

A woman with long dark hair, wearing a red wide-brimmed hat and a gold necklace, is sitting in a white bathtub. She is smiling and looking towards the camera. The background is a textured, light-colored wall.

# THE AMY EDWARDS SHOW

Extreme circumstances can often require a full reset to restore your shine and connect you back to yourself. Here are some ideas to get you reconnected to yourself and to the now, and to feel better and more in tune with your beautiful life. Choose one, choose five, choose them all. It is possible to do them all in one day, if you choose!

- Wake up early. Do NOT hit snooze.
- Journal first thing in the morning.
- Make green tea.
- Draw a card for yourself, with focus.
- Cleanse space with sage or Palo Santo.
- Tell yourself “I love you” in the mirror.
- Read: self help, betterment, spirituality.
- Love + connect with your animals.
- Write down 5 things you are grateful for.
- Reached out to a friend who’s going thru a hard time. BONUS: drop a book by.
- Keep plans to meet friends.
- Pleasure practice with yoni egg, wand, or vibrator, speaking higher intention into it.
- Meditation with a focus on surrender, listening to a sound in headphones.
- Organic enema with out-loud gratitude.
- Hapé or grounding practice.
- Shower, with deliberate cold for 30 seconds+, speaking affirmations.
- Get dressed and look GOOD.
- Drink at least 3L of water.
- Eat fruit and high-vibe foods.
- Walk outside.
- Take supplements.
- Take a long, luxurious bath.
- Listen to a podcast that makes you laugh.
- Watch a show on Netflix.
- Played a game on your phone.
- Get your hair done professionally.
- Go to bed early, taping mouth and using white noise.
- Smile at yourself. You are beautiful.