

1. REST AND DIGEST

Evenings are for relaxing. Enjoy a simple meal that's easy to prepare and easy to digest. Between 10 pm - 2 am, your body goes through a purification process. Eating late or drinking alcohol after 7pm disrupts your body's natural housekeeping. Keep dinner simple. Close your kitchen earlier. Enjoy the extra time to play outside, do some light housework, or connect with your family and friends. You'll feel lighter, sleep better, and wake with more energy the next day.



2. SWEET DREAMS

We are sleep-deprived and it shows. Learn to prioritize rest. Aim for lights out by 10pm so your body can do its natural housekeeping. Wind down earlier with a simple bedtime routine. Take a bath, do some yoga, meditate, or journal. It will help you digest your emotions and the events of the day, and prepare your body for deep rest. Good sleep gives you the energy and mental clarity to start your day empowered.



3. BEGIN YOUR DAY EMPOWERED

How you start your day sets the tone for the rest of your day. Upon waking, instead of scrolling or dreading, connect with a larger perspective. Say a prayer, repeat a mantra or visualize your day going well. Then get up, splash your face with cool water, scrape your tongue, and hydrate. Drink plenty of warm to hot water before your coffee to flush the toxins from your body, rehydrate your cells and stimulate a bowel movement.



4. MORNING MOVEMENT

After sleeping all night, your body needs to move. Get your blood pumping and your energy flowing by moving and breathing deeply for 5-20 minutes. Stretch, walk, dance, do yoga, lift weights - whatever is fun for you. Outside is even better! Make morning movement consistent and watch your stress decline and your mood improve.



5. QUIET TIME

First, take a few moments to be still. Relax your body. Open your heart and mind. Breathe. Then, read something inspirational and/or journal.



This daily practice will connect you with your intuition and your higher purpose. Plan your day from this grounded place. When you do, you'll stay more aware throughout your day. You'll act vs react. You'll live aligned with your values and your purpose.

6. EATING TO THRIVE

Food is fuel. It's also love and pleasure. Take care to nourish yourself with high-vibe, feel-good foods. No need for strict diets. Simply eat more plants and eat what's in season. Pay attention to how food makes you feel physically and mentally and adjust accordingly. Reduce mindless snacking. Digest your emotions instead. Trust yourself to learn the difference between craving and hunger and to nourish yourself with love.



7. BODY CARE

Connect with the body you live in. Take care of this incredible gift. Caring for your senses helps you feel present and embodied. In the morning, scrape your tongue, oil your nose and ears, and massage or dry brush your body. Throughout the day, tend to your senses. Rest your eyes. Taste and enjoy your food. Notice signs of fatigue or stress and tend to your needs. Care for your body and your senses and watch your intuition come alive.



8. EASEFUL LIVING

Learn to flip your switch from stress to ease. Your health and mental health depend on it. Notice when you're stressing out and relax your body and mind instead. Easefulness is your natural state. It's right beneath the stress. If you can't feel it yet, keep practicing the habits. In time, you'll see what leads to overwhelm and how to choose ease instead.

