

**AWAKE**

Own Your Truth

# **A Guide To Daily Life**



# Get Centred

## Own your day



- 1 Upon awakening check in with yourself. How are you feeling? What do you need? Recite your I AM mantra to center yourself.
- 2 Practice moments of mindfulness. Gratitude whilst making coffee. Cleaning your teeth with your opposite hand. Make your bed and connect to your breath.
- 3 Music moves your soul. Listen to the Awake playlist on the way to work or an inspiring podcast.
- 4 Take 5 minutes to intentionally schedule your day with your priorities. Eat that frog...do the painful task first. What's going to make you feel accomplished at the end of the day?
- 5 Implement meeting free Mondays or at least one morning / afternoon of your choice per week. Bring your team along the journey.
- 6 Set each meeting up for 50 minutes max and schedule 10 minutes to rest, digest, recalibrate and action meeting outcomes.
- 7 Start each meeting with a one word check in and set very clear intentions, expectations and objectives.
- 8 Schedule 30 minute lunch breaks away from your desk to get some sunshine, fresh air and time away from any screens. Keep the 7 doctors framework somewhere you can see them as your honesty barometer & accountability buddy.
- 9 Schedule self care and set your own personal boundaries. This is your opportunity to lead by example.
  - Exercise - 30 minutes per day
  - Schedule what you love to do daily, weekly & monthly
  - Drink more water. Aim for 2L per day
  - Nourish your body with food that powers you...eg protein filled breakfast.
- 10 Own your time and energy and defend it. Remember your personal boundary amour kit - no not now, no not me.

# Get Connected

Own how you feel



## Are you feeling lost, sad, angry or overwhelmed?

Become aware of how you feel, honour it and let it go. The quicker you get it out, the quicker it will pass. Don't bury your emotions in alcohol, food or work! Connecting to the awareness of our feelings enables us to detach from them and design how we want to feel.

- 1 Draw your emotions.**  
What are you feeling? Draw without judgment & utilise the box breath.  
What has triggered you? What is the story you are telling yourself?
- 2 Seek clarity.**  
Ask yourself, how do I want to feel?
- 3 Shift the feeling.**  
Recite your I AM mantra regularly and keep it somewhere visible.

## Are you feeling burnt out?

Burnout is not a badge of honour. It is often a result of feeling an absence of control, disconnected from others, devalued or a lack of contribution. Here are 3 things you can do to enhance your energy and inspire yourself to stay on course.

- 1 Let's meditate.**  
Use the meditation in our resources section to connect with your heart and soul.
- 2 Evaluate what's important.**  
Review your Own Your Truth model. Journal your thoughts.
- 3 Prioritise you.**  
Return to nature and do something from your love to do list.

# Get Confident

Own your truth



Do you have something big coming up?

- 1 Reinforce your confidence with your strengths.**  
Keep your Own Your Truth model somewhere you can see it daily.
- 2 Reach out to your dream team or the Awake Academy community.**
  - Share your challenges - a problem shared is a problem halved
  - Ask for assistance in setting your intentions and desired outcomes - Get clear with yourself. What is a in for you?
  - Seek reassurance - am I on the right path?
- 3 Honour your boundaries.**  
Is it a hell yeah or f\*\*k no??
- 4 Celebrate!**
  - Celebrate the win with a champagne moment or
  - Celebrate a failure with your Tah Dah!



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# Ground yourself in gratitude

**What are 3 things you are grateful for? Why?**

Remember, everything you need is in your toolkit (exercise workbook), and in the resources section of the course. Take your team and loved ones through the exercises. Put your love to do list on your fridge. Use a post it note for your I AM mantra and stick them on your computer or mirror. Repetition is the pathway to embodiment.

You can always check in with us in the Awake Academy dream team page or email us at [wakeup@awakeacademy.com.au](mailto:wakeup@awakeacademy.com.au)

You've got this!

*Layne & Tess xx*