

# CHAPTER ONE

# PHYSICAL

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*"The body itself is to reveal the light  
that's blazing inside your Presence."*

— RUMI

# DAY 1: TAKE A DEEP BREATH

## REFLECTION

*How did you feel while doing this breathing exercise?*

*How did you feel afterward?*

*How did this practice make you more aware of your body?*

# DAY 2: GET A GOOD NIGHT'S SLEEP

## REFLECTION

*How many hours of sleep do you usually get?*

*How do you normally feel when you wake up?*

## NEXT MORNING

*How did you feel after a full night's rest?*

# DAY 3: MAKE AND EAT BREAKFAST

## REFLECTION

*How did it feel to slow down and eat breakfast?*

*How might eating a healthy breakfast impact your relationship with food?*

*How might this practice help you set yourself up for a mindful day?*

# DAY 4: DRINK PLENTY OF WATER

## REFLECTION

*How does your body feel when you are hydrated?*

*Why is it important to you to give your body what it needs?*

# DAY 5: RELEASE TENSION

## REFLECTION

*What sensations did you notice in your body during this practice?*

*How did this progressive relaxation help you release tension?*

*How did it help you connect with your body?*

# DAY 6: PRACTICE GOOD POSTURE

## REFLECTION

*How does good posture feel in your neck, shoulders, and back?*

*Where does it relieve tension?*

*How might good posture affect your attention span or confidence?*

# DAY 7: DO A WALKING MEDITATION

## REFLECTION

*How does this practice make you mindful of your body?*

*How can you use this practice to meditate throughout your day?*

*What else does your body do for you when you're operating on autopilot?*



# DAY 8: REVAMP YOUR GROCERY LIST

## REFLECTION

*Think of food as your fuel. How would this shift your mindset or change your relationship with your body?*

*How might this approach impact your diet?*

*How do you want to fuel yourself ?*

# DAY 9: PREPARE HEALTHY MEALS

## REFLECTION

*How can meal prep benefit your diet and schedule?*

*How can you make this practice mindful and enjoyable?*

*How might it contribute to healthier living?*

# DAY 10: EAT WITHOUT DISTRACTION

## REFLECTION

*What usually distracts you while you're eating?*

*What did you experience (thoughts, feelings, challenges, flavors, etc.) when you ate your meals without distraction?*

# DAY 11: DO 20 MINUTES OF EXERCISE

## REFLECTION

*What did you do for 20 minutes of exercise today?*

*How did you feel afterward?*

*What other exercises do you want to practice?*

# DAY 12: CREATE A HOME SPA

## REFLECTION

*What did you do to relax?*

*What thoughts, feelings, and ideas came up during your hour of relaxation?*

*How did you feel afterward?*

*If applicable: What was challenging about dedicating 60 minutes to yourself?*

# DAY 13: BUILD A MORNING ROUTINE

## REFLECTION

*What did your morning routine look like today?*

*How did it help you go about your day with intention and gratitude?*

*How do you want to begin your day tomorrow?*

# DAY 14: REFRESH YOURSELF

## REFLECTION

*What pressures or distractions tend to drain your energy?*

*How do you know when you need to unplug?*

*What did you do today to refresh yourself?*

# DAY 15: DETOXIFY YOUR BODY

## REFLECTION

*What food or habit did you choose to remove and why?*

*How did your body respond?*

*What did this practice reveal to you about how you want to treat your body?*



# DAY 16: GO THE EXTRA MILE

## REFLECTION

*How did you go the extra mile today?*

*How did you feel during this practice? Afterward?*

*What kind of ripples might this create?*

# DAY 17: TEND TO YOUR HEALTH

## REFLECTION

*Consider how your physical health impacts other aspects of your life, such as work, relationships, or running errands. Why is it important for you to take care of yourself?*

*How did you tend to your health today?*

*What signs does your body give to remind you to tend to your health?*

# DAY 18: DECLUTTER YOUR SPACE

## REFLECTION

*How did this process change the way you look at what you own?*

*How did you define what was necessary versus unnecessary?*

*What did you learn about your relationship with the space around you?*

# CHAPTER ONE REFLECTION

## REFLECTION

*How have you learned to listen to and connect with your body?*

*Which practices resonated with you? Make a note of those you want to come back to.*

## BEFORE MOVING FORWARD

- *Be proud of the investment you've made in yourself.*
- *Recognize the insight you have gained because of the work you've done.*
- *Celebrate the growth you've experienced because you chose to grow.*
- *Remember your capacity for self-empowerment, fulfillment, and transformation.*
- *Believe that you will continue to connect to your inner wisdom should you choose to live with mindfulness.*