



Weekly Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Self Care







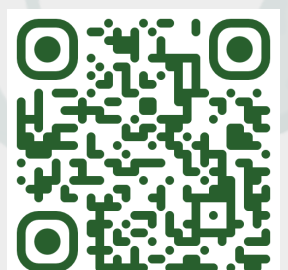






Notes:

*Create a morning and evening routine that works for you.
Healthy habits create less overthinking and more mental clarity.*





Morning Routine



Step 1

Wake Up Early & Get Spiritually Dressed

1-2 hours before every one else.

"I plug into Source & intend to raise my frequency to match my higher Self. I flow with love."

*It is your divine right to live with more joy and ease (**kama**). To live with purpose - do what you love and what you are good at (**dharma**) and be well compensated (**artha**). To connect and communicate with your higher Self (**moksha**). *

Step 2

Pranayama

Breathe



- Prana: Your Life Force
- Square Breathing 4: In-hold-out-hold
- 4 In, 7 hold, 8 out
- Bellows Breath: In/Out for 2
- Breath Retention
- Counting your Breath
- Breathing & Meditation:
- So (In) Hum (out)
- Breath of Fire*

Step 3

Movement

Strengthen muscles, relieve fascial tension by stretching to increase mobility with different styles of Yoga.

Flow (Move): Sun Salutation, Dancer Flow, Tree Pose
Yin (Hold 3-5 mins): Seated Fwd Fold, Pigeon, Hero, Sphinx



Step 4

Meditation

- Mantra Meditation: OM
- Focused Breathing In/Out
- Body Scan Meditation
- Progressive Muscle Relaxation
- Chakra Meditation
- Visualization: Mini Vacay!
- Blue Sky Meditation
- **Walking**: Sa Ta Na Ma



Step 5

Reiki Prayer

You are universal light energy.

Rei: Higher Power

Ki: Life Force Energy

Just For Today:

I let go of anger, of worry.

I do my work honestly.

I am grateful for my many blessings.

I am kind to every living being.

Step 6

Nature to Nurture

Get outside and be in nature.

54321 Mindfulness:

5 things you can see.

4 things you can hear.

3 things you can touch.

2 things you can smell.

1 thing you can taste.



We live near so many beautiful trails. Yet, see if you can walk the same path yet find something new each time. Nourish your soul as you connect to sacred Mother Earth. The Earth is Alive: We are One.

Tip

Like mindfulness, the goal of meditation isn't to stop thinking. A lot of us think that if we don't stop thinking, we are doing it wrong somehow. Let that go. The goal is to calm the mind, not shut it off completely.

A mind under control is your best friend.

~The Bhagavad Gita

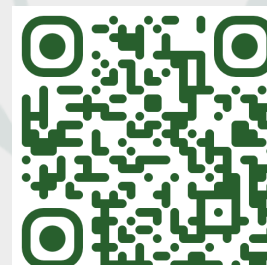
Self Care



Tip

You can use any strategy at any time of day. Plan at least 3 things to do for yourself each day. Increase as you feel comfortable. Make deliberate intentions to take time for your self.

<http://thebreakfreeclub.com>





Evening Routine



Step One

Palo Santo (Holy Wood) Sacred Smoke Self Cleanse

1. Open a window & light the stick with the intention **to clear negative & stagnant energy.** Let it burn for 30-60 seconds then blow out.
2. "Fire, Water, Air, Earth, Cleanse, Clear, Dismiss, Dispel, negative energy is no longer welcome, leave now through the open window."
3. **Set positive intentions:** I let peace, joy, & abundance into my life now. I connect with my inner Self now.
4. Circulate the smoke with your hand or feather starting above your head, third eye, throat, heart, solar plexus, below your navel to the base of your spine, feet, coming up the back body, to your hands.
5. Place the stick somewhere safe to go out on its own while you bring your hands to prayer, feeling *grounded and centred*. **Take Time.** Soak it in.

Step Two

Palo Santo (Holy Wood) Cleansing Your Space

1. Open a window & light the stick with the intention **to clear negative & stagnant energy.** Let it burn for 30-60 seconds then blow out the flame.
2. North, East, South, West, the smoke knows where to go. Start in the East and move clockwise around the room from high to low with a feather or your hand.
3. **Positive Intentions:** May love and light now flourish. May all who live here, and all who enter here know only blessings and peace.
4. Place the stick somewhere safe to go out on its own while you bring your hands to prayer, feeling *grounded and centred*.
5. + **Benefits:** antimicrobial, reduces anxiety, easy to use, spiritual healing, protection, bug repellent.
6. **When:** make it a sacred ritual, when you feel you need it, or when you've had guests in your home.

Step Three

Restorative Yoga



Reclined Butterfly
&
Legs Up The Wall



Step Four

Acceptance: The Middle Path

Accept that through gratitude and love, coupled with tools and strategies, your experiences will help you grow. **Be Mindful in the Present Moment.**

*The day is coming to a close.
It is time to focus on
relaxation.*

Step Five

Journal

"Living peacefully & happily is the best way to show our gratitude & is our greatest gift for the world & the next generation."

Thich Nhat Hanh

Snuggle in and release the day on the page.
Follow prompts in your journal.

Step Six

Affirmations

+Desire +Feeling +Expectation

I have the best, most restful sleep. It feels good to wake up with a lot of energy to start my day.

Four Pillars of Hinduism:
Dharma, Kama, Artha, Moksha.

Benefits of Restorative Yoga:

- >> Deeply Relaxing.
- >> Releases Muscular Tension.
- >> Balances nervous system.
- >> Boosts Immune System.
- >> Creates space your body's innate healing capabilities.

Self Care

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Self care is imperative to your overall well-being >> mental, emotional, physical, & spiritual. It helps you manage stress, stay healthy & increase your energy. The loving energy you devote to yourself will radiate out to all of those you love.

www.thebreakfreeclub.com/blog

