



# Soul Freedom is

## Preserved by

- Lighter Dinner
- Early to Bed
- Starting the Day with Warm Water
- Moving your Body & Breath
- Connecting to your Feelings
- Plant Rich Diet
- Self-Massage
- Basking in Silence
- Nourishing Foods
- Mindfully Using your Senses
- Easeful Living

## Depreciated by

- Heavy Dinner
- Staying up Late
- Kicking off the Day with Caffeine
- Limited Activity Daily
- Living in Thinking Mode
- Meat Loaded Diet
- Poor Boundaries
- Maintaining Distraction
- Processed Foods
- Staring at Gadgets a Lot
- Always Busy

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Soul In Service