



Sam's 10 Daily Practices for a Vibrant Life

Connect to your unlimited potential. Gain more clarity, strength & expansion in your body, mind and heart. Try one or more of these daily practices to open up to the abundance and vibrancy of YOUR life.

#1: Wake Refreshed

Avoid screen time for 1 or more hours before bedtime. Enjoy a sweet and settling bedtime routine. Don't bring your phone or laptop to bed. Get enough shut eye. You know that you've hit nirvana when, a few minutes before your alarm clock rings each morning, you awaken on your own feeling relaxed, restored, and excited to start your day.

#2: Breathe

As soon as you wake up every morning, take deep belly breaths and open to the unlimited possibilities of your day. Then bring your full breath everywhere you go to decrease stress and to experience each present moment.

#3: Meditate

As soon as you get out of bed, find a quiet space to sit. Set a timer for 5 (or more) minutes and simply be in the present moment with your body and breath, without judgment or agenda.

#4: Hydrate

Drink water throughout your day. The common rule of thumb is to consume half your body weight in ounces per day (plus more during physical activity). BONUS: Start your morning with a mug of hot water with lemon juice.

#5: Move

Walk, dance, play, hike, run, twist, stretch... Nourish yourself every day with movement that brings your body through its myriad ranges of motion. Take movement breaks throughout your day, especially if you spend time at a desk or in a job with repetitive movements. BONUS: Break a sweat & build strong muscles.

#6: Eat Well

Eat real, vibrant food that nourishes your body on every level. We are unique individuals, so eat when YOU are physically hungry, select food that YOU digest well, eat sitting down, chew slowly and mindfully, eat with PLEASURE in a calm environment without distractions, and allow for proper digestion before your next meal & before sleep (typically 3 - 4 hours). It helps to plan ahead. BONUS: Fill at least half your plate with vegetables.

#7: Get Outside

Spend time in nature every day, even if all you have time for is to run outside and hug a tree.

#8: Connect

Gaze directly into a loved one's eyes, greet a stranger, phone a friend. Take the time to mindfully and meaningfully connect to another person every day.

#9: Unplug

Give your phone, computer and other high tech gadgets the night off. An hour or two before bedtime, replace TV and tech time with something that nourishes you like connecting with a loved one, a favorite hobby, writing in your journal, stretching or gentle yoga. Yoga Nidra is great every night, but especially during stressful times.

#10: Give Thanks

End every day with a Gratitude Ritual. Who and what are you grateful for? What did you learn today that has helped you grow, connect, evolve and expand?