How to work through the transitions in your life with Adele Bernard

with Adele Bernard · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Adele Bernard is a transition clarity coach who has spent about 25 years clearing the energy of people's homes.

- [ ] Notice how you feel within 20 minutes of walking back into your home after time away.
- [ ] Before a holiday gathering, clear the energy of your home so old tension doesn't come in with your guests.
- [ ] Book a weekly time with your partner, even five minutes, to cover the kids, the house and the cars.
- [ ] Ask for your partner's time instead of starting a household conversation while they're busy.
- [ ] Schedule one-on-one time between each parent and each child, built around that child's favorite thing.
- [ ] Don't discount it when your child tells you what they see or hear.
- [ ] Before bringing an antique or used item home, hold it and set the intention that anything no longer wanted is cleared as it enters.
- [ ] Leave your shoes at the door.
- [ ] If you've lost passion for your business, tell your team honestly.

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