

gratitude

self-love

communication

Seven things learned in life

assumptions

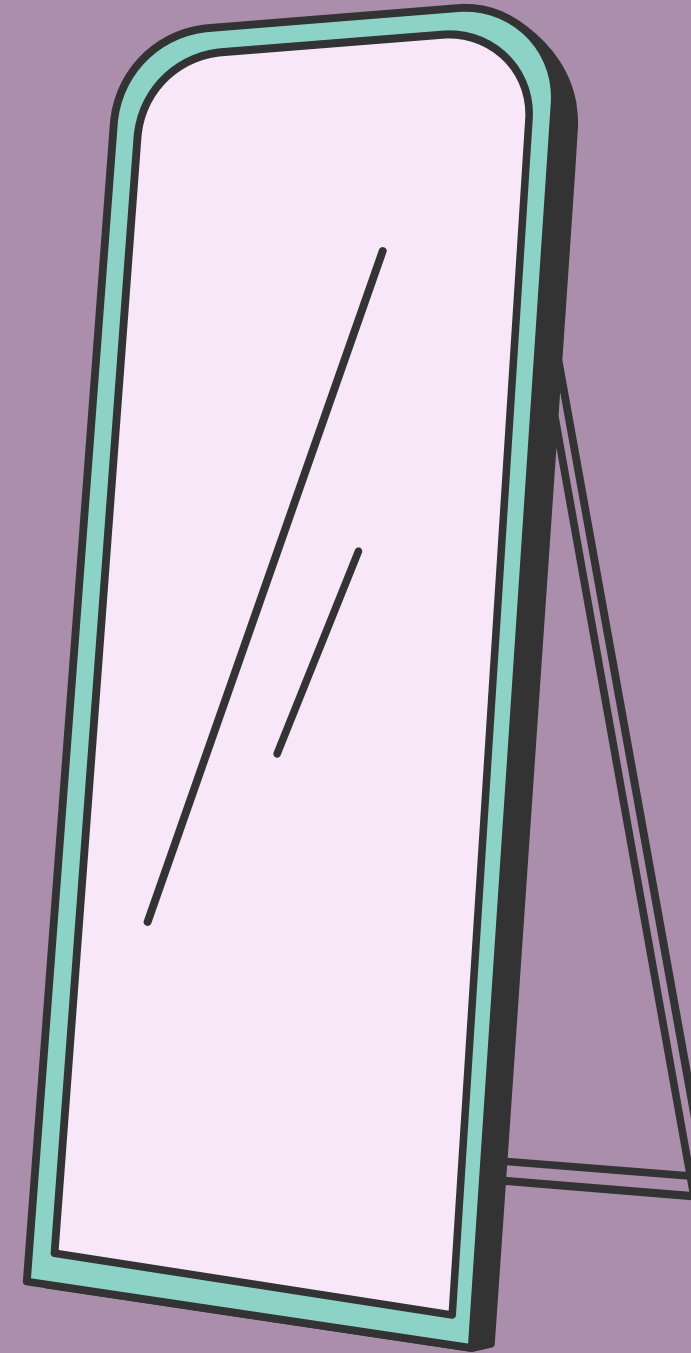
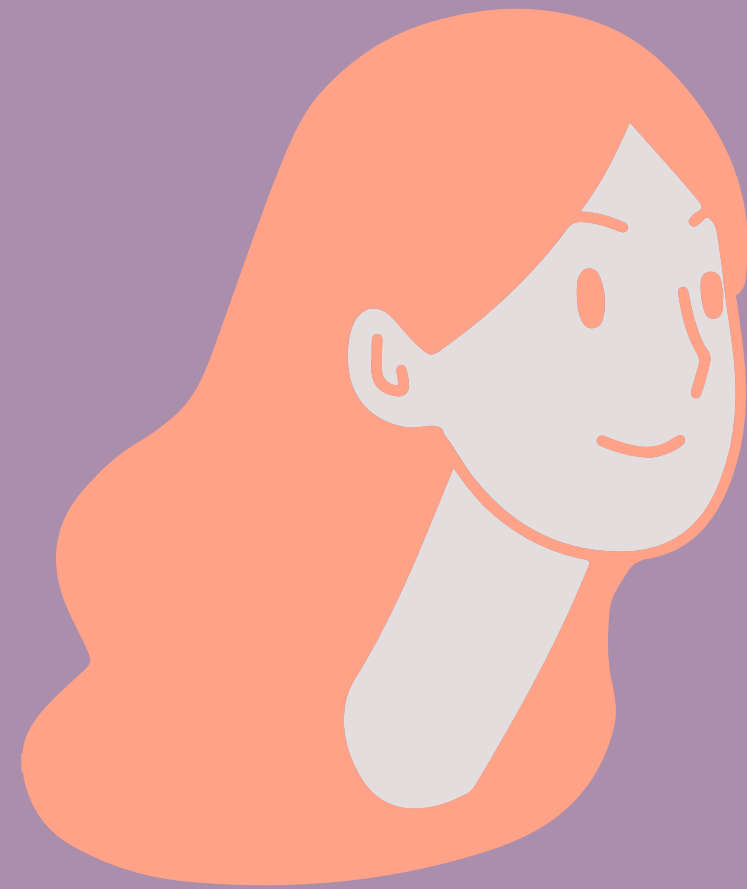
compassion

forgiveness

empathy



Self-love



Self-love

Improves:

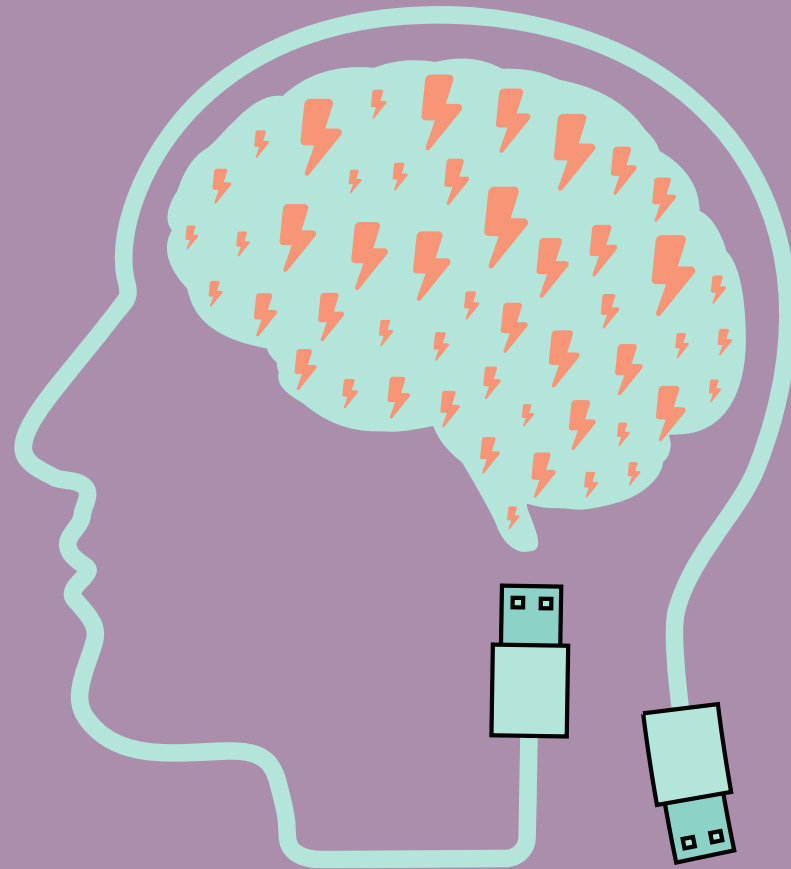
- happiness and resilience,
- motivation,
- physical and mental health
- inner peace
- energy
- confidence



Tips: Practice self-compassion, self-acceptance, self-care

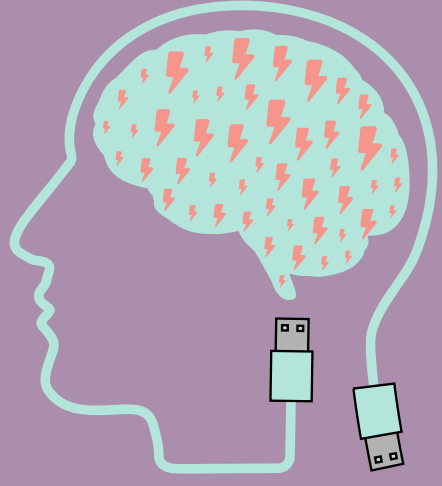


Assumptions



Thoughts without proof that can separate and destroy ...





Assumptions

Intensifies:

- negative mindset
- physical and emotional pain
- misunderstanding

Tip: Be brave to speak, ask questions and clarify things



Compassion



**It is an expression of love that heals
and improves your wellbeing**



Compassion

Enhances:

- human connection
- Happiness
- trust
- Well being and health
- patient's recovery
- relationships
- learning and cooperation
- Makes you attractive and
- reduces your stress



Tip: Helping others makes you wealthier in life



Empathy



**Ability of understanding emotions for others.
"I feel your pain and I am here for you."**



Empathy



Build up

- communication skills
- relationships
- human connection
- trust, team work, and cooperation
- immune system
- patient 's satisfaction

decreases stress

Tip: be observant and open to others



Communication



Is not only words. It is a gentle smile, touch, or action.



Communication

Improves

- clarity and direction
- human connection
- productivity
- relationships
- team building
- positive atmosphere
- innovation and creativity



**Tips: Pay attention to your body language and practice
silence**



Forgiveness



It is the most beautiful process that transforms resentment and anger into freedom.



Forgiveness

Boost

- mental health
- immune system
- sleep quality
- self esteem
- spiritual and personal growth
- creativity

Reduces:

- fatigue and stress
- physical and emotional pain



Tip: make a conscious evaluation of how does not forgiving affect you



Gratitude



**It is the most humble habit that disconnects you
from the past pain and future worries.**



Gratitude

Benefits:

- improves physical and psychological health
- lowers blood pressure, strengthens immune system
- changes perspective
- reduces depression and stress
- increases energy
- Improves your well being and happiness



Tip: Practice gratitude on a daily basis





atalacoach



atalacoach



Atala Tovar



global@atalacoach.com

