



Daily Mindfulness Protocols

A recipe for authenticity

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These daily protocols should feel supportive and full of ease. That doesn't always mean doing them will feel easy.

1.

Seek ease

Ease is the natural order of things when we show up balanced and authentic.

It happens when we balance our ego and empathy, keeping ourselves and our spaces open for energy to flow. But seeking ease isn't always easy. It requires you to consciously choose to slow down and look at yourself. Examine how you want this life to go. If something is causing you pain or frustration or any other (ego-) driven emotion, you can slow down, take a breath, listen to your body, and choose differently.

Sometimes that means choosing to react differently, and other times that means choosing to ACT differently. Notice the subtle shift in vibration you feel when your decisions are driven by your conscious ACT versus a REACTION.

2.

Stretch

Stretching is one of the best things you can do for your body.

And, as with most of this list, it's about slowing down. Make the conscious choice to ease into your day — even if you wake up in an abrupt way. Pause and give your body a little time to meet the day, wherever it is. It will help you to loosen up for what's coming!

3.

Talk to your water

Water is a great listener.

No matter how much you drink already, drink more and do it with intention. Tell the water what work it will do in your body. Do you need to hydrate your bones or your mind right now? Do you need water to heal you? Did you know hydration controls your body's production of blood? More water actually translates to more and better blood!

4.

Commit to your care

Follow through on your daily health rituals.

We're the most medicated people in the world, and yet we often won't give our bodies the natural support that's available. Know your body and what it needs. If that's medication, take it. If that's vitamins and herbs, take them. If your cabinets are full of things you bought but never took — yes, I'm talking to you.

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5.

Protect your bubble

When you feel static electricity, your body responds to it.

That's true with laundry — and it's true with energy in your surroundings. The people and places you interact with all have energy you cannot control, but you can set intentions for yourself and protect your own energy. “Bad vibes can't touch me today” or “I won't let negativity rub off on me” are great places to start. Be intentional with the energy you allow.

6.

Lead with logic

We all feel emotions all day, every day.

But we don't have to be controlled by them and they don't need to motivate all our decisions. When you respond to life — for things big and small — check in with your head and make sure emotion isn't driving you all the time. This doesn't mean you should be cold, it means you should be true.

7.

Choose your words

Words matter, but you cannot control how your words land on other people.

What you can own is knowing the language you use is intentional and thoughtful. Don't slip into “word vomit” when you're struggling to verbalize. Instead, pause, listen, and think about what words will best communicate your truth.

8.

Sit less

Many jobs require a lot of sedentary time sitting at a desk or workstation.

Aim to stand up at least once every 90 minutes and move your body. Take a walk or stretch (again) — just get moving more! Create an environment that encourages standing up and moving around.

Do these things every day — or don't.

The important thing about protocols like this is AWARENESS. Now that you're aware of these tools, do what feels right for you. Make your own list or add to this one.

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Reflections

Spend real focus today ensuring you do each of these things as a gift to yourself. Make notes about what comes up as you do.

Seek Ease

Protect Your Bubble

Stretch

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A Checklist

How often can you consciously choose to add these protocols to your routine?
Can they become habit? Watch the ones you resist most ...

Date	Seek Ease	Stretch	Talk to Your Water	Daily Protocols	Protect Your Bubble	Lead with Logic	Choose Your Words	Sit Less

You got this.

