

VEDRINE'S HEALING SERVICES

*Dr. V's 7 keys to
being in alignment
with yourself*

*-DR. DOMINIQUE
VEDRINE*





1

Prioritize spending time with yourself each day.

- Be intentional about taking time for yourself to spend time connecting with yourself to assess how you're feeling and think about your desires and plans for the day.



2

Pay attention to how you feel

- Research from neuroscientists reveal that our emotions play a significant role in our ability to reason.
- Your feelings often drive your behaviors
- Focusing on your feelings help us to remain in the present.

3

Be open to learning from your past but not being imprisoned by it.

- Revisit your past for the purpose of learning from the wisdom it holds.

4

Be intentional about attending to your goals and heart's desires.

- Take steps that will help you move closer to reaching your goals.
 - If you want to go to NYC why would you purchase tickets to go to Sacramento? You wouldn't. So be mindful to take actions that align with your goals.

The background of the slide features a repeating pattern of stylized, dark grey leaves and branches. The leaves are elongated and pointed, with some showing internal vein details. The branches are thin and curvy. The pattern is distributed across the entire slide, with a slightly higher density in the top and bottom sections. A large, light yellow rectangular area is centered on the slide, containing the main text and list. Above this yellow area, there is a dark grey horizontal bar. On the left side of this bar is a yellow circle containing the number '5'. To the right of the circle, the text 'Gain clarity about your boundaries and set boundaries based on your core values' is written in a white, italicized serif font. The yellow circle and the dark grey bar have a subtle drop shadow, making them stand out from the background pattern.

5

*Gain clarity about your boundaries and
set boundaries based on your core
values*

- Be able to express what you deem as acceptable and unacceptable, what you want and don't want in the following areas:
 - Intellect/Personal Development
 - Relationships: family, romantic, friendships
 - Recreation/Leisure
 - Career/Work
 - Spirituality
 - Emotions
 - Health
 - Finances

6

Being willing to face your hard truths and allow them to help inform your priorities and decisions.

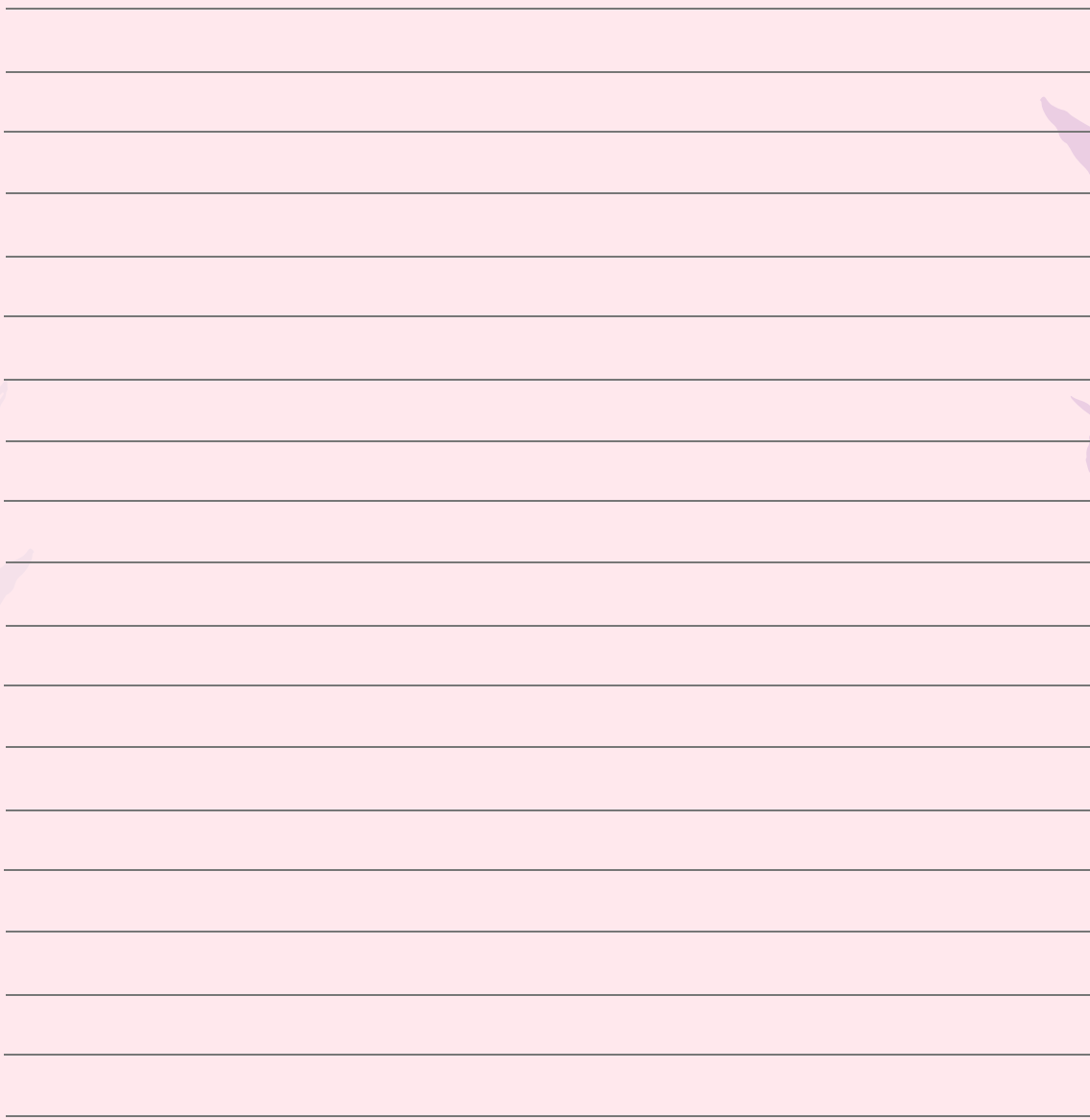
7

Stay in the Present moment

- The more you are able to stay present, the closer you are to your true self. According to writer Jessica Dimas, “Your true self does not live in the past, where there is guilt, sadness, and regret. Nor does your true self live in the future, where there is anxiety, fear, and doubt”.



Notes



A large rectangular area with a light pink background, containing 25 horizontal lines for writing notes.

Notes

[illegible]