

HANDY DANDY TOOLS FOR SUCCESS

1. make, buy or find in your home a medicine bag. It can be any type of bag, even a box, but typically something on the smaller side so you can carry it around, wear it on your belt, place in your purse etc....
2. gather items to place in your medicine bag. (go on a treasure hunt to find items, gather from home, trade with someone, buy, etc.... acquire items that are important to you, that will help you when you need it)
3. write little notes of encouragement, your fav quotes or sayings, bits of paper with your inspirational words, type it up on the computer, write, draw or paint these words, sayings etc... and place in your medicine bag.
4. crayons, pens, markers, pencils, any kind of writing utensil you desire, place that too in your medicine bag
5. how about a gemstone, a rock, a feather, something you found along your travels that made you feel all warm and fuzzy, place that in your medicine bag too!!!!
6. choose items that mean something to you, whatever it is honey, scoop it up and place it in your medicine bag.

Carry your medicine bag around with you during your travels, your journeys, your walks and adventures.

Take a notebook and jot down your thoughts, ideas, whatever you want. Maybe something that has been bothering you, jot it down, get it out of your head and release it to the universe, it will know what to do with it and you will be free of this worry!!!

My medicine bag has all kinds of things in it from time to time. I am always adding, taking out and changing items cuz I am always inspired by many things.

Art journaling is very healing and so relaxing. Maybe you could give it a whirl!

I like to journal with all kinds of trinkets, scraps of colored tissue paper, different writing utensils, a variety of all kinds of goodies!!!

For me this is so healing when it has different textures as I love the different feel of it all. It feels like I get all goodness and energy and it flows right into me, I totally love it!!!