







1. WAKE UP CALL



2. TEN MONTHS OF SOLITUDE...CREATE SPACE



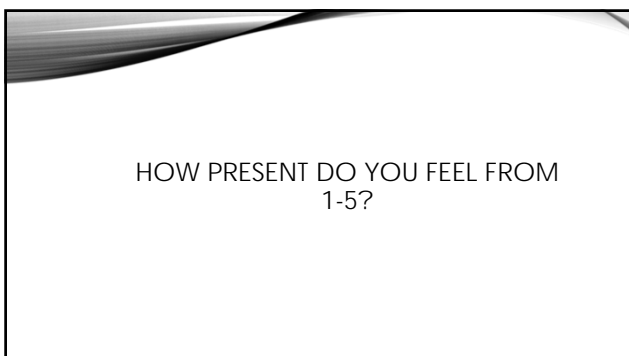
3. UH OH – WHO AM I AGAIN?



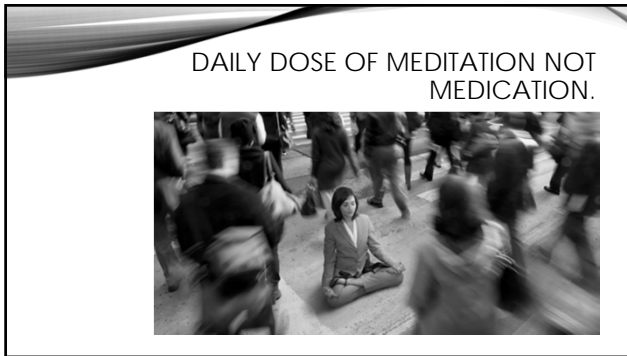


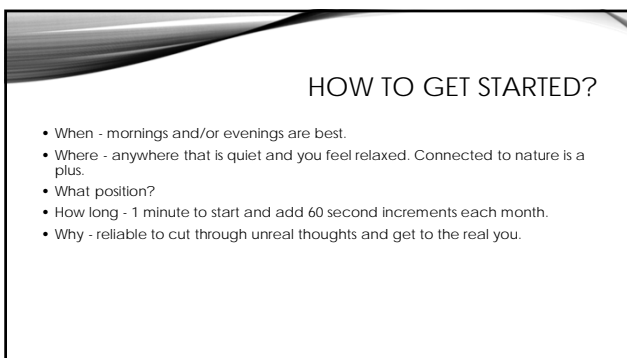


5 PRACTICES TO CULTIVATE
HAPPINESS & AVOID BURNOUT



HOW PRESENT DO YOU FEEL FROM
1-5?





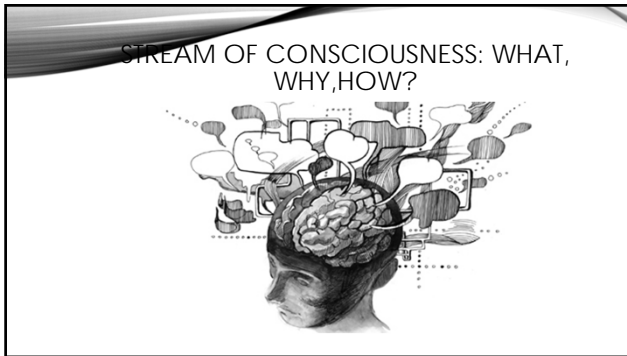


HOW PRESENT DO YOU FEEL FROM
1-5?

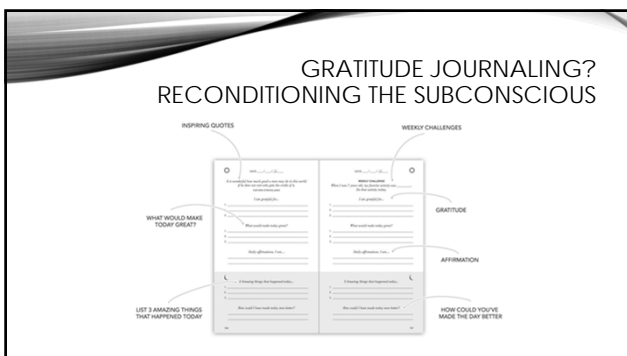
JOURNALING



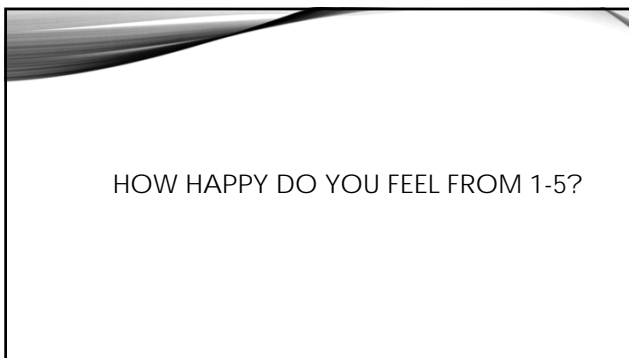
HOW HAPPY DO YOU FEEL FROM 1-5?

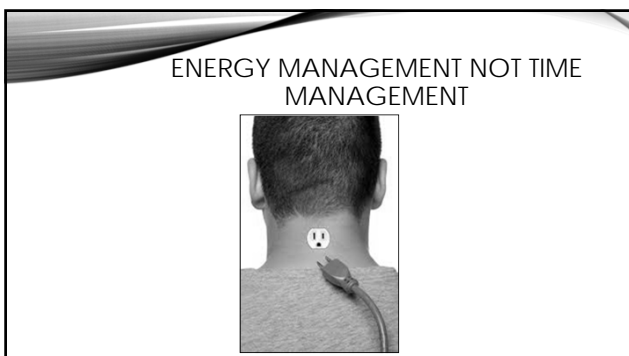












HOW CALM AND CLEAR DO YOU
FEEL FROM 1-5?

ENERGY 101 - LIVE IN THE MIDDLE

- Diet = Fuel vs. Experience
- Playful movement throughout the day - no "workout/gym" time.
- Sleep - no caffeine after 4, no blue screens an hour before bed, develop simple bedtime routine before bed and include any type of deep breathing.
- Minimize stress by working in Flow (not more than 90 minutes) then reward (10 minutes). Maximize opportunities to stand and find a way to remind yourself to breathe through the day.
- Energy is real not a concept (Yoga, Qi Gong etc.)


**KEEP
CALM
AND
LET'S TRY IT
TOGETHER**

HOW CALM AND CLEAR DO YOU
FEEL FROM 1-5?

EMAIL & AND MEETINGS ARE EVIL



RECONNECT TO YOUR ART - PLAY WEEKLY



12 WEEK GUIDED BEGINNER PROGRAM
INTEGRATING ALL OF THE TECHNIQUES
ABOVE.

EMAIL IF INTERESTED....

WRAP UP

RECONNECT TO THAT WHERE AND
WHEN...

- Close your eyes....
- See yourself....
- How old are you?
- Where are you?
- Say to yourself out loud or quietly....

