

Morning Kickstart

OVERVIEW

Luminary living begins with awareness and intention. In this powerful mindfulness activity you'll practice turning your attention inward, connecting to what matters most to you, and transforming your life one day at a time. We recommend incorporating this practice into your routine every morning before you start your day. Whenever you choose to participate in this ritual, know you are offering yourself a powerful and nourishing gift. The gift of creating space to know yourself deeply, align with an intentional compass for your day, and cultivate more joy and resilience. You can take five minutes to do this on those full days, or you can linger for as long as you'd like and savor the activity when you have space.

INSTRUCTIONS

- *Close your eyes. Take 5-10 deep, slow, lingering, mindful breaths. Focus on the way your breath feels as it moves in and out.*
- *Open your eyes and consider the following questions. Take some notes as you do.*

CHECK-IN QUESTIONS

1. How are you showing up to this moment? What body sensations, thoughts, and feelings are present for you?

2. Name three things you are grateful for right now. Take a moment to envision each and feel what it is you appreciate about each. Now, next to each one write down a few words that describe that appreciation and the feeling each evokes.

3. Name and describe three things that went well for you yesterday.

4. What matters most to you today? Rather than listing things you want to accomplish, with what characteristics do you want to show up to your life today?

5. What actions do you need to take today to get you closer to what matters (i.e., what you value deeply)?