

REGENERATION ~

① EMOTIONAL

WHY: • conditioned that emotions are a sign of weakness
• if expressed / boundaries set it's uncaring towards others

SIGNS: → fear of trying new things
→ overthinking
→ suppressing leads to depression

ACTION } LET IT OUT & LET IT GO

• there is no such thing as "perfection" (eye of the beholder)
• be real / authentic / your own best friend
• release the pressure of the expectations of others
• COME AS YOU ARE

"People that don't appreciate you for who you are, are meant to make space for those who do."

⑤ SOCIAL

WHY: • conditioned to not live your truth

SIGNS: → feelings of not belonging,
→ feelings of being alone in a sea / group of people
→ feeling misunderstood / not accepted

ACTION } • create social media feed + intake
• keep track of who drains you + take action
• be brave / radical truths

② PHYSICAL

WHY: • distractions / recommendations
• lost connection to own needs
• confusion what is needed

SIGNS: → head/shoulders/neck tension
→ headache
→ fatigue
→ body pain
→ jaw + teeth clenched

ACTION } RECONNECT TO BODY

• do something out of habit (usually not move, try moving)
• making time for stillness to listen
• rebuild a relationship with your body

"ONLY YOU CAN NOW WHAT BENEFITS, IF YOU DEVELOP A RELATIONSHIP WITH YOUR BODY."

EXERCISE "RADICAL TRUTH"

• for one week keep a piece of paper with you
• note every time during the day when you lie (even little white lies)
• just observe without judgement
• take account
• are you surprised?
could you minimize and stand more in your truth?

③ MENTAL

WHY: • unfiltered distractions all day, every day

SIGNS: → fatigue
→ stress
→ sleeplessness

ACTION } LET GO & EXPLORE THE NOW

• be in the moment
• seclusion to cut out constant attention
• seek out clarity within + externally (tidy up?!)

EXERCISE "TAKE - GIVE CONDOLEUM"

• ask yourself at the end of every day for a week - WHAT GAVE ME ENERGY TODAY?
- WHAT DRAINED MY ENERGY / DRAINED MY ENERGY?

"journal after a week about the results: what does this data tell you?"

⑥ SENSORY

WHY: • always in movement
• never still / quiet
• automated living / asleep

SIGNS: → loss of senses
→ food with a lot of flavors
→ light-sensitivity / dryness of eyes
→ loud noises trigger / overwhelm you

ACTION } • DIGITAL DETOX
• CITY DETOX
• RETREAT / SILENCE

④ SPIRITUAL

WHY: • our connection to the more has been lost
• our innate, intrinsic rhythm needs to be found again

SIGNS: → belief / faith in something good / hope is gone
→ lost faith in humanity
→ no purpose
→ inner pain / wounds / struggle too high to cope

ACTION } • become seekers for the sake of seeking

• spirituality is as much a machine as you are
• take what resonates, leave what doesn't
• volunteer work
• gratitude journal

⑦ CREATIVE

WHY: • make life magical
SIGNS: → loss of sense / purpose

ACTION } • ME-TIME
• GIVE FROM THE OVERFLOW
• PLAYDATE WITH YOUR INNER CHILD!