

CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE

► **NOTES: WEEK THREE**
MINDFULNESS



Carol Egan

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CHANGE
YOUR LIFE
NUTRITION. MINDSET. MINDFULNESS.

Design Your Power-Hour Morning Rituals

Taking time every morning for self-care, self-empowerment and personal development should be included in the instructions on how to live a full and meaningful life when we each arrive, but they're not. The instructions we get are rather to do more, be more, and have more... and somewhere in that mix, we lose touch with who we really are and what really matters to us.

A power-hour every morning is my secret to great health and self-confidence, vitality and happiness! By creating time every morning for me, and what I know fires me up and empowers me, I literally feel UNSTOPPABLE because I choose morning activities that energize my mind and Spirit. As a result, I am more focused and productive, healthy and happy.

A power-hour is not simply about developing self-discipline and our personal best. It's about challenging ourselves to stretch beyond what we think is possible.

Science shows that how we move our body, how we direct our focus, and how we start our day sets the stage for our whole day.

And so, if we begin our day reminded by what is most important to us, especially our mental, emotional, spiritual and physical wellbeing, every other healthy choice we make will flow.

Let me ask you this question, how do you show someone you love them? You spend time with them, yes? Perfect, your Power-Hour is your gift of time to spend with YOU!

Recommendations: A few classic standards, a few new options:

- Silence and/or meditation: 5 - 30 minutes — YouTube has many free guided meditations, and check out the apps, Insight Timer and Calm
- Affirmations:
 - My body is healthy; my mind is clear; my heart is happy.
 - I am committed, capable and confident.
 - All I need is within me now.
 - I am the CEO of my life.
 - I exercise my power to choose.

- Journal 3 free-writing pages — I call this prayer or psychotherapy on a page
- Read personal development books
- Create gratefulness and smile for 3 things in your life
- 8-16 ounces of room temperature water upon rising, with lemon even better
- Move your body — Walk or run, to aerobics or weight lifting, movement shifts energy
- Direct your thoughts, by asking yourself empowering questions when you wake up:
 - What am I grateful for in my life right now?
 - What am I passionate about in my life right now?
 - What am I happy about in my life right now?
 - What am I proud of in my life right now?
 - What am I excited about in my life right now?
 - What am I committed to in my life right now?
 - Who do I love? Who loves me?

Bonus: Journal Prompts to Get You Started

Here is a list of questions to get your journaling started. Use them if you are stuck and don't know what to write about, rather than have them limit you from the benefits gained from free-writing.

1. What did you like best about today?
2. What did you like least about today?
3. What do you hope to accomplish today?
4. What opportunities can you create today?
5. What do you commit to today?
6. What do you want to release today?
7. How can you reconnect to you today?
8. How will looking and feeling your very best impact your life?
9. How will looking and feeling your very best impact your family and your career?
10. How can you create more fun in your life?
11. How can you be kinder today?
12. Who can you support today?
13. Who can you do something for today?
14. When can you accomplish that goal by?
15. Why do you want to be your very best you?
16. Why do you want to look and feel your very best self?