

Live Dynamite®
Get good at living™! Tips
Create a daily practice to renew, restore and recharge your energy.



Create a daily practice that renews, recharges and restores your energy. Experience how much more enjoyable life is when you're feeling positive, inspired and energized.

- ✦ Select ideas that feel easy and exciting to put into action
- ✦ Put at least one on your daily practice list
- ✦ Schedule breaks throughout the day
- ✦ Pay attention to how much better you feel
- ✦ Repeat daily

Physical

- ✦ Exercise first thing in the morning to lift your mood all day
- ✦ Take a 15 minute walk outdoors
- ✦ Select a few of your favorite yoga poses and create a 15 minute series
- ✦ Sleep 7-8 hours each night
- ✦ Take a 15-20 minute siesta in the afternoon when your energy naturally dips
- ✦ Eat a healthy breakfast to strengthen your energy first thing in the morning
- ✦ Pack nutritious snacks and carry them with you
- ✦ Drink 8-10 glasses of water each day
- ✦ Cut out sugar one day a week
- ✦ Limit exposure to EMFs—cellphone, wi-fi, electronics/screens

Emotional

- ✦ Write down five things you are grateful for each day
- ✦ Look for the daily highlights and share them with your friends & family
- ✦ Take three deep, cleansing breaths on the hour
- ✦ Give thanks for every meal and snack – bless your food
- ✦ Make a list of all of your talents and read them out loud
- ✦ Tell someone how much you appreciate them
- ✦ Volunteer in some way that inspires you
- ✦ Spend time in nature soaking up the beauty and natural energy
- ✦ Create a vision board that captures the essence of what you want in your life
- ✦ Create more beauty in your daily environments

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Mental

- ✦ Meditate and quiet your mind for brief periods (5-15 minutes) throughout the day
- ✦ Unplug from technology for 24 hours one day a week
- ✦ Unplug from technology at a set time each day
- ✦ Before you fall asleep, spend time mentally rehearsing how the next day will flow
- ✦ Create a daily success review where you recognize all of your accomplishments
- ✦ Reduce the clutter in your environment
- ✦ Practice mindfulness—stay present and positively direct your thoughts
- ✦ Do the most important things first each day and free up your mental energy
- ✦ Play games that give you a mental break or challenge you to think in new ways
- ✦ Set positive expectations throughout the day and visualize things working out

Spiritual

- ✦ Find at least one way to align your daily actions to your values
- ✦ Commit random acts of kindness
- ✦ Set daily intentions
- ✦ Read something that inspires you
- ✦ Create quiet space in each day—pray, meditate, practice yoga
- ✦ Count your blessings every day—write them down
- ✦ Take a walk in nature or spend in spaces that inspire you
- ✦ Give-back to yourself in some form of self-care that feels nurturing and supportive
- ✦ Create a playlist or CD of music that lifts your spirits
- ✦ Listen to an inspiring speaker—TED.com is a great resource

Tips to boost your success.

- ✦ Plan ahead—make your list the day before
- ✦ Commit—self-discipline trains the brain to perform better in other areas
- ✦ Check in—pay attention to how much better you feel with each small change
- ✦ See your progress—give yourself credit for consistently following through
- ✦ Expand your list—keep add in new ideas that renew your energy