



Ten "High Vibing" Practices

1. *Set Your Intentions*

First thing in the morning, as soon as you wake up, give a quick thought to how you want the day to go, and how you want to feel. You can also set your intentions during the day as often as you think of it – how do you want the next part of your day to go, how do you want to feel?

2. *Express Your Appreciation*

Notice everything you can appreciate, as often as you possibly can. Pause during the day and take note of something that is going well. Before you go to sleep at night write 5 things you appreciate, things that make you feel good.

3. *Take a Walk*

I find it best to go for a walk early in the day, before the day gets away from you. Even if it's a two minute walk around the block, do it! Release those happy endorphins.

4. *Hydrate – drink plenty of water*

Our systems depend on water. Keep a glass or bottle of water with you all day.

5. *Finding the Silver Lining / Making the Best of It*

Find the good in any situation by reframing... is there something positive that could come out of it?

6. *Take GOOD Care of Yourself*

What's one simple thing can you do right now to take good care of yourself? This could be choosing a healthier snack, taking a nap, standing up for a quick stretch...

7. *Breathing / Meditation / Visualization*

Paying attention to our breathing, being still, imagining what we do want, are all good ways to calm ourselves. Take 30 seconds now to visualize how you would like to feel, and enjoy that feeling.

8. *Clean up/Clear out*

Free some energy...clean up and clear unused items out, one drawer at a time.

9. *Soak in the good*

Take 3 nice breaths, and savor the pleasant moment.

10. *Power Pose!*

There is evidence showing that assuming a power pose (think Wonderwoman or Superman) releases hormones in our bodies that increase confidence and reduce stress.