Mindfulness is key to powerful living.
Aimlessness will lead you nowhere.

Upon awakening, sit upright, close your eyes & scan your body sensations from head-to-toe.

Take 3 long cleansing breaths (in through the nose, out through the mouth).

ASK: “what is my Intention for today?”

Examples:
Today, I will truly listen when someone else talks to me instead of planning what I want to say next.
Today, I will take a moment and look up at the big Texas sky and be grateful for my blessings.
Today, when I notice my mind worrying about something, I will pray about it instead.
Today, I will embrace the differences between me and others and offer acceptance.
Today, I will bow my heart toward forgiveness toward those who have hurt me.
Today, I will ignore my inner critic.

SET: your intention by standing up, spine straight, arms up in a ‘V’ shape & repeating your Intention as you imagine it filling you from toe-to-head and out through your fingertips.

If your mind wanders, notice that it wandered & gently refocus on #3 above.

Dim lights one hour before bedtime.

Avoid looking at anything with a screen.

Ten minutes before bedtime, try a mindfulness exercise.

Examples:
Imagine you are petting a kitten or a puppy.
Imagine you are knitting, crocheting, or painting.
Imagine you are ice skating or flying a kite.
Imagine you are being led through a flowered field by a butterfly.
Imagine you are floating above crystal clear Caribbean water.
Imagine the sun warming your palms, bottom of your feet and your forehead.
Imagine a cold compress to the back of your neck and your feet in a very warm, salty, spearmint water.

If your mind wanders, notice that it wandered & gently refocus on #3 above.

If unable to fall asleep, go to a comfortable chair & repeat #3 & #4 until sleepy.
Return to bed, don’t sleep in the chair.

Download FREE Sleep Journal:
INTENTION
of the day

TODAY : ........................

BREAKFAST | LUNCH | DINNER | SNACKS

Like a King | Like a Prince | Like a Pauper | From Field, not Factory

SLEEP CHECKLIST:

☐ Dim Lights
☐ Avoid Screens
☐ 10-Minute Mindfulness Exercise
☐ Gently Refocus
☐ Chair - Repeat - Sleep in Bed

- notes -

How many miles on Treadmill today?

TODAY I’M GRATEFUL FOR : ........................

WHAT I WANT TO IMPROVE : ........................

how many glasses?