

5 DAILY HABITS



TO KICKSTART
YOUR SELF-CARE
ROUTINE

DRINK THE WATER



How many times do you need to hear this?

For goodness's sake, please throw out the soda, right now, go and do it. Good.

Now, we are going to drink between 6 to 8 glasses of water per day. Water is life. Water energizes. Nature provided us with this beautiful, pure liquid so we may hydrate and cleanse.

Hate water? No problem.

Here is the thing. It might be tough in the beginning, so for starters, don't expect to love it. Don't overthink this.

Wake up.

Pour a glass. Drink it all.

10AM: Same story. Down it. All in one go!

1PM: Here we go again. You've got this!

This is how I started and today I cannot go without my daily dose.

When I do, I immediately feel what's missing.

TIP: Keep a bottle of water on your desk. Sip sip sip! Adding a few slices of cucumber to your cold water also gives it a super refreshing taste.

Soon, your body will ask you for water. Believe me. It's like magic.

P.S. Do me a favour. The next time you reach for a soda, read the list of ingredients.

SSSHHHHHHH



Promise me that you will try this?

There is SO much noise out there and inside our minds that there is hardly anytime left in the day for quiet contemplation and reflection.

Unless you MAKE time.

"You should sit in meditation for twenty minutes every day, unless you are too busy. Then you should sit for an hour."-ZEN PROVERB

The truth is. You DO have time. Five minutes is enough to make a difference.

Find a quiet spot (Have kids? Early morning or post bed time.) Sit comfortably, keeping the spine straight, easy breaths. There is no magic formula here. A few deep breaths to get settled. Then, just breathe comfortably.

Acknowledge your thoughts, then let them go. Acknowledge any noise you hear, then let it go. Focus on your breath. In. Out.

Feel the oxygen reach every cell in your body. Your back might feel a little uncomfortable, but that's normal. Don't slouch (keep that breathing channel open).

This exercise will calm your nervous system and offer you some much needed peace and quiet.

It allows you to just simply BE. To let go. To connect with you.

Your body is your home. Sit with it.

BE GRATEFUL



Gratitude has the power to singlehandedly change your life!

This is one of the most rewarding practices you could ever implement into your daily routine. When we practice gratitude, the brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for making us feel good.

For me, this is twofold. I practice gratitude for that which I already possess. I also practice gratitude for the things I desire but do not yet possess (and this is one of my methods for attracting what I want).

Somewhere during the day (your choice), I want you to think of the following:

- 3 Things you already have that you are grateful for.
- 3 Things you do not yet have, but truly desire.

The next steps are crucial.

Picture these things in your mind, vividly. See the shapes and colours and movement. Now think of how good they make you feel. Feel the joy and peace and warmth they bring. Smile.

Even the things that are not yet a part of your life, FEEL as if you already have them and give thanks! Enjoy the experience with all your senses!!

When negative thoughts and emotions creep into your day, this is a GREAT practice to return back to the present moment.

This is also a very powerful manifestation exercise.

PRACTICE MINDFULNESS



This is a word we hear very often these days.

It's mindful this and mindful that. With good reason too. So what does it mean anyway?

It means to be conscious or aware of something, to focus your attention (senses) on the present moment. Mindfulness is a way to stop and smell the coffee. It is a way to turn off your auto-pilot function and step back into yourself and your life. It helps us to get out of our minds and into our senses so that we may experience life fully!

When last have you paused to experience the taste of each bite of food?

When last did you notice the elderly gentleman help his lady love out of their small, old car?

When last did you press your head against your dog's coat and feel unconditional love?

When last did you sit next to your child as they are sleeping, to just watch them be peaceful?

When last did you stroll along the beach without thinking too much and just feeling the sand and the salty water on your feet?

When last did you notice the homeless man smiling at something?

When last have you taken the time to go outside and marvel at the sunset, or the sunrise for that matter?

When last have you held your partner's hand and just sat in connection?

When last have you touched the petal of a flower to admire its perfection and delicacy?

Live from the INSIDE.

Take notice of your surroundings and immerse yourself fully in the fleeting moments.

DANCE



YES!!!

Dance!

Why did we ever stop doing this?

I don't care where or when you do it, but please don't sit around waiting for a night out or a wedding once a year.

Living room. Bedroom. Kitchen. Bathroom. Garden. Rooftop. Beach.

Have you ever felt gloomy while dancing? Didn't think so.

Dancing releases endorphins into the bloodstream and helps reduce the levels of cortisol (stress hormone).

I recently started consistently doing this every day and I cannot tell you the difference it makes.

I do it in the mornings before work for an INSTANT mood lifter. I also use it when I feel I need more energy when I have a late night of work and study ahead of me.

Create a playlist of your favourite powerhouse songs and do this once a day. It creates a beautiful, youthful energy and lights your body up from the inside.

Don't worry, no one is watching. People are too busy on their phones.

I hope you dance.

THANK YOU



I mean, thank yourself.

Thank yourself for searching for ways to improve your life.
Thank yourself for being brave enough to climb this beautiful mountain that is life.
Thank yourself for having the courage to make changes.
Thank yourself for trusting your intuition.

To book a free consultation call with me, please head on over to my contact page on my website and get in touch.

A free consultation call gives you the unique opportunity to have an informal chat with me. This way we can determine whether you are ready to embark on your holistic transformation journey and move in the direction of your dreams.

With love
Ami

www.coachingwithami.com