

JULIETTE LEE

MAKING WISE CHOICES IN UNCERTAIN TIMES

Webinar Recap



Our focus for the webinar was centred around making the right choices, delving into how to find wise answers when the decisions faced are complex and overwhelming. Simply put, tuning into our bodies and our inner intuition.

The current climate (although unprecedented in our lifetimes) is another complex set of decisions we find ourselves navigating through. Here are my top tips that may assist you in your decision making...

Top Tips

The power of now

Now is where peace, power and wisdom lie. Give yourself the opportunity to be in the now and by doing so you can start to help yourself and others.

Practice mindfulness

As we grow and develop as human beings, we develop levels of consciousness. We need to learn to calm the mind as we can't solve problems effectively by remaining in survival mode.

Trust intuition

By looking deep within and shutting the door on any distractions it will allow you to shift your perspective and listen to your inner intuitive self.

Personal mastery

Take responsibility for your state of mind. We are faced with difficult decisions on a daily basis, how you choose to react is your choice. How you respond from the outcomes you get.

Power up

Find healthy habits, whether that be rest, removing distractions, meditation or whatever works for you. Surround yourself with the right people and environments that nourish the mind, body and heart.

For more valuable tips and information, you can listen to Juliette's podcast at - <http://www.juliettelee.co.uk/blog/post.php?s=2020-03-04-podcast-the-awakened-leader>

Final Words

Every day choose what demonstrates who we are, don't give into fear and let it drive our decision making. Choose wisely!