



NASAHRHETTE
BAWA

Ancestor Medium. Divine Feminine Coach. Spiritual Mentor

I help you connect with yourself & your ancestors

I MAKE MEANINGFUL CONNECTIONS

I make meaningful connections.

I listen well. I let others know that I care about them by giving them my full attention. I reserve judgment and keep an open mind. **I help others to feel known and understood.**

I express my feelings. I allow myself to be vulnerable. I have the courage to be authentic.

I collaborate with others. I share my knowledge and expertise. I remember that each individual I meet can teach me something valuable. I encourage teamwork and cooperation.

I show my gratitude and appreciation. I thank my children for cleaning their rooms. I buy my coworkers coffee when they trade shifts with me. I let others know that their presence makes a difference in my life.

I stay in touch. I make time in my schedule for family dinners and movie nights. I take turns inviting my friends out for dinner and drinks.

I follow through on my commitments. I

show up on time and keep my word.

I give generously. I visit sick friends and bring them chicken soup. I shovel snow for elderly neighbors. I hand out sincere compliments and praise. **I spread joy and happiness.**

I accept help graciously. My relationships are mutually supportive. I allow others to know the joy of giving too.

Today, I make my family and friends a top priority. I put time and effort into my relationships. I build a community where I feel like I belong.

Self-Reflection Questions:

1. How do I feel when I make someone smile?
2. How do my loved ones help me to deal with stress?
3. Why is quality more important than quantity when it comes to relationships?