We totally know that life can be challenging: Mentally, Emotionally and Physically!

We have helped 1000's of peoples to live healthier, happier lives. We look forward to helping YOU too...

healthyselftribe.com
HOLISTIC ROADMAP FOR MENTAL WELLBEING

We are here to help you when you need it most.

1. Your Thoughts Create Your Reality
   The first step in any healing journey is to review what mindsets are operating within us.

2. The Power of Your Word
   Now you've got a mindset mantra this next step on the roadmap is about taking your power back.

3. Further Education
   Unfortunately there is so much miseducation around mindset and all the implications it can have on us, including mental health.

4. Preparing for the Journey
   You've got the map, now you need to organise a few things to make the journey as smooth as possible.

5. Find your TRiBE
   Continuing on with the theme of environment, the people who surround us also play a big role in holistic health.

6. Elevate
   To take things next level we need one on one support.

7. Keep it up
   Anytime you feel lost and out of balance again, come back to this self care roadmap.

Let’s Go
Your next steps.

healthyselftribe.com
1. YOUR THOUGHTS CREATE YOUR REALITY

The first step in any healing journey is to review what mindsets are operating within us.

- When you're feeling a bit down, anxious or overwhelmed you might feel to skip this step. However right now we are urging you not too. Our mind plays such an important role in our wellbeing and is intricately related to what's happening in our body.
- Our thoughts are creative, they tend to ‘stick’ together and create a clumping effect. When they clump they tend to manifest - so it's up to us what thoughts we are thinking and what's been manifested.
- So if you're always thinking negative things, those thoughts work together and against you.
- If you’re thinking positive things, those thoughts will clump together and work for you.

ACTION STEPS

MANTRA: “My thoughts are the most powerful force in the universe. My beliefs form my reality.”

See video in members area of entrepreneur Danny Vorhauer’s Success Mastery MasterClass, you'll learn so much about the power of your thoughts and tricks and tools to show you how power to your advantage.

2. THE POWER OF YOUR WORD

Now you've got a mindset mantra this next step on the roadmap is about taking your power back.

Your spoken thoughts, words, have the power to bring you down, or bring you success. When we are out of balance it's so tempting to want someone to come and save us.

That someone is You!

“I am the master of my fate, I am the captain of my soul” Invictus

If this seems hard, think how hard it is going through whatever is happening right now. And remember there is a way out. We're here to guide you, but first you must empower yourself.

ACTION STEPS

Ask yourself are you ready to let go of whatever is causing you pain and live a new way?

1. What reality do you want?
2. Do you want to continue living this way?
3. Are you ready to face and let go of whatever or whoever has got you here...
Unfortunately there is so much miseducation around mindset and all the implications it can have on us, including mental health.

Learning about what is at the source of them is so important. In Heal Thy Self TRiBE you can search our:

- Healing Guide for a range of mental health conditions
- Healing Forum for real life experiences of what has helped others with similar situations to you.
- iHEAL channels

Think of this ‘roadmap’ as part of preparing for a road trip. You’ve got the map, but now you need to organise a few things to make the journey as smooth and successful as possible. The super important thing here is your environment.

We are often not aware of all the subconscious messaging that comes from what is around us.

There is an exercise below to help you clue into this, and assist you in creating the most harmonious positive environment around you.

**ACTION STEPS**

Contemplate your current daily environment and what you could potentially change to make your journey smoother. Either write it out or record an audio message, or whatever feels like the most natural way for you to go deeply into these questions.

- What is around your environment that is causing stress?
- What in your environment helps you feel connected?
- What music, movies, news, books are you watching? What messages are they giving you? Choose whether to swap them for something more uplifting and positive.

There are some recommended videos from the iHEAL Channel in TRiBE for you. Watch one daily as part of your.
5 FIND YOUR TRiBE

Continuing on with the theme of environment, the people who surround us also play a big role in holistic health.

“Look at your 5 closest friends. Those five friends are who you are. If you don't like who you are, then you know what you have to do.” WILL SMITH

> Surrounding yourself with like-minded people who support and inspire you is important.
> It can feel so isolating and lonely if you don't have a strong support system.
> In TRiBE there is an extremely supportive private community you can reach out to. You can ask questions and search the FORUM to see what others have shared on the topic you're interested in.
> Many TRiBE members have local meet up events as well.

ACTION STEPS

Contemplate the following questions

Who do you want to think like?
> Listen to what people around you are saying and look at their lives?
> Who do you want to be around?

In our Heal Thy Self TRiBE you can access:
> Private caring Community
> A Community Healing Forum to ask questions and search for conversational threads
> Join local Meet Ups

6 ELEVATE

To take things next level we need one on one support.

You can work with a Heal Thy Self Coach or search the directory to find a health practitioner in your local area. A coach or healer can often help you find your way back into alignment faster than doing things on your own.

Our health is one of our greatest assets, often we are quick to invest in other things in our lives, but leave ourselves last.

ACTION STEPS

You can search the TRiBE Directory to find local coaches and healers in your area.
7 KEEP IT UP

Anytime you feel lost and out of balance again, come back to this self care road map.

Life can get busy and we can start to get back into old habits without awareness. Maintenance of our health is so important.

You are important and you deserve the best you can give yourself!!!

ACTION STEPS

Which steps are you missing out on or invest more time into? Especially remind yourself of step 2.

MORE support

FREE 15 MINS

Feeling like you still need support? Book a FREE 15 min consult today

JOIN COMMUNITY

Get incredible levels of support and be part of the Heal Thy Self Movement