

# DAILY PRACTICES for Holistic Living



## Gratitude

Begin and end each day with gratitude - my favorite method is to write 10 things that I'm grateful for and to make at least three of them brand new. This practice curbs anxiety and strengthens your creative power.

At the top of each gratitude list, I include an intention. Setting intentions focuses your mind on what you want and what you are working toward. This practice prevents you from being swayed or losing momentum in the face of temporary setbacks and enticing opportunities that ultimately don't lead to your goal.



## Intention



## Meditate

Whether a guided meditation online, in an app, etc. or simply focusing on your breathing with your eyes closed and spine straight, daily meditation has a wealth of benefits from improved mental focus, physical health, and creative insight to decreased feelings of stress and anxiety. 10 to 30 minutes a day is ideal - no matter how busy you are, meditating will save you time.

Walking outdoors is ideal but doing laps around your living room or on a treadmill are equally valuable. Walking allows for a meditative state as it can become a thoughtless practice. Additionally, moving your body calms and focuses the mind, allows for greater blood circulation and oxygen throughout your mind and body.



## WALK

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