



Three Squares Coaching & Consulting

January Jumpstart 2015 Success-exercises

Session 5

**Morning S-A-V-E-R-S
(6-Minute Practices to Jumpstart Your Goals)**

(Adapted)

Minute 1: S-ilence

First thing in the morning, sit quietly, calmly and peacefully. Breathe deeply. Meditate. Center yourself and create an intention or state that will effectively guide you throughout your day.

Quietly express gratitude and appreciate the moment. Quiet your mind, relax your body. Tune in to your HEART ENERGY. FEEL your Heart Energy align with your mind, body, and spirit. FEEL yourself coming into the present moment with clarity, purpose, and direction.

Minute 2: A-ffirmation

Say your CORE EMPOWERING BELIEF OUT LOUD. Say it with your hand over your heart. Or, pick a Power Pose from the Power Pose videos (or create your own). Step into your pose and say your Core Empowering Belief out loud at least 10 times, or until you FEEL it resonate throughout your body. FEEL your heart, mind, body, spirit come into alignment with your Core Empowering Belief.

Minute 3: V-isualization

Close your eyes. Visualize your Big, Juicy Goal as if it were already accomplished. See it and FEEL it as if you are looking out of your OWN EYES. FEEL your eyes SHINING with joy and GRATITUDE as you celebrate your VICTORY in achieving your goal. Look at your Dream Board or watch your Mind Movie if you have chosen to create one.

Minute 4: E-xercise / Energize

Move your body for 60 seconds. Dance, take a one-minute brisk walk, do a minute of yoga, whatever you enjoy doing that gets oxygen flowing to your brain, raises your heart rate, and generates high energy alertness and focus. Or move using your Power Pose.

Hint: Consider choosing a “theme” song that energizes you whenever you hear it. Play it and FEEL the power of your theme song resonate in your body as you move to the music.

Minute 5: R-eview

Review your fifteen goals. Jot down any ideas that come to you for actions to take. Review your list of incompletions. See if there are any that you FEEL compelled to take action to complete.

Minute 6: S-cribing

Create or purchase a journal if you don't already have one. Jot down one thing you're grateful for, one thing you're proud of and THREE “win” results you want to accomplish that will make you FEEL successful at the end of your day.



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**Evening S-A-V-E-R-S
(6-Minute Practices to JUICE Your Goals)**

Minute 1: S-ilence

Before going to bed, sit quietly, calmly and peacefully. Breathe deeply. Meditate. Center yourself. Appreciate the moment. Relax your body. Tune in to your HEART ENERGY. FEEL your Heart Energy align with your mind, body, and spirit. FEEL yourself coming into the present moment with clarity, purpose, and direction.

Minute 2: A-wareness

Focus on your CORE EMPOWERING BELIEF. FEEL your heart, mind, body, spirit come into alignment with your Core Empowering Belief.

Minute 3: V-isualization

Close your eyes. Visualize your Big, Juicy Goal as if it were already accomplished. See it and FEEL it as if you are looking out of your OWN EYES. FEEL your eyes SHINING with joy and GRATITUDE as you celebrate your VICTORY in achieving your goal.

Minute 4: E-mbrace

Embrace any challenges or obstacles you encountered during your day as opportunities in disguise. Is the obstacle an external obstacle or a Limiting Belief? What message does your obstacle or challenge have for you? Surrender it to the Universe/God/Your Higher Self and ask for support to overcome it.

Minute 5: R-eflect

Reflect on your day. What was the BEST thing that happened today? What and who are you grateful for? What and who do you FEEL love for? Create your intention for tomorrow. Visualizing your goal and creating your intention will give your subconscious cues to go to work for you while you sleep to help you achieve your Big, Juicy Goal.

Minute 6: S-can

When you get into bed, tune in to your body. Choose one Body Alignment Exercise – either Deep Breathing or Body Scan. Trust your intuition to know which one will best serve your relaxation and transition into sleep.