Practice TWO: Unlock the energy of Why – part B

In this supporting practice (if you haven't done part A be sure to check it out – although this practice can stand alone) you will connect what you are doing to be healthy with why you are doing it in day to day life. While habituated action is efficient it can rob us of the rich awareness and benefits we long to experience when we act on our own behalf.

What is the new mini-muscle to flex?

Connect with your intention for taking healthy action or your reason why before you start and when you're done. Do this not just in your mind but also in your heart center.

What will you do and how often?

Do this practice 1 time a day (or more) anytime you do something "healthy" for you. Note: An act of health need not be big. It can be as simple as eating an apple or taking a short walk, and even pausing for a few moments to catch your breath after a heated conversation. It *all* counts.

Here are the steps:

1. Identify what you are doing for yourself.
2. Close your eyes for a moment and connect to the reason why you are doing it.
3. Connect in your heart and let yourself feel the importance of this act.
4. Take the action. (i.e. drink the glass of water, the short walk etc.)
5. When you are done reconnect to your why and register the act taken in your head and your heart.

Daily Journal Reflection:
By taking 5-10 minutes to capture your insights on this practice you boost the muscles you are working to develop.

- What did you feel when you brought your heart into the mix?
- How were you tempted today to just move into the "doing" of your act? Without judgment, get curious about why this may be the case.

Weekly Journal Reflection:
Take 15-20 minutes to review your daily journal responses to notice what patterns emerge. This act further solidifies and integrates your learning.

- How has your sense of commitment changed as a result of connecting to your reasons why?
- What do you think keeps you disconnected or distant from what is most important to you?

A little note about practices
All practices, unless otherwise stated, are intended to be done for 1-2 weeks so the muscles have a chance to grow. However, if you find a favourite practice, you can repeat it for as long as it serves you!