Empowered Strength Checklist

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Every day! enjoy any/all of the following:

1. **Find a garden** ~ and walk in it during all 4 seasons of the year. Make friends with one or two plants and watch their progress.

2. **Do Chair pose** ~ Stand with feet parallel to each other and 6 inches apart. Lift arms parallel to floor, chest height, 6" apart and palms face the floor, all five fingers touch. On an exhale, bend the knees as deep as possible and lean back, chest up. Come as low as possible maintaining 6" between feet, knees, and arms. Create a slight backward bend, lean back. Hold for 4-8 breaths.

   This is a great pose to do in the shower. Strengthen your legs and get hot water on your lower back ;-)

3. **Walk slowly in nature** ~ Pay attention to what is around you.
   There is more to life than increasing its speed. Mahatma Gandhi

4. **Use all senses while walking in nature** ~ Pick one sense and completely focus your attention on what is new, what you might have missed before. Notice how that feels, to be more aware.

5. **Hydrate with mostly water** ~ Herbal teas are good for a morning or afternoon treat. Drink this much water every day: ½ times the # of pounds you weigh (1/2 x 100 lbs = 50 oz water)

6. **Sleep restfully** ~ Turn all screens off 30-60 minutes before bedtime.

7. **Express gratitude** ~ for three things/people before you get out of bed each day.

8. **Do mindful breathing ~** while you're being grateful, or anytime!

9. **Eat well** ~ Enjoy the aroma of home-cooked meals ~ Everyone knows the experience of walking into a house that smells good and feels warm and inviting. Create this for yourself and your loved ones.

10. **Create an intention** ~ for something that you're wanting to accomplish and repeat it daily.

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