

Building Mental skills, Expanding Emotional Intelligence while listening to your Creative Intuition.  
With Compassion, Excellence & Flow.

*Begin your morning with gratitude practice.*  
"I get to \_\_\_\_". Mastery and work in progress @ the same time. Both/and.

To Be & Do

Courage & Change

Alert & Still

	Monday <i>Mindful</i>	Tuesday <i>Trust &amp; Truth</i>	Wednesday <i>Wonder</i>	Thursday <i>Thank you Text someone</i>	Friday <i>Flow Flexibility Freedom</i>	Saturday <i>Sense &amp; service</i>	Sunday <i>Self-care</i>
Move Brain gym							
Breathe							
Check in & choice "I am ____"							
Breathing gym							
Sing							
MIT (daily)							
Water Stretch							
Goals							
Mantra							
Form Foundation							
Move Eat							
Etude							
Toes/nose Write							
OE							
Mindful walk							
Rep							
Novelty							
Chamber							
Find a friend/talk connect							

*Be You. Be Here. Belong. Be Brave.*

*Aware of what you're thinking/feeling/sensing (mind/body).*  
*Anchored (heart) into who you are. Attuned to your voice (gut).*  
*Align it with what you want.... Allowing loving kind action to unfold.*