

Get Up + Flow

A QUICK + EASY PRACTICE
TO HELP YOU GO FROM FRUSTRATED
TO FOCUSED + FULFILLED



The best way to predict the future is to create it. But, you can't do that if you don't acknowledge where you are and where it is you want to go. *So, what's a person to do?* **Start by taking it one morning at a time.**

The practice:

Every morning set a timer for 10-minutes, complete the prompts below, and begin to experience the change you wish to see in yourself *and in the world!*

Recognize

Write a few words about how you slept, how you're feelin', and/or what's on your mind. Also, review how your day went yesterday. What worked *and* what didn't?

Prioritize

What's most important to you today? Write it down and circle the top 3 things that you will prioritize. (make sure to break these down into realistic goals you can accomplish by the end of the day)

Visualize

What energy do you want to bring to this day? How do you want to BE? How do you want to BE SEEN? Write it down then take a moment to visualize what's possible when you show up to your day in all that awesomeness.