

1000 Minutes -Living From My Extraordinary Side

Morning:

1. Morning “Time-In”; Deep breathing for at least 5 minutes (5-30 minutes).
2. 10 Thank You(s) for What’s Already Working in my life.
3. Decide on one thing I can do today to take another step forward.
4. Plan out the day and schedule when you will do your “to do” list.

Afternoon:

1. “Time-In”: Slow down, get grounded and anchor yourself (2-3 minutes of deep breathing, driving, walking to the bathroom, waiting in traffic, waiting in line, etc.)

Evening:

1. Time-In: Deep breathing for at least 5 minutes before going to bed.
2. 10 Thank You(s) for What’s Already Working in my life.

Bonuses:

1. Settling into the habit of 3 deep breaths after every toilet flush.
2. Any type of exercise
3. Inspirational reading