

QUIET YOUR MIND CHATTER

DAILY WELLNESS PRACTICE

To honor yourself and take action toward balance, engage in a choiceless morning wellness practice. Choiceless means it's not a decision. You do it *always*.

Set your intentions in writing the night before to yourself or to an accountability partner.



Let morning meditation become the foundation of your daily wellness practice

Start with one minute per day of quiet stillness then expand from there

- Use a meditation app, if it is helpful
- Consciously connect with your Divine Intuition



Write

- Create a gratitude list
- Write affirmations
- Journal about your problem-of-the-moment then choose an affirmation to dissolve that issue
- Work through a guided program such as my book: *Willing Souls: How to Brave Uncertainty and Find Peace*



Move Your Body

- Walk, hike, swim, dance, stretch, lift weights, practice yoga or tai chi, take a fitness class, play a team sport
- Engage in any movement that blesses your body and your spirit



Go Outside

- Listen to the sounds around you
- Connect with nature by noticing the plants, the sky, and the weather on your skin
- Refrain from labeling things. Instead of thinking "The clouds are lovely," simply gaze at the clouds and be with whatever feelings come up



Connect with Other Spiritual People

- Social support is a vital part of a healthy human
- Use texting as a tool to schedule in-person interactions
- Create a Call List of people you care about, then once or more a week, call someone from the list to ask about her life and share about yours

With Lucky