

# 10 DAILY ACTIVITIES TO BE AT YOUR BEST

10 things that you can do for yourself daily with limited time investment

## 1 CONSCIOUSLY WAKE UP

Pause for 30 seconds (or more if you have it) and observe your body as it moves from a state of sleep to one of being awake. Listen for sounds around you. Stretch and feel your muscles as they prepare for the day ahead.



## 2 HAVE A POWER SHOWER

While you are in the shower set your intentions for the day and reflect on 3 things that you are grateful for. Say these out loud. Keep a bottle of essential oil in your shower and put a drop into your hand, smelling the oil as you do this. Frankincense for mental clarity or peppermint to help wake you up are good options!



## 3 JOURNAL YOUR WAY TO SUCCESS

Train your brain to focus on what you want to create in your life. Take a few moments to write down some 'I am' and 'I have' statements.



## 4 BREATHE

We do this unconsciously all day but every now and then consciously tune into your breath. Concentrate on it as it enters in and out of your body. If your breathing is shallow, take a few moments and do the following: breathe in for a count of 4, hold for 4, breathe out for 4, hold for 4 and repeat.



## 5 MEDITATE

Find 5-10 minutes daily to meditate. Identify the best time for you (after you wake, while you commute to work on public transport, in the car before you walk in the door at the end of the day, or before bed) and the best means (using an app or unguided) and make it a daily practice.



## 6 MOVE YOUR BODY

Whether it is scheduling a specific exercise into your day, having a walking meeting or taking 5 minutes to do some stretches - find some time in your day to move your body.



## 7 TAKE REGULAR BREAKS

Be mindful that your energy levels naturally drop every 90-120 minutes. Take a 5-10 minute break regularly throughout the day, even if it is just to get up and move around.



## 8 HAVE MINDFUL MOMENTS

When you get yourself a glass of water or tea do it mindfully. Focus all your attention on the process of doing this specific action. Feel the cup or glass in your hand, watch the water enter it, and listen to the sounds made by the process.



## 9 EAT FRUIT & VEGES

Eat whatever you want as long as you are also giving your body some good nutrition. Make sure you buy a variety of fruits and vegetables so you always have them at hand.



## 10 PREPARE YOUR BODY FOR SLEEP

Mark the end of your day by telling your body it is time to go to sleep. Shut down all electronic devices 30 minutes before bed, have a bath or shower with a calming essential oil, dim the lights, and read before calling it a day.

