

For every week there's a plan made up of three tasks, which you may choose to incorporate into your life. Adding always as a new health habit emerges. Commitment to self. Your new life starts now.

Healing is CHANGE.

## Week 1: Clarity

**1 – Hydration.** Tepid is best – on empty stomach – you can get so much more in. Sip constantly till you get the feel for this – do not force it down. You will be surprised how much is possible. And how much clearer you feel.

Kick the caffeine. 'Can't get started' without? Each coffee: another 4 extra glasses of water on top of the 2.5/3 litres I suggest. Water. It will slide down your throat. MUST be pure – minerals added even better - but not from taps with bad pipes /contaminated with halides etc. Load up on water - drink at least 1.5 litres prior to eating/drinking anything else. If you are thirsty - is too late. Body has innumerable uses for water. All extras – contaminants - any sweet taste/sugar creates more need for flushing away the heat produced. It is toxic/heating and thus produces inflammation.

**2 - An early start** - 6 am. (Or adjust to fit). Best time for you. First hour of the day. All yours'. A time of peace and quiet - without being distracted, because everyone else is still asleep. Jump out of bed in the morning. Life begins.

Quiet time if you live with others – they will not know you have changed your routine. Set it all up before bed - everything you need and where it is to be so you are not disturbing the peace you are constructing. Steam and ponder/journal there. If not done night before. See early morning routine (from *Living as Energy*).

**3 – Movement** – a) - *Belly gentling* (as per Soothing package). Ideally before you get out of bed and before sleep.

b) - *Walking* – at least 10,000 steps a day – start there. This can be part of quiet time in evenings. Take all in your family out immediately after eating,. Absolutely perfect for teenagers - they look forwards to having dedicated parent time at the end of day. You will be surprised - all they need is YOU. The kitchen clean up can wait till later. This is a time for relating and being together.

I prefer night strolls (but I live in the country and there are no cars/lights people – and is me and the universe communing). Add in actual 'exercise' on top of.

## Week 2: Declutter - Feng Shui.

### 1 - Clean up your personal space. STUFF

Look about and take stock. Choices.

The air of space and the feeling of spaciousness is to be on all levels.

**Qi must move.** What is not essential, but is parked is taking up space: also taking up . . . energy as holds often deep connections – sometimes not helpful. As you discover when you wish these props gone. Look at every single object in your house — who could love this more? Is it really worth holding on to it? Purpose of this exercise is **clarity** – all will feel so much cleaner/clearer. Maybe move on one every day – so it is not such a drama – think on what goes next. Who would need/like this more? Regift your bits. Aim for only what you love around you.

**2 – Write lists.** Strike off at least one thing every day. **To do** – a) *what has been waiting for tomorrow.* That is today. Add on big and little tasks. That way you can always feel achievement if the day gets away with you. Do have AT LEAST a little extra done . . . (Even if it is only cleaning the bathroom mirror).

b) *Fulfil your obligations.* We do not ‘own’ tomorrow – if not done now – when? Procrastination – is dragging you down with expectations and possibly unkind self talking. If this were the last day of your life - how did you fill it? With joy? Why not? It is YOUR life.

**3 - Sort out your social life.** PEOPLE. We all have the same amount of time to ‘fill /live in. Does this connection warm your heart? Do you feel enriched having that person in your life? Write out what that person has meant in your life – reframe into gratitude Tell them – Write a card and send it Who does? That makes this ever more special. You clear the connections – let them go – in love. **SAY it.** Like the clothes in the wardrobe – were they such a good idea even at the time? Why is the clutter around you?

Energy gets caught up . .

Do a ‘death declutter’ – imagine you are to be taken out in an accident/ whatever – why were they in your life? Have you fulfilled the contract? Do you have unfinished business? Are they in fact there to remind you of.?

Write a list of all who you feel unfinished business with.

And tackle one of these at least weekly – preferably daily. Unload the basket of the hot air balloon you could be – and set yourself (and them) free.

Gratitude for their being. For the growth gained.

Learn to let go, joyfully. Clean breaks. Joy – space to be you again. All of you.

## Week 3: Plans, goals and dreams

1. **Fill in the ‘Which Minute’ sheet.** Look to 8 hours sleep, 8 hours work, 8 hours play. Using a different colour for every major activity – have to’s – fill in the spaces. Get your little girl out and play colouring in. **Sleep** – maybe more of an earlier beginning - Get up with the sun. In the winter: whilst a later start time to fit in with the sun and thus life flows, still gift yourself the first hour of the day. This is YOUR life.

**Self care** – not optional – past the cleaning and dressing/’making presentable’ – there are shopping, cooking, house duties and of course – traveling - to work, to deliver people around and about – all that goes into a day. Maybe also list all that happens on different days that needs adding into ...where?

**A)** List all that is *not there but you know needs doing* – when it gets to squeeze in somewhere. Observe how you get to feel pressured even resentful when a person ‘spend’ what is so precious – time that could have gone into ...as with a bank account – this time is being used up – in ways you may find is creating dramas with what else is being juggled. **B)** - There may be also a list of *what you used to do/had time for and can no longer imagine doing* – where would you? Observe how you feel about this -OK – or not fine? **C)** - Another list – *what you could do if* . ..there was that extra two hours not being carved out of the sleep time. **D)** – Redo this exercise for your life three weeks ago. See what you have shifted. Congratulate yourself as these changes may have been hard won.

2. **Listen to your heart – Soul connection** in quite selfing time, start a pondering journal and in clear spaces, record communications. Let it flow. What is your heart’s desire for the life you have now? Is there a mission that is bubbling quietly? Do you have dreams and how long have they waited? Ask yourself - Is now a good time? How long to wait – why are you here, and even reading this?
3. **Look at the ‘Which Minute’ sheet again.** Were there any uncoloured spaces? Here we are decluttering your priorities. What can be dropped? Can we make more space? Whilst we all have 24 hours and 7 days in a week – we may choose to spend time differently. Where would/could you fit in some of your ‘wish list’? If you are with a domestic partner and/or are living with children – print out a sheet also up for them – as a family project on the table would be great. We likely need to share the load. Growing into a family/tribe that values time as a resource and recognise that service to others is a necessity. What can be off loaded? What needs to go to allow. . . what could be done if. . .? Spend time as a group to play with the time to also include a daily family connection.

## Week 4: WHAT NEXT? CHANGE MORE

1. **Taking charge.** Even the smallest shifts may profoundly affect all else. Life is dynamic – let your life meld with this. Habits – are they needed? Different route to work/ how you get there – can you get yourself a cycle to add in exercise so your body is being moved more? Something you have never done (even considered) before. Is there a more innovative way you can . . . get out of routine. Life can become a game again – as when you were a little child **Explore possibilities** (wake up to life). What can you do a little differently right now? Expand who 'you' are/can be. Instead of waiting for life to push you. DO it.
  
2. **'Comfort' zone.** Extend yourself - and who you have felt was you. Who says? You are the keeper of that cage – does it still fit? Look back – see that Which Minute sheet – and maybe see what else can shift. Add in the extra hour AT NIGHT as well as the hour you carved out for yourself – what could you do with that? Or take out of sleeping time – or selfing time – another hour that is YOURS. Whose life is it? Maybe you need to relook at what is called 'work' and see why you are there. Financial reward? Upskill – and demand more - of your sense of worth, How? These hours to be you – not to passively be part of an audience of life lived by others YOURS. What if you were hit by an event that stopped you . . .do you wish you had. . . before now? Plan it – the steps – baby ones maybe – on a large piece of paper on the wall – **here to there**. All the steps in between and cross them off. Do it now. Find the space and fit it in. Go for your dreams. Be aware that were it 'easy; you could have already. Were it not tied into other's lives and expectations - you may have. . .why not now? Who is to stop you when you know you need to? CHANGE
  
3. **Take a break.** Spend more time with yourself. Rediscover your own company. Leave your phone behind. Let your walking uncover the you you were – minus distractions. Cast your mind backwards. Progression through life to here. in your younger years – when you had only you learning to be – and in the confines of what started you in life - family interface only - then added wider networks – extended family and their friends, church, fellowship, musical ventures, school and larger outside the house commitments – even more as the work life intruded - often with study taking up a lot of you - what was left? Maybe re evaluate and get another piece of paper. **Look backwards**. We explore your life library.

What happened and when and what was the residue that you carried forwards?  
 We begin *Self Discovery*. As you step out daily on your walk to yourself. Become more if who was hiding away. **If not now – when?**