

Creating a daily practice that supports and nourishes you

Minor changes and small habits performed daily are where real change happens. Here is a list of possible elements you may like to pick and choose from to create a daily practice that nourishes you. Use this list for inspiration, add your own and find what feels good to you. Aim for at least 30 minutes per day and be amazed at how things change for the better.

Create the space:

Light a candle
Play some music
Sound a bell
Diffuse your favourite essential oils
Prepare a coffee or your favourite drink
Choose some favourite objects, pictures or plants to surround yourself with
Allocate a time each day

Mindfulness:

5 things I can see, 4 things I can hear, 3 things I can feel/ touch, 2 things I can smell, 1 thing I can taste.
Listen to a guided meditation or simply use a timer and go it alone.
Go outside and connect with the elements and the season. Notice what changes from day to day.
Stroke your dog/ cat

Physical/Body:

Do a body scan meditation
What physical sensations are here right now in my body?
Breath work. Breathe deeply, slowly and rhythmically for a few minutes
Stretch or walk
Do some exercise that you love
Drink water
Walk barefoot on the grass

Self Enquiry:

What thoughts am I having today? What do I notice about them?

What am I feeling emotionally right now? Try to greet whatever you find with gentle, loving kindness and compassion.

Where do I sense my emotions are located in me/ around me? Notice and bring gentle awareness.

Who do I feel myself to be? What do I believe in? How do I want to move through my life? What is important to me today?

Intentional spotlight:

List 5 things you truly grateful for in your life right now

Set an intention for the day.

Visualise the future of your choosing. How specific can you be?

Draw your future, make notes or cut out pictures to help bring it alive.

What could I appreciate more?

Cultivate gratitude for something in the future, assuming its imminent arrival in your life is a certainty.

Words:

Journal

Rate elements of wellness on a 'wheel'

Read something that makes you feel good.