



## Choosing a Daily Practice

Read through the various kinds of practices described below, and choose one or two that you would like to try doing daily, for 21 days, starting this week. The goal of these practices is to help you embody and anchor your declaration of intent.

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### 1 Somatic Practice

In these practices, you use the shape and movement of the physical body in order to create shifts in your emotional state and behavior. When done regularly, these practices help you embody a new way of being that becomes more and more natural to you.

- Declaration with: 10 minutes of basic yoga movement
- Happy dancing to raise my vibration
- Angry dancing, and punching bag for emotional release
- Declaration with: walking, swimming, dance, repetitive movement
- Walking down the hall embodying a new quality
- Doing an activity you HATE (e.g. washing dishes) with an intention



## 2 Meditation/ Visualization Practices

In these practices you combine physical stillness with a mental intention to create a desired state in the body. When done regularly, these practices build a foundation that you can return to more easily when needed at other moments in your day.

- Basic sitting meditation to quiet the mind and calm the body/emotions
- Visualizing my body's natural healing system winning out over my diseased cells

## 3 Affirmation/ Gratitude Practices

In these practices you engage the power of your mind to enhance your healing, shift your mood, and create more of what you want to experience in life through the law of attraction. When done regularly, these practices often affect what kinds of situations the Universe/God sends your way.

- Stating my wins/celebrations/gratefuls before bed
- Speaking a declaration or affirmation out loud 10 times, once a day

## 4 Sound Healing Practices

In these practices you use the transformational power of sound to shift your mood or experience an emotional release. When done regularly, these practices decrease emotional helplessness and lead to more emotional stability.

- Listening to a special playlist on way home from work
- Making sounds that represent my day, in order to release them

## 5 "In the Moment" Practices

Actions you choose to replace your typical habits/patterns or reactions with. You do them regularly, but rather than say in advance "how many times a day," you commit to doing them every time the initial trigger comes up. When done regularly, these practices shift our counterproductive habits and help us build new ones.

- Every time I get invited to a meaningless social function, say no
- Every time I realize I'm giving more than 50%, stop doing it
- Physically centering in length width and depth when triggered
- Lassoing my brain by 5 minutes of journaling then stopping, when I feel gripped with fear about my illness

## 6 Purpose Based Practices

Daily actions you take for 15-10 minutes that further develop your life purpose. These may involve taking baby steps toward creating the work you believe you were meant to do in the world. When done regularly, these practices leave us feeling more fulfilled and "on purpose" in life.

- Spend 15 minutes a day painting
- Spend 30 minutes every morning before the kids wake up writing my book

## ! Bold Actions

AS A BONUS, as you brainstorm your core daily practices, other things may pop into your mind that are more like tasks, actions or one-time todos. These may even include big projects, relationship changes or conversations you need to have. We will come back to these a little later in the program. For now keep a list of them in your journal. Call them “Bold Actions.”

Good luck, trust your gut, and feel free to be creative!

LeeAnn



## Take Note of Your Choices & Commitments:

**1. Reminder** - My Declaration of Intention is:

**2. Choice** – The 1-2 Daily Practices I Want To Experiment This Month are: