WE ALL HAVE A STORY

YOU ARE enough
WHAT IS YOUR WHERE AND WHEN?

I’M NOT GONNA LIE...THE NEXT HOUR MAY GET WEIRD AT TIMES.
HUNCHES, FLASHES, IMPRESSIONS.. PERMISSION TO IGNORE

INTERACTIVE
3 STEPS TO RECONNECTING TO YOUR INNER HAPPINESS

1. WAKE UP CALL

C l u e
2. TEN MONTHS OF SOLITUDE...CREATE SPACE

3. UH OH – WHO AM I AGAIN?
5 PRACTICES TO CULTIVATE HAPPINESS & AVOID BURNOUT
HOW PRESENT DO YOU FEEL FROM 1-5?

DAILY DOSE OF MEDITATION NOT MEDICATION.
HOW TO GET STARTED?

- When - mornings and/or evenings are best.
- Where - anywhere that is quiet and you feel relaxed. Connected to nature is a plus.
- What position?
- How long - 1 minute to start and add 60 second increments each month.
- Why - reliable to cut through unreal thoughts and get to the real you.

KEEP CALM
AND
LET'S TRY IT TOGETHER
HOW PRESENT DO YOU FEEL FROM 1-5?

JOURNALING
HOW HAPPY DO YOU FEEL FROM 1-5?

STREAM OF CONSCIOUSNESS: WHAT, WHY, HOW?
KEEP CALM AND LET'S TRY IT TOGETHER

GRATITUDE JOURNALING?
RECONDITIONING THE SUBCONSCIOUS
KEEP CALM AND LET'S TRY IT TOGETHER

HOW HAPPY DO YOU FEEL FROM 1-5?
ENERGY MANAGEMENT NOT TIME MANAGEMENT

HOW CALM AND CLEAR DO YOU FEEL FROM 1-5?
ENERGY 101 - LIVE IN THE MIDDLE

• Diet = Fuel vs. Experience
• Playful movement throughout the day - no “workout/gym” time.
• Sleep - no caffeine after 4, no blue screens an hour before bed, develop simple bedtime routine before bed and include any type of deep breathing.
• Minimize stress by working in Flow (not more than 90 minutes) then reward (10 minutes). Maximize opportunities to stand and find a way to remind yourself to breathe through the day.
• Energy is real not a concept (Yoga, Qi Gong etc.)
HOW CALM AND CLEAR DO YOU FEEL FROM 1-5?

EMAIL & MEETINGS ARE EVIL
RECONNECT TO YOUR ART - PLAY WEEKLY

12 WEEK GUIDED BEGINNER PROGRAM INTEGRATING ALL OF THE TECHNIQUES ABOVE.

EMAIL IF INTERESTED....
RECONNECT TO THAT WHERE AND WHEN...

- Close your eyes.....
- See yourself.....
- How old are you?
- Where are you?
- Say to yourself out loud or quietly.....
Q & A

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Thank you!