

LIVING LIFE

Mindfully



Taleen Sofee
[IN]POWERment Coach

Hi Lovely,

I am Taleen Sofee, an [in]POWERment Coach, Author, Master Energy Healer and creator of 'YOU ARE A STORY WORTH LOVING'.

I am so HAPPY we've connected!

When I think back to my life just a few years ago, one that I was successful yet unfulfilled, I remember one question I continued to ask myself over and over again...

IS THIS IT?

My SOUL was desiring so much more, but I had no idea what more looked like? I'm guessing YOU are feeling the same way, too!)

This feeling caused me to connect deeper into defining living my life mindfully and what that would look like? The inner contemplation led me on an journey inward of self-love, self-worth & self-discovery that was nothing short of a wild and glorious ride, right up to the door of my own SPIRITUAL AWAKENING and deep remembering of my SOULS highest alignment.

And since then, it has been an honor to work with women all over the world and helping them discover their SOULS highest alignemnt by living mindfully!

Your SOULS highest alignment is not something you find outside of yourself... Its a journey inside your HEART.

That is WHY I created this guide- so YOU can identify your current state of awareness, understanding WHY it is important to know how to apply the knowledge, begin to feel the shift in your energy body and live your life [in]POWERed.

My hope is that YOU will step into greater JOY, alignment and wisdom to support your own UNIQUE way of living MINDFULLY.

In love + truth



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What does being mindful really mean?

Mindfulness is the basic human ability to be fully present, aware of where you are and what you're doing, and not overly reactive or overwhelmed by what's going on around you.

While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain.

'The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes'.



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WHY living MINDFULLY is important?

Mindfulness helps you put some space between ourselves and our reactions, breaking down our conditioned responses.

- ❖ Even the most mindful people have days when they are managing their mind and all the many thoughts that continue to come through.
- ❖ Small steps go a long way so don't judge yourSELF on how much you get done each day in a negative light and instead flow with an open heart knowing everything is being divinely guided to you.
- ❖ Try focusing on one thing at a time without criticizing yourSELF when your mind decides to wonder.
- ❖ Mindfulness is a PRACTICE, and if you remember this it will help you achieve so much more without the resistance.



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Ways to practice mindfulness each day:

1. **Do just one thing at a time:** Multitasking may cause you to experience anxiety or judgment of self when you can't get everything done on time.
2. **Write a to-do-list:** Breaking your day down into manageable tasks is a quick path to clarity, and get you a sense of achievement every time you cross something off. PROGRESS!
3. **Time is everything:** Work according to your natural biorhythms. Stay in the flow rather than resist.
4. **Establish priorities:** Try to do what is most important or favorable so that you stay motivated and engaged as you work through your priorities.
5. **Listen to yourSELF:** If you are not have the best day, cut yourSELF some slack. Some days you won't feel well; others, someone else will need you more than you need you. Go with your intuition and take a break needed, even if it is a break for the whole day!



Questions to consider

1. Are you aware of certain repeating patterns in your life and do you have a desire to change any of these patterns?
2. Do you recognize that some of the choices you have made in the past were rooted in fear?
3. Are you experiencing more synchronicities, signs and small miracles?
4. Do you feel as though some aspects of your life are needing to evolve?

If you feel these questions above align with your experience in your life right now then it is a WAKE UP call for you to tune in and listen to what your mind, body and soul is asking of you deep within your soul. Use the information that is in this guide to begin your mindfulness practice each day and allow the shift in your life to take place. And if you want to go deeper then continue reading through till the end and there is MAGIC waiting for YOU to discover.



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Mindfulness

Words on cards

I AM TRULY
BLESSED

NO ONE CAN MAKE ME
FEEL BAD WITHOUT MY
PERMISSION

I AM WORTHY OF
LOVE

I AM BEAUTIFUL

I WON'T GIVE UP ON
MYSELF OR MY DREAMS

I TREAT MY BODY
WITH RESPECT

MY HAPPINESS DOES NOT
DEPEND ON OTHERS

I AM NEVER ALONE

I AM CONFIDENT THAT
THE REST WILL FALL IN
PLACE

I encourage YOU to create a template and add your personal words or affirmations that you align with. This will keep you in a constant space of mindful thinking, being and feeling.



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A final note...

I hope that this information I provided you gave you a sense of your current state of mindful living and also allowed for YOU to open up to some new, expansive perspectives within YOU.

REMEMBER, YOU are energy in motion and anything you focus your attention on will amplify..

Understand that MINDFULNESS is the key to realizing that you have the POWER to make radical, quantum-level shifts in your life. Perceiving everything as it is without any effort on your part creates a fixed mindset and doesn't allow YOU the flexibility with intentional awareness to create the life you desire to live by mindful application.

WE ARE NOT CASUAL OBSERVERS, BUT ACTIVE CREATORS!

My heartfelt intention is that YOU have gotten a feel for the incredible value and understanding your energetic alignment to mindful living can create for you. The many possibilities that will be revealed in your life when you know how to consciously choose your thoughts and how you dial in to the new-found feeling of YOU...



Love + truth ...

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