

Fueling

YOUR DAY



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BEYONDER

Each moment MATTERS.

EACH AND EVERY ACTION YOU
TAKE MAKES A DIFFERENCE.

The way you meet and attend to each moment, each breath and each interaction has an impact on your overall well-being and health. At your very core, you are a being who is ready to thrive, to find your way into each day being a vibrant expression of aliveness and courageous action.

Learning how to make each moment matter takes attention, intention, practice and effort.

*The foundational level of becoming a **Beyond** includes a daily practice of attending and action.*

Building a foundation includes the following:



ROUTINE

Providing yourself the optimal opportunity to be energetic, awake, present and alert. This looks like waking and sleeping at a consistent time each day and includes bathing, tooth brushing, bed making, laundry collecting and mindful care of your home space.

CARE TAKING

Being a contributing member of your home and community means doing your part, taking care of your space and your things, helping with community tasks, meal preparation, cleaning, laundry, garbage, and doing so in a manner that is appreciative, present and mindful.

EXERCISE

Care taking your body is an essential foundational pillar to your overall well-being. If you have not already, creating a daily exercise routine is one of your keys to success. This can be a simple few minute daily routine or a more complex and varied approach to moving your body, but daily engagement as an embodiment and health practice is essential.

NUTRITION

Being mindful about what you put into your body is another foundational pillar. Your body carries you into and through every experience you have and taking good care of you by committing to good healthy, nourishing food every day is honoring to yourself and fuels the foundation of every experience you have.

CONNECTION

Healthy connection to Self, other, the natural world and Life creates more meaning in everything you do. Cultivate appreciation for each of your connections and take time to reflect upon ways you are held and nourished through the many experiences of connection you have each and every day.



THE PLACE TO START



WAKE TIME

(the time you are committed to rising each day)

Goal for the morning: (your commitment to creating a meaningful first 30 minutes of your day as you envision and create your day ahead)

- 1 Wake up, connect with your body (breathe, stretch, feel)
- 2 Get out of bed
- 3 Connection practice (take a walk, greet the day, set one clear intention for your day, e.g. today I will drink 8 glasses of water)

Empowered Choice

Moving through your morning routine without technology will amplify the connection and aliveness these exercises are geared to support. Make the empowered choice!

DAILY EXERCISE:

- Zach Bush 4-minute exercise routine (This is a wonderful addition to your early morning practice)
- 10-20 minute walk
- Notice your breathing throughout the day with the intention to breathe in and out through your nose as much as possible. Notice if you can feel your breath as you are talking with others, as you are working, as you are engaging with various things throughout your day.
- Find a moment each day to walk barefoot outside, strengthening your connection to your body, the moment and the natural world.



NUTRITION

- Drink plenty of water throughout the day
- Make a smoothie each morning
- Eat some fruits and veggies for lunch
- Eat a solid dinner

CONNECTION + EMBODIMENT PRACTICES

Morning:

- Take 5 minutes to notice and wonder about 5 things in the natural world
- Complete this statement 5 times: "I am feeling grateful for..."
- Contemplate the questions: How do I want to feel when I get into bed tonight?
- Commit 1-3 minutes to breathe, center and feel your body

Afternoon/Evening

- Take 5 minutes to notice and wonder about 5 things in the natural world
- Complete this statement 5 times: "I am feeling grateful for..."
- Commit 1-3 minutes to breathe, center and feel your body





- Turn off all notifications on your electronic devices, checking and engaging with them in the natural, organic flow of your day rather than responding immediately to the notification.
- Commit to 2-4 electronic free windows of time in your day that range from 20-60 minutes each time.

SLEEP TIME

(the time you are committed to sleeping each night)

A photograph of four men in dynamic, mid-air poses against a plain white background. From left to right: a man in a blue shirt and black pants with a white stripe down the side, wearing black sneakers; a bald man in a blue patterned shirt and brown pants, barefoot; a man in a black t-shirt and grey pants, wearing brown shoes; and a man in a grey t-shirt and black pants, wearing black sandals. The word "BEYONDERS" is overlaid in large, white, sans-serif capital letters across the center of the image, with a light blue gradient effect on the letters.

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