



Moments



Lay on the Ground

Nothing gets you grounded like, well laying on the ground! Stretch out on the floor and feel every point of contact along your body. Feel the weight of gravity pulling you through the floor while you take a few deep breaths. For a real adventure lay in the grass, sand or... dare we say... some mud?



Arrange Some Flowers

Flowers are known to make people happy. Cut some fresh or stop by the market to buy a bouquet. Notice the textures and smells of these wondrous plants as you arrange them in a vase. Place them where they'll remind you to smile or give them to a friend!





Take a Walk Outside

Time to get some air! Leave your phone and notebook behind. This is a walk without purpose. Best to go alone.

When you get outside, take three deep breaths, inhaling through your nose and exhaling through your mouth.

Find a sidewalk, path or any kind of safe area for your walk. Begin walking at a comfortable strolling pace (not too fast, not too slow) and continue your conscious breathing.



Have a Cup

Serving tea is an ancient ritual that grounds you in the warmth of your cup and the fragrance and flavor of your tea.

Stand or sit quietly while your water boils and the tea steeps.

Notice your breathing and take three deep breaths, inhaling through your nose and exhaling through your mouth.





Dance With a Friend

Crank some tunes and let your body go with music. Take a deep breath and focus on the beat. Swing your arms, turn and bounce. The whole thing works best if you grab a friend and show each other your best moves. You can't help but smile, and that's a really good thing!



Play An Instrument

No talent required here. Use an over-turned bucket as a drum, strum a guitar, or go for the cow bell. Play along with your jam box or enlist some friends to make a band. Music engages your brain, lifts your spirits and fills your heart. Enjoy!





Shower Power

Add power to your morning shower by taking a moment to Find Your Breath. Breathe in through your nose and out through your mouth. Fill your chest and release your breath completely. As you exhale, scan your body for small aches and tight spots. Stand straight and relax your shoulders, watch the water flow while you breathe deeply. That's it. You're ready to roll!



Healthy Snack

Skip the vending machines and cut yourself some whole fruit. Find a sharp knife and a cutting board and set out your fruit. Notice your breathing while you work and take three deep breaths. Notice your posture and stand upright with relaxed shoulders. Taste your fruit with your eyes closed and enjoy the flavors on your tongue. Yum!





Head in the Game

As you lace up your shoes or step onto the court take a moment to pause and give thanks. Take a few deep breaths and free your mind from distracting thoughts. If you're preparing for a big game add a simple mantra to your prep moment and repeat it throughout the game to help you stay in the zone when things heat up.



Lunch with Friends

Nothing brings you into a moment better than the smile of a friend. Well maybe laughing with a friend, okay a hug from a friend too! Finding time to hang with a friend brings joy and peace to your day. Hide your phone and skip the selfies. This is just a simple meal with a friend not an epic outing.





Perk Up Your Water

Bottles of water can be found anywhere and everywhere, but few are really better than the water coming out of your kitchen tap. Perk it up by infusing a pitcher with your favorite fruit, herb or veggie. Try citrus, cucumber, or mint and create a moment of calm and connection while you prepare it.



Make a Wish

Dreams do come true, sometimes just because you stop long enough to reflect deeply and get clear about your path forward. Make your wish more of a moment by lighting a candle, blowing a dandelion, or releasing a balloon. Give a friend a candle or balloon and create a moment of connection together.





Say Thank You

Gratitude is the gateway to happiness. No matter what you don't have, there is always something you do have. You can give thanks as a prayer or simply reflect on how you got what you have. Before a meal take a moment to imagine all the people who worked on your behalf to get food on your table. Say thank you directly if they are sitting near you!



Swing or Slide

Chances are you are not far from a playground with a slide or a swing. Take a ride and feel gravity at work on your tummy, the wind in your hair, and the smile on your face. Bonus points for a celebratory, "Weeeeeeee!" Swing with a friend and let the giggling begin.





Plant Something

Getting your finger nails dirty and smelling the aromas of live plants helps you get grounded and connected to the world around you. Plants are a core element of being human smell them, touch them, eat them. You are sure to smile.



Take the Stairs

Feel your heart expand and your blood pulse as you pump a little adrenaline into your body. Besides, elevators are so awkward! You stare at the wall and avoid touching the people next to you. Climbing steps is an amazing way to Find Your Breath and Free Your Mind in one simple act of goodness.





Wash and Dry

Daily chores! Ugh! You can't live with them, and you can't live without them! Instead of dreading chores, embrace the time you spend on routine tasks and create meditative moments. You can simply whistle while you work, or think of a word or phrase you can repeat to Free Your Mind or Feed Your Soul.



Send a Treasure Text

Most of us hear a stream of “not good enough” or “what’s wrong with you” comments throughout our days. Take a moment to think of someone you know and something they’ve done “just right.” Now send them a text or write a note to say, “Thank you.” It will do you both good!





Daily Commute

Most of us spend hours in our cars every week. Much of that time feels wasted and sometimes you feel distracted or zoned out. How are you sitting? Feeling tension in your arms? Do a simple body scan and try for a posture that lets you breath more deeply. Think of all the things you appreciate about the world around you versus the ones that drive you crazy. Simply replacing your negative thoughts with appreciative ones makes your drive into an instant wellness session.



Wear Something Special

Maybe it's a gift from a friend or something passed down in your family. It could be a piece of jewelry, a favorite shirt, or a special hat. Thoughtfully adding one element to your attire that makes you think of someone you love or reminds you of a special time is a gift you can touch all day. Do this on a regular basis and reconnect with a special person more deeply as you repeat the routine.





Share a Smile

Nothing could be more true than James Taylor's line: Whenever I see your smiling face I have to smile myself! Instead of obsessing over your face when you take a selfie, simply smile, shoot, and send it off to someone you love. It will make you both smile!



Take in the Sunset

Everyday there's a special moment where the sun slips over the horizon and twilight begins. Find a comfortable spot and watch this amazing phenomenon that has inspired humans from the beginning of time. Feed Your Soul by giving thanks for any little thing you can remember from the day.





Walk in the Woods

Nature is a great thought partner. Wandering among trees and smelling the fallen leaves underfoot awakens your senses and reminds you to wonder. How does a tree grow? Who else has walked among these woods? Reflecting on unanswerable questions helps you Free Your Mind and become more open to possibilities and ideas.



Make the Bed

Before you rush off to work, take a moment to make your bed. It's an opportunity to practice quality and giving. While you straighten your sheets and fluff your pillows, repeat a word or phrase that helps you focus on good things and appreciate what you have going for you. Take the time to do it right! Straighten, smooth, and align as a physical metaphor for your inner self.

