

Morning

SPIRIT: gratitude

- While still in bed bring in grateful - mention 3 things you're grateful for.
- On Tues, Thurs, Sat write 3 texts of gratitude to someone.

BODY - 15 minutes "I feel"

- Hydrate - Drink a glass of water
- move 15 minutes - not heavy cardio...I do QiGong mov't while my coffee is brewing.
- <https://www.youtube.com/watch?v=ggBquoSEmhA&t=67s>

HEART - 5 minutes "I see through my heart"

- 5 minutes of heart math breathing (with my variation).
- Feet on the floor, shoulders down your back, soften your neck.
- Tongue at the roof of your mouth for inhale and exhale.
- One hand on your heart, the other on your belly.
- Imagine loving feeling - a person, place, animal, situation

- Breathe in for 5 counts - thru your nose
- Blow out for 5 - through your mouth as if you are blowing out a candle.

MIND: Plan Execute Evaluate - "I hear with my curious mind - what are the questions?"

- Take first 90 minutes of your day to meet your responsibilities to yourself. The first 90 are your most constructive!!! Protect that time.

- The first 20 minutes include, meditation, reflection, writing. The remaining time - completing the 3 "Most Important Tasks" that I set up the day before. From laundry, to gardening to personal finances.

- I use mantras ("I get to"), the heart math monitor (keeping my heart in "love" state while doing chores I resist) and timers to assist in me keeping on track .

Evening: 5 minutes of breathing

I usually need a **focus boost** as its usually concert time!

- Feet on the floor, shoulders down your back, soften your neck.
- In through small opening my mouth - cold air
- hold for 4 beats
- out for - through my mouth singing "OM" - as long as it takes
- hold for 4 beats.
- *"I feel with my body, I see through my heart, I hear with my mind and sense what is above, below and around me"*

Set up MIT's for the next day.