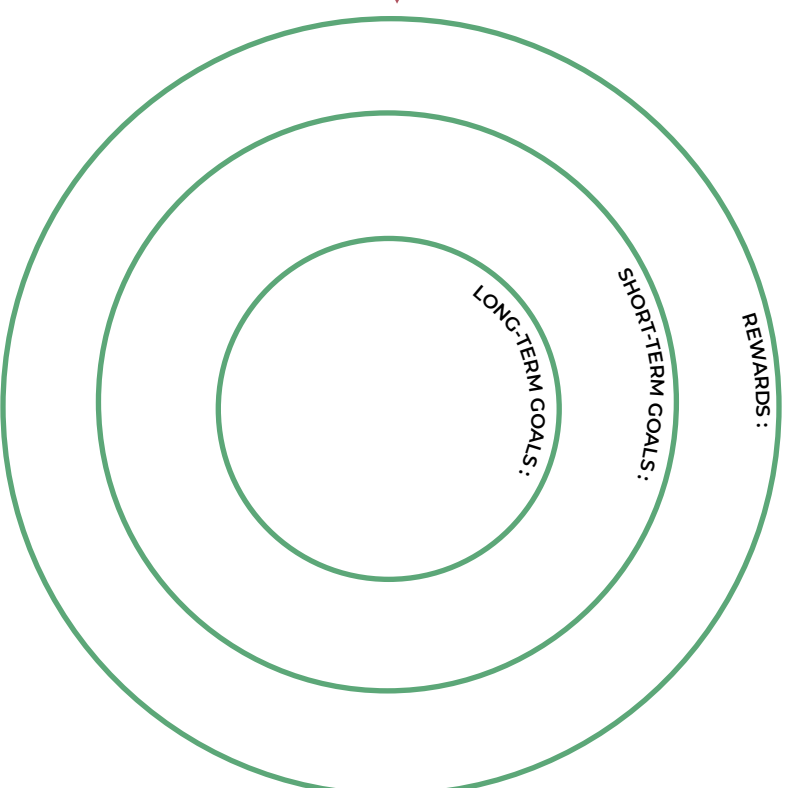
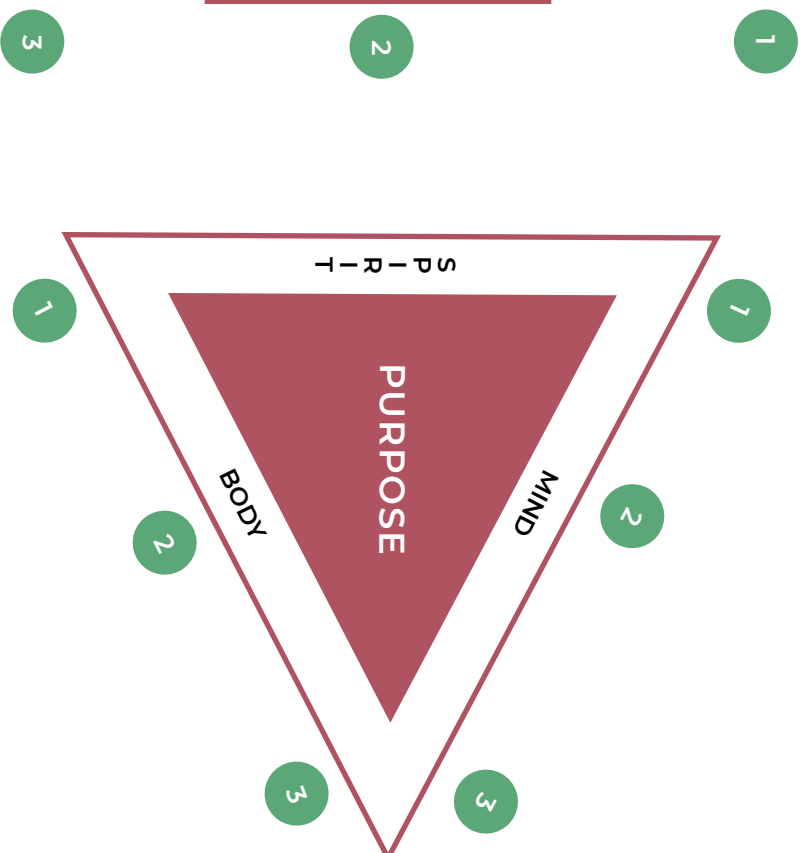
My Aligned Arrow



Fill out the arrow with your aligned actions from the last exercise. You will come back and enter your purpose statement after you have done the next visualization and activity!

MY PURPOSE STATEMENT :

MY BELIEF ABOUT MYSELF :



YOUR MARK