



Using Your heARTwork

With Artist and Creative Life Coach April Small, Odonata Artistic Services and Creating heART

Once you create your heARTwork you want to find a place to hang it where you're going to SEE IT, it is very important that you see it regularly so that you can continue using your power symbol or animal totem to reinforce the new beliefs you're trying to integrate and embody on your journey creating the amazing life you want and deserve!

- I do recommend you visit your heARTwork daily for at least 30seconds to 2 minutes for the maximum results. (start with 30 seconds and then try to build up to 2 minutes or even 5,10,15 if you choose, as long as you would like. The more time you spend visualizing the better!)
- If daily is not possible weekly might be a good option to start out and hopefully you can build up to a few times a week and eventually daily BUT once a week is better than not at all.
- Use your heARTwork anytime you need a boost!

Visualization Time

Now it's time to step to the heARTwork and start forming new neural pathway connections with those new thought patterns you are trying to incorporate. Changing the narrative is so important so actively visualizing can be very effective in reinforcing the new thoughts we would like to replace over the old.

You can also visualize that you have already completed the task or reached your goals. Tap in to what your heARTwork represents for you and then picture yourself embodying the new narrative. This is your chance to remember we have chosen to release those previous beliefs that no longer served us and step further into our truth, power and strength.

Example: I used to feel like I was not good enough, my new belief based off the the 3 leg table method that proved my old belief was not true and not serving me. Now I see my worth and

value and even when it feels like I might be slipping back into my old ways of thinking I use my heARTwork to serve as a reminder and step back into my truth, strength and power.

Breathwork

Adding some nice relaxing breathwork during your focus time is a great option, you can try square breathing (Breath in 4 count, pause 4 count, out 4 count, do this 4x) or just simple slow 3 breaths in and out!

Meditation

If you like to meditate instead of closed eye meditation you can use the opportunity to look at your heARTwork and use it as your focal point.

I am statements

Simple short I am statements using the words or images for inspiration is a nice easy way to connect with your heARTwork. I am healthy, I am active, I am enough and I am strong right before a workout or going to a job interview would be great examples! Or how about **I am a creative genius!** Right before starting a project of any kind.

Affirmations

Affirmations take it a step further and when saying them out loud and even pairing them with a movement (like I describe below in “Body”) make the PHYSICAL connection between your mind and body. This will further the synaptic pathways when your neurons are firing in your brain creating and strengthening your new EMPOWERING GROWTH ORIENTED BELIEFS.

What affirmations (from your *FREE BONUS* affirmation activity) would you like to use? Or you can make them up as you go, mine are always changing as I develop and move forward on my path!

Body

What body language or movement could you make while focusing on your heARTwork? (Examples: Power pose/superman pose (as shown in the example, raise your hands in the air like you’re cheering, pull in your elbow as if you’re saying “yes!”, jump up and down or dance.) By using your body to reinforce your new thought patterns as I said above you’re creating stronger connections that link in your brain making receiving and BELIEVING much easier, giving you faster results!

Most importantly, have fun expressing yourself creatively and manifesting your dreams into reality!



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