5 Steps for every Animal Volunteer

DESCUBRE MÁS
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We can only give from a full cup

eat, sleep, move. the better we feel the better our experiences with them. they feel our energy. when we feel good it helps them feel good too.

Everything is energy

what we think and feel reflect in our energy. when we take care of ourselves first its easier to feel better and attract better experiences at the shelter.

Appreciate them

write down every day what you love and enjoy most about them and why. appreciation creates positive momentum for them, you, and everyone.

See them at their best

let go of their past. when visiting them focus only on their positive qualities. talk to them about their greatness and see them happy in their furever homes.

Breathing is your best friend

take a deep active inhale, hold 3 seconds, exhale veeeeery slowly. use this when negative thoughts or fear show up. breathing redirects our energy and focus to feel good.

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