

@ home in your body?



Week 10 Habit 10: Live With Ease

- Make Decisions In Advance
- Practice Mindful Awareness
- Self-Soothe

grounded here @home in your self

“But brave these days is a lot quieter...
Brave is staying put when I’m addicted to
rushing, forgiving myself when I want that
familiar frisson of shame that I’ve become
so used to using as a motivator. Brave is
listening instead of talking. Brave is
articulating my feelings, especially when
the feelings are sad or scared or fragile
instead of confident or happy or light.
Brave is walking away from the ‘strike
while the iron’s hot’ mentality that
pervades our culture...
Sometimes being brave is being quiet.
Being brave is getting off of the drug of
performance...
Sometimes, brave looks boring, and that’s
totally, absolutely, okay.”

–Shauna Niequist, *Present Over Perfect*

“Being ok with what is settles your nervous system.”
- Cate Stillman

CULTIVATING A LIFE OF STRESS OR EASE?

complete honestly, checking all that apply

- I wake up in gratitude, joy; eager for my day
- I'm overwhelmed
- I wake feeling rushed
- I frequently feel connected, joyous, curious, and spacious when alone or with trusted others
- I feel trapped or stuck in my life or body
- My relationships are authentic + rooted in integrity
- People in my life inspire, encourage + motivate me
- I lead when a leader is needed
- People say I'm grounded, inspirational, intriguing
- My mind never stops racing +/or I have inconsistent sleep
- I enjoy time quiet daily, reflecting, listening, being still
- I feel disconnected, bored or down when around the people in my life
- I often show up late + feel pressed for time
- Making the changes I want feel too hard
- I feel heavy, sluggish, slow throughout the morning
- I work diligently, and invest fully into my own success

A SIGN OF EASE

A SIGN OF STRESS

Adapted from Cate Stillman's book, "Body Thrive," pp.237-8

Tip #1: Make Decisions Ahead of Time

It's easy to say no & honor my own needs when I set myself up for success.

Tip #2: Shoot for Sticking To It 80% of the Time

20% of the time, be open to spontaneity!

Tip #3: To live in the flow, easeful living, is a choice

And you have the power to make that choice for yourself.

Tip #4: How we speak determines our reality

"Reality is merely an illusion, albeit a very persistent one."

- Albert Einstein



Tip #5: Talk (or write) About The Good Stuff!

“It’s so good to express these things to you, because it reminds me that they’re true.”

Tip #6: Self-Soothe

“...decide now to be in charge of your own perception of reality. Because if you don’t, there are plenty of folks whose sole purpose in life is to craft that perception for you.”

<http://www.lifehack.org/articles/lifestyle/your-perception-is-your-reality.htm>

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Tip #7: Adapt an Easeful Living Mantra

Play on Repeat: *I have everything I need*

“Everything you see or hear or experience in any way at all is specific to you. You create a universe by perceiving it, so everything in the universe you perceive is specific to you.” Douglas Adams

Tip #8: Accept What You Cannot Change

“...if you are unaware, you won't even notice your experience of being separate or disconnected - it feels normal - and the contraction continues.” - Cate Stillman

[Body Thrive, p. 239]

Tip #9: Habitize Pause

...and you might just tap into a more easeful existence.

S slips back old habits	E evolves, enlightens, makes new
T tightens body + thoughts	A accesses connectivity, and co-creation
R repeats old mental patterns	S sends us forward to invent, create, grow
E evades connection with intuition	E enables mind, soul & senses to be full of bliss! ^{im}
S shuts down to self-love :(
S scatters, disrupts, irregulates	