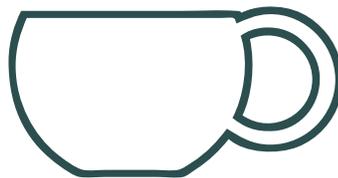


# AwakenCARE Power Hour

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## OUTLINE FOR SUCCESS:

1) Hydrate



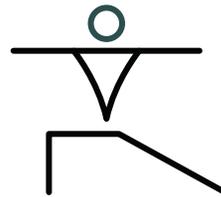
2) Meditate



3) Journal



4) Movement



5) Motivate





# AwakenCARE Power Hour

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## STEP BY STEP GUIDE:

### 1) HYDRATE -

Start every morning with a warm cup of lemon water (either a slice of lemon or 2-3 drops of lemon essential oil).

### 2) MEDITATE - 15 Minutes

There are several great forms of meditation. For Power Hour, we will focus on a meditation practice called ZIVA Meditation as taught by Emily Fletcher. See pages 4 and 5 for my step by step guide.

### 3) JOURNAL & REFLECTION - 15 Minutes

- Prayer or preferred spiritual practice
- Open Journaling - capture whatever comes to mind
- Gratitude - 5 Things I'm grateful for
- Dreams - 10 Dreams I'm Working On
- Goals - 1 Goal That Comes First



# AwakenCARE Power Hour

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## **STEP BY STEP GUIDE (Continued):**

### **4) MOVEMENT - 25 Minutes**

Use this time as a celebration of your body and all that it can do. Find movement that feels good. Find my "Movement Menu" in the resources tab of [www.awakencare.com](http://www.awakencare.com) to kickstart some brainstorming.

### **5) MOTIVATE - 5 Minutes**

One of the first things Steve Jobs did every morning was look in the mirror and ask himself, "If today were the last day of my life, would I want to do what I am about to do today?" He said, "Whenever the answer had been no for too many days in a row, I know I need to change something." Motivation can help a person keep her goals in perspective, to make sure she really is on the right track, but it can also give her the power she needs to tackle the day.

You don't necessarily need to ask this same question every morning. I often use this time to listen to motivational speeches or read motivational books. Find your favorites on places like YouTube.



# AwakenCARE Power Hour

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## **MEDITATION GUIDE:**

I've provided your step by step guide to ZIVA meditation here:

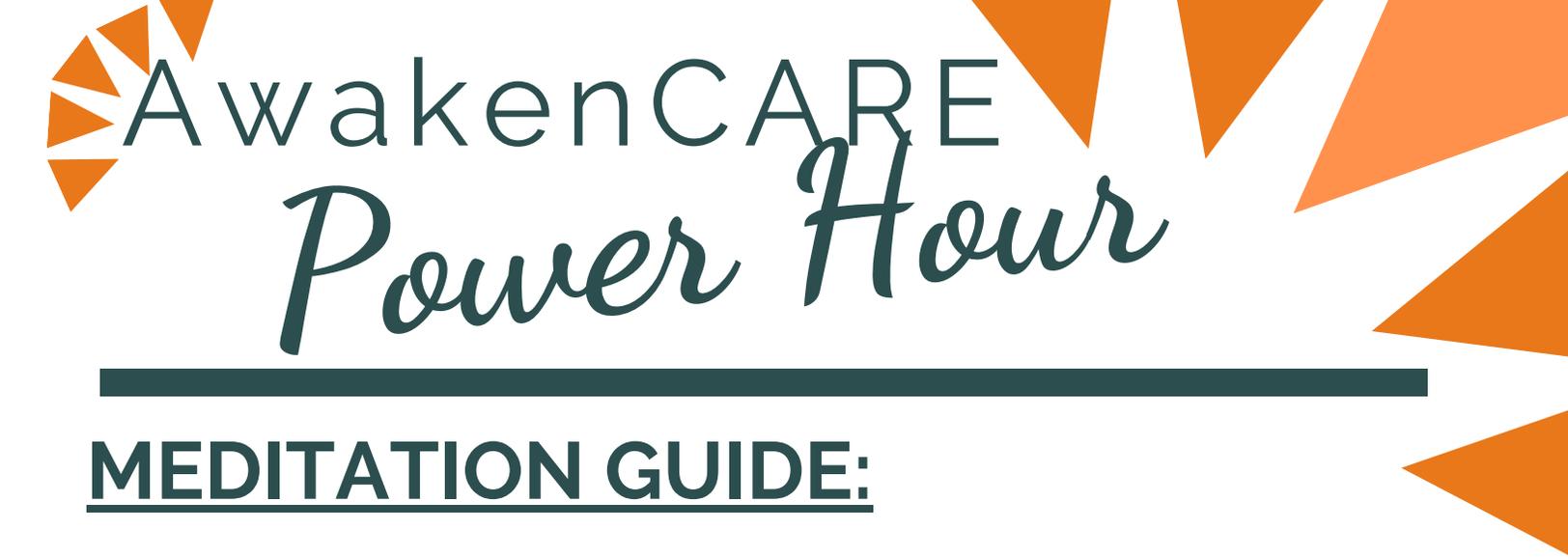
### **STEP ONE - MINDFULNESS (2-3 Minutes)**

Sitting with your back supported but your head not resting on anything, close your eyes. Take 3 deep, cleansing breaths - in through your nose, out through your mouth. Going through each of the five senses one by one, focus on what is the most pronounced sound, then the most subtle sound. Shift to the next sense (sight - yes this is with your eyes closed, but you'll still see colors or images). Continue through all five senses individually and then try to experience all five senses together for a brief moment.

### **STEP TWO - MEDITATE (10 Minutes)**

Bring your focus back to your breath for 3 deep cleansing breaths. Then allow a mantra to bubble up in your mind during an inhale and say it in your mind with the exhale. Use the mantra - "ONE." Each time you find your mind wandering (this WILL happen, it doesn't mean you're doing anything wrong) bring your focus back to your breath and your mantra - "ONE."

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# AwakenCARE Power Hour

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## MEDITATION GUIDE:

### STEP THREE - MANIFEST (2-3 Minutes)

Wrap up the last few minutes of your meditation practice with this powerful visualization tool. Picture in your mind with every detail (the smells, sounds, and feel) of something you want to bring to reality in your life. This can be your biggest dream, your goal for that day, or even how you hope the next hour will play out.

Anything you can imagine, you can work to manifest utilizing this powerful practice.

### TIPS FOR SUCCESS

- Turn off all distractions - Silence phones, computers, etc.
- Download "The Clocks" app - selecting this app on your phone will display the time without you seeing all the other distractions, messages, or alerts. You can check in periodically on the time as you meditate.
- Emily recommends ZIVA Meditation twice a day - first thing in the morning and again in the afternoon for optimal results.