



glow inside out

a cheat sheet for living a life aligned
mind, body, skin + soul

ASHLEIGH WEULE - INNER YOU

thank you for being apart of our glow inside out tribe

as a welcome gift from me to you for being apart of this community, is this cheat sheet of things you can implement into your life to let your authentic inner you shine through right NOW

mind

- the power of your breath - take 5 big deep breathes to centre yourself + raise your vibe. this can be done anywhere- in the car, at the work place, with your kids- to help release any stress or tension in your body. and if you feeling ready, dive into meditation - this is a game changer for all areas of your life
- watch your thoughts - ever felt that feeling of waking up on the wrong side of the bed and then everything keeps going down hill through out the day? its usually our thought patterns that are creating the experience. you are in control of your thoughts which lead to what shows up in your external world. change your thought, change what is showing up in your reality. shift your thoughts to what you want, not what you don't want "today is going to be the best day of my life" and repeat it over and over through out the day + see your state change - its so powerful

body

- water water water - hydrate baby! most people aren't getting enough water in to their bodies which can lead to dehydration + feeling low vibe. up your water intake, grab a cool new water bottle that makes it exciting to drink out of + carry it around with your every where, add fruit or a fizz stick if you need to make it taste more fancy + have a glass of water if you feel hungry - sometimes we think our body is hungry when in fact it is just dehydrated and thirsty
- sleep is your best friend. yes i know mummies i hear you. i know kids can send this into a spin but i also know sleep deprivation + its a killer. no one functions correctly on minimal sleep so rest when you can. take a nap where you can if you are a mumma + create a bedtime ritual - like having a shower, doing your skin care routine, put your device in another room if you feel tempted to pick up and scroll, dimming the lights, read a good book or do a meditation. setting yourself up with a sleep routine will set you up for a restful night sleep and will signal to your body that it is time to restore, relax and recharge

skin

- always take your face cleanser off with a face washer – don't wash those pesky germs off with just water and over the rest of your body, wipe away with a face washer. ring out the face washer, regularly throw into laundry + grab a fresh one. décolletage acne is quite often a cause of just rinsing off cleansers with a water rinse
- flip your pillow – sleep on one side on night then flip your pillow for the next night, then throw in the wash. this keeps your pillow clean for your face and reduces the risk of blemishes + impurities
- clean your phone – did you know our phones are one of the most common breeding grounds for germs? think about how much you touch your phone then put it up to the side of your face to chat – resulting in side of face blemishes. give it a clean with an alcohol wipe regularly
- never sleep with your makeup on - guilty as charge in my early twenty years after a big night out + i wore the results of that every day - dull, acne skin that never "glowed". grab your cleanser + double cleanse the day or night away so your skin can replenish + breathe. feeling lazy - grab a facial wipe or micellar water with cotton pad + do it the simple way.

soul

- gratitude - the single most powerful thing you can start practising now and its so simple. you can't invite more into your life without being thankful for what you already have. when you wake up in the morning + put your feet on the ground, start saying thank you (out aloud or in your head) "I am thankful for being alive today, for being blessed with four beautiful daughters, a roof over my head, carpet under my feet, etc" and keep doing through out the day. low vibes can't effect you when you are thankful. incorporate your kids in on this one at the dining table "what are you thankful for today?" and see everyones vibe rise up
- create a love list - this list is your go to list of all the things that light your heart on fire, the things that make you excited about life + make you feel your absolute best. if you struggle to think of anything, start with what you loved as a child - this will usually give you a nod in the right direction. and START doing one or two things off your list every day. eg. gardening, hiking, laughing with girlfriend's, baths, massages or even dancing - its a thing in our house when every one is feeling low vibe, we put the music on and dance around our living room - everyone feels sooo much better afterwards. fill your love cup up!

girl, you deserve to take care of yourself + glow inside out