

# 10 DAY CHALLENGE

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment. You cannot do a kindness too soon, for you never know how soon it will be too late." Ralph Waldo Emerson



## 1 WAKE UP 20 MINUTES EARLIER

Don't check your phone right when you wake up. If your phone is your alarm, keep your phone on airplane mode. When you wake up, say "Thank you". 8 million people a day don't wake up to see the day.

## 2 CONSCIOUS BREATHING

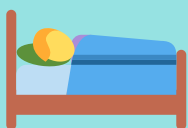
4/7/8, box breathing or Wim Hof. *"Breathing in, I calm my body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment."* - Thich Nhat Hanh.

## 3 ASK YOURSELF AND JOURNAL THE FOLLOWING QUESTIONS

"How can I show up differently today?" Sit with this for a few minutes. How will you react to traffic, your co-worker, your team, or boss? How will you show up at home after a long day at work - calmly, lovingly, patiently, turning your cell phone off? Feel the emotions of the way you want to show up. Feel gratitude for what you have.

## 4 WRITE DOWN 3 THINGS YOU WANT TO BE CONSCIOUS OF TODAY

Feelings coming from frustration, anger, etc. Write down on an index card, journal, or both.



## 5 WRITE DOWN A THOUGHT OR THING YOU'D LIKE TO CHANGE

Excuses, blaming others, complaining, etc.

## 6 GO BACK TO BREATHING

During the day, afternoon, or just before you get home - go back to conscious breathing.

## 7 STOP DRINKING CAFFEINE BY 1PM

No caffeine consumption past 1pm.

## 8 STOP WATCHING THINGS YOU DON'T WANT PROGRAMMED IN YOUR MIND BEFORE BED

Stop watching the news, violent movies, or anything else you don't want to program in your mind before you go to bed. If you do watch TV or use a screen of any kind, consider using blue light glasses to eliminate harmful lights that trick your mind into thinking it's daytime.

## 9 TURN OFF THE WIFI

Turn off the WiFi in the house and keep your cell phone on airplane mode while you sleep.

## 10 KEEP YOUR ROOM AS DARK AND COOL AS POSSIBLE

Also consider using something to elevate your head while sleeping. Appreciate the day and read your purpose statement or a short prayer.