

Daily Awareness Actions

Love replaces fear when we shift our focus from the head to the heart. Choose one daily awareness activity to do each day. Each action frees us from the ego and returns us to the light.

- Take 3 deep breaths and release each time you enter a new room.
- Eat one meal without any distractions.
- Overlook the seeming mistakes of one person.
- As you walk, smile.
- Spend ten minutes engaged in an activity such as walking, stretching, running, jumping, and the like.
- Spend ten minutes meditating.
- Spend ten minutes imagining yourself on a dream vacation.
- Write a thank you note to someone in your life.
- Count your steps as you move from place to place.
- Listen to an enjoyable song without any distractions.
- Close your eyes and smile for five minutes.
- Write three things you appreciate about the current weather conditions where you live.
- Spend one hour without your phone or computer.
- As you bath or shower, take note of the pleasant smells.
- Intentionally slow down when performing tasks.