

THE AMY EDWARDS SHOW



5 Simple Habits to Cultivate for GROWTH: from Transformation Expert Amy Edwards of The Amy Edwards Show

- 1. A SELF-LOVE PRACTICE.** Get intentional and consistent with your own self love. Look in your eyes in the mirror for five minutes every day, telling yourself I LOVE YOU.
- 2. BEGINNER MENTALITY.** Embrace a beginner mentality for true growth in any endeavor. Remember that you are making progress and it will get better. This habit brings more humility, beauty, and humor to all you do.
- 3. ADD VALUE.** Think: How can I add value today? Cultivate this in every situation and watch life transform. It also gets you out of comparison and stagnation, and into growth.
- 4. HABIT AWARENESS.** Get aware of your habits, both good and bad. This gives you the awareness to find the spaces to change and grow. Remember not to judge, however. Love where you are and love that you are looking at your habits.... that's unconditional goodness right there!
- 5. GRATITUDE PRACTICE.** Simple gratitude practice of writing down five things you are grateful for every day trains you to look for those things more all the time. Also, write down things you desire as if they are in the present, and allow yourself to feel gratitude AS IF they are already reality. This is where you can truly create magic and manifest miracles.