



7 Survival Tips

Holiday's Stress Management

Erika Ramelli

Our Mantra



I AM

A VEHICLE OF ABSOLUTE ABUNDANCE,
OF INDESTRUCTIBLE HEALTH,
OF INVINCIBLE PROTECTION,
& OF ETERNAL DIVINE LOVE

I DISINTEGRATE ALL ENERGIES NOT IN ALIGNMENT
WITH MY HIGHER SELF.

I AM FEARLESS!

I COMMAND MY CELLS TO REPAIR!
MY THOUGHTS, MY WORDS AND MY ACTIONS ARE ALIGNED
TO MY EMPOWERED INNER TRUTH.

I EASILY ATTRACT THE PEOPLE, PLACES AND OPPORTUNITIES
THAT BRING FORTH MY DIVINE PURPOSE!

I AM INTUITIVE. I AM ADAPTABLE.

I SEE ONENESS MANIFESTED IN ALL.

IN KINDNESS;

SO BE IT, SO BE IT, SO IT IS !! "

@ERIKARAMELLI

A PROFOUND
DECLARATION TO
ACTIVATE REALIZATION

REPEAT IT AS OFTEN AS POSSIBLE

My Top 7 Survival tips for wellness & Stress Management

1

1. *Know YOURSELF & avoid Stressors*
2. *Your energy creates your reality*
3. *Let go of rigid beliefs*
4. *Fabricate peaceful environments*
5. *Invest in some toys and tools*
6. *Balance your pH*
7. *Spiritual & Energetic Hygiene*

7

I Know myself

____/____/____

Time

I need to say NO to:

I need to Accept:

I feel stressed when:

This person challenges my balance:

Next Moon -cycle I need to pay attention to:

My digestion feels funny when:

My sleep assesment:

Tools



Know YOURSELF & avoid Stressors

Your energy creates your reality

Let go of rigid beliefs

Fabricate peaceful environments (Inward and outward)

Invest in some toys and tools

Balance your pH

Respect your spiritual self-care Practice Gratitude



Notes

THANK YOU



If you would like to continue on this conscious path & access more coaching materials, wellness tips, meditation guidance, herbal wisdom and more,

I welcome you to join our HIGH-VIBE TRIBE!

I look forward to our journey into Self-Mastery!



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