

Building Trust & Strengthening Relationships

MORE Bosie BITS

Created & Adapted by Gail Scott, inspired by many.

1. 12 ways to Ignite Passion, Romance & Love A relationship fact sheet.
2. 20 Ways to Building Trust Insights on how to TRUST fully.
3. Affirmation Affirmations by topic.
4. Stillness Prayer Poem Ideal for overwhelming thoughts.
5. The Key to Being Authentically Sexy Tailored exercises.
6. Manifestation Techniques Morning Ritual exercise.
7. Eye Magic & Deep Connecting Eye Gazing exercise.
8. Feminine Energy Presence Body Connection exercise.
9. Future Reality Journal exercise.
10. Mirror Exercise Body Awareness tool.
11. Self neglect to Self care Questionnaire for increasing Self Love.
12. Release old patterns Simple Release exercise.
13. Starting Building Trust Everyday 25 To Do's that build TRUST.
14. Tantra A Beginners Guide Tantra worksheet.
15. Insights about TRUST Facts and concepts about TRUST.
16. TOP 5 Values - Mini E-Book How to define personal values.
17. Trust Meter Exercise Learn more about muscle testing.

Contact us to discuss the full list of tools, exercises and practises that best suit your needs.

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