

# PERSONAL PRACTICE DEVELOPMENT

## Self Care

### 1 PROTECT YOUR MORNINGS

Choose the same time every day to practice. Tell the people you live with that this is your time. Set a timer if you need to and only do your practice.

### 2 SET THE STAGE

Choose a quiet place. Use low light. Have a blanket, yoga mat, pillows, music, etc., Use the same place every day for the first 8 weeks. Turn off electronics.

### 3 BREATHE ON PURPOSE

Active breathing can be as simple as inhale through the nose exhale through the mouth. Find one that works for you.

### 4 MOVE YOUR BODY

Determine what works best for each day. Stretching? Yoga? Pilates, Other?

### 5 MIND DUMP

Write down everything you have to do so it gets out of your head. Then focus on yourself and your personal practice.

### 6 JOURNAL

Write down things that come to you during your practice. Ideas, thoughts, anything.

### 7 PRACTICE GRATITUDE MANTRA FOR YOURSELF

Sit in a comfortable position. Place your hands on your heart or hug yourself. Tell yourself outloud. I am bountiful. I am blissful. I am beautiful. Or any other mantra of your choosing.