

CHANGE YOUR LIFE



With Lorna

DRAINS & RADIATORS

The quality of ones life is not only about lifestyle.

Self empowerment is greatly influenced by habits, what you read, what you listen to and the people you hang out with.

If you feel low in energy or have noticed a negative shift in your mood, keep reading ...

DID YOU KNOW

Your body can literally reject someone's energy and show up as anxiety, confusion, self doubt and heightened stress.

LIFE HACK

Take out your phone and go through your contacts 1 by 1. Identify each person as someone who drains or radiates you.

Delete the drains and surround yourself with the inspired, the passionate, the motivated, the grateful and the open minded, THE RADIATORS.

GET PRESENT

Your energy speaks before you do so be mindful of your own energy vibe when you show up too.

States are contagious and if you need expert help to change your life, I offer all a free telephone consultation.