

# MONTH#12

Phrase: 'Now I follow the rhythm of the sunrise sunset'

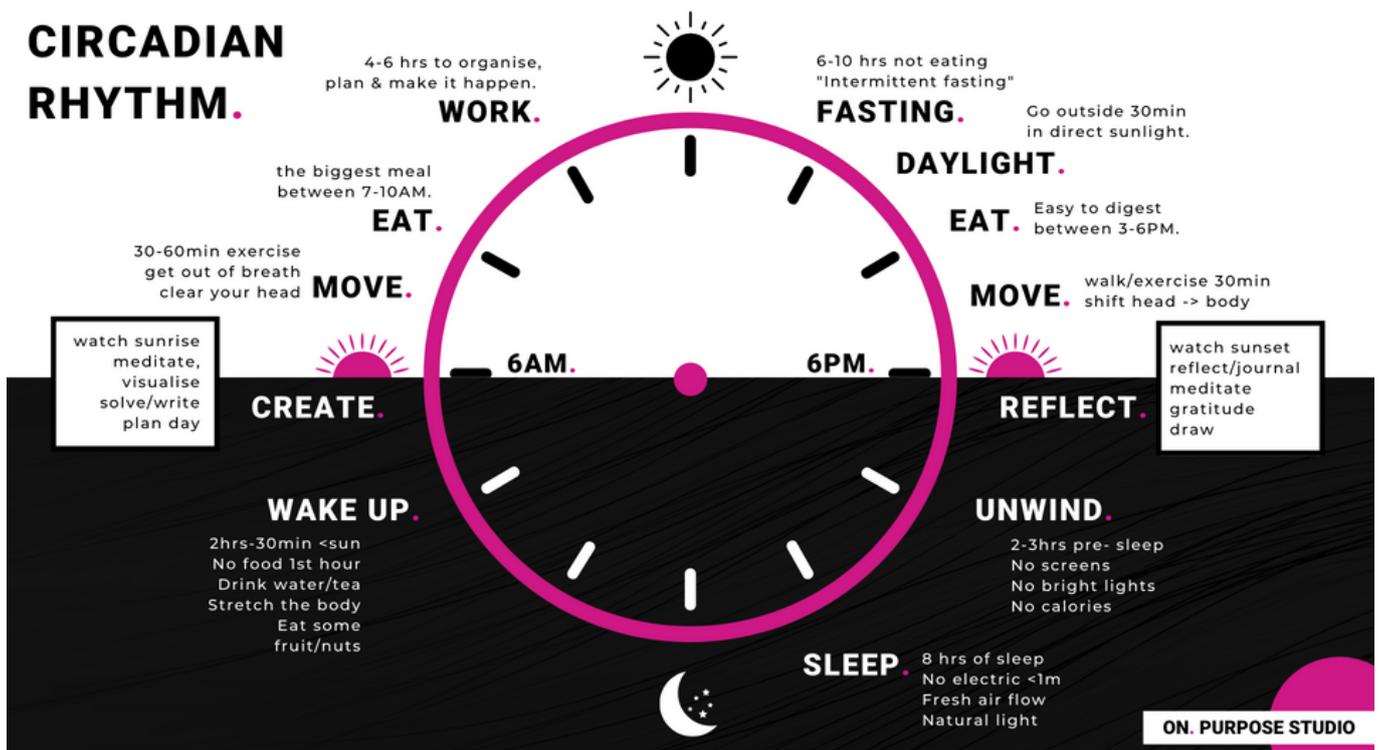
Write this phrase in your journal.

## PRACTICE

This month we invite you to adjust your schedule to the natural circadian rhythm. Waking up with the rising of the sun. And avoiding (bright) lights after the sun sets.

Below you find the 'CIRCADIAN RHYTHM TOOL' this can be used as a guideline to design your day accordingly. Work with what's possible for you right now. Stay open & curious. Pay attention to how your body feels, how it affects your thoughts, and perhaps your mood.

Make notes in your journal to capture your observations & insights. As well as ideas or suggestions on how you can align your body/life more with this natural rhythm in the future.



# DAY.3

Phrase of the day: 'Today I observe my thoughts'.

*Please also write this phrase in your journal.*

We can use our mind to our benefit, by starting being **AWARE** of our thoughts.

Today we **observe** this monkey and we consciously follow him while he jumps around.

**PRACTICE 1:** Today, every time you notice that your mind is wandering, follow that thought, or write it down.

No judgment.

Be kind to yourself.

Just observe the mind.

## **PRACTICE 2:**

1. Listen to the meditation '**WALKING MEDITATION**' anytime you have 10' minutes of uninterrupted time during your day.

**Walking meditation is meditation in action.**

This meditation is used by the Tibetan monks everyday, to ground the thoughts, to come to the present moment and to feel grateful for all the small things in their lives.

2. Write in your journal after the meditation, all the thoughts that you have. Take 2 minutes without lifting the pen of the paper and write **all coherence of thoughts** that comes up.

Good luck!