

INNER PRACTICES

A practice is a daily action intended to cultivate the inner relationship you have with yourself.

PRACTICE IDEAS

- meditation
 - low bar meditating.
 - acceptance meditation
 - grounding meditation
- journal writing
- pull an oracle card
- gratitude journal
- time in nature
- read a devotional or book
- prayer
- write a daily intention
- say affirmations
- intentionally plan your day
- listen to a positive podcast

TIPS & TRICKS

- Do your practice at the same time every day. The easiest times are right when you wake up and before you go to bed.
- Keep it short and simple! It doesn't have to be complicated to work.
- Set yourself up to win. If you're not a morning person, don't pick a morning practice.
- If you miss a day, pick back up the next. The goal is not to be perfect, but to keep going.
- When you feel good, it's easy to think you no longer need your practice. This isn't true. the practice keeps you feeling great.