



Celynn Morin: The Accountability Advantage: How to be Your own CEO for Motivation and Wellbeing.



Celynn Morin is a speaker, author and wellbeing consultant. Explore practical tips to be your own Chief Energy Officer!

TOP EMBODIMENT TIP: Stay curious, remember to connect with yourself through your breath, and celebrate often.

How to Be Your Own Chief Energy Officer: Mobilise Energy on Demand to Motivate a Team!

- Focus on your holistic wellbeing in your head, heart, gut, and spirit.
- Physical energy is essential. Without that you can't do the rest.

The Wellculator: What Would Your Body Score You?

- The wellculator has 10 areas that you can measure for your wellbeing. This will help identify focus areas.
- Session examples include dietary habits and resting.

Try Positive Eating Strategies: Consuming the Wrong Food and Drinks at the Wrong Times Depletes Us!

- Drink 250ml of water for every 10kg of body weight.
- Eat like an artist. Include foods of all colours on your plate with a focus on plant based food, protein and fibre.
- Take breaks in nature. This is a food group since we need fresh air, sunlight and all that nature brings.
- Your gut is your second brain. It impacts on our emotional and mental well being. Try probiotics to improve health.

Rest Strategies: We Can't Support High Performance Without Rest. Every Day is Cyclical Like the Seasons.

- Imagine the waking period is like spring and when we turn on social media the work mode of summer starts.
- How much chance do we give ourselves to enter the day and set positive intentions before we turn on social media and go into work mode?
- In the evening or autumn of the day what are our relaxation routines before the winter of sleep? Practise switching off phones, breathing, pausing and centering (Awareness, Breath, Connect with Care) when stressed.

Creating New Habits: Try a new Tiny Habit

- Attach the new habit to an anchor of an action you already do, then try the new habit and celebrate when you do it.
- Pearl habits are when you try a new positive habit response to something that habitually irritates you, such as breathing to create a pull away from an annoyed response.

Resources

- ❖ **Courses:** [Change my Life](#), [Support my Wellbeing](#), [Get Cooking](#)
- ❖ **Website:** www.celynnmorin.com
- ❖ **Social:** [Facebook](#), [Twitter](#)
- ❖ **References:** [Gabor Mate](#), [BJ Fogg 'Tiny Habits'](#)



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

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