



TODAY I OBSERVE MY ACTIONS.

DAY.7

'One day, a long time ago and in a faraway place, a huge forest fire was raging the countryside.

All the animals were terrified, running around in circles, screaming, crying and helplessly watching the impending disaster.

But there in the middle of the flames, and above the cowering animals, was a tiny hummingbird* busy flying from a small pond to the fire, each time fetching a few drops with its beak to throw on the flames. And then again. And then again.

After a while, an elephant who was watching, annoyed by this useless behaviour on the part of the hummingbird, cried out: "Tiny bird! Don't be a fool. You're not going to save us all with those drops of water!" To which the hummingbird replied, "You may be right, but I'm going to do my bit".'

Finally, a zebra sees that hummingbird sacrificing himself to save their home. The zebra gathers his herd and stops the advancing fire by kicking dirt on the flames. Other animals join them.

Eventually, the elephants go to the lake, fill their trunks and spray water onto the fire. After several days of working together, the animals put out the fire and save their home.

The tiny hummingbird is the archetype of a great leader. He combines the power of his Mind and Body with Spirit and Heart. He demonstrates resilience, inspiration, and commitment. He is caring, persistent and dedicated to a solution. These qualities make him a true leader.

Our life is made up of moments. We can alter or impact our own lives, and that of others, as well as the natural world, through our actions, moment to moment. Sometimes having a ripple effect, way beyond just that moment.

Being aware of our actions in a day is powerful, because a lot of what we do, we do on autopilot, losing precious energy or depleting others, or nature, with the best intentions.

DAY.7

Phrase of the day: 'Today I observe my actions'

Write this phrase in your journal.

PRACTICE: WHAT ARE YOUR HABITS?

Our daily repetitive actions become our habits, consciously or unconsciously.

Today we invite you to focus your attention on what you daily do and ask yourself: how does it make me feel? Does it help me? Is it something I want to do? And if not, awareness is the first step towards changing **unwanted habits**.

At the end of your day, Write down what you have done today? How did you allocate your time? Your money?

Think about the **following 3 questions**:

1. What are your habits **when you wake up**? In which order do you do your things? How much time does it take you?
2. What are your habits **when you are working**? Where do you sit? Do you take breaks? Are you working on your laptop? On paper? Or on your phone? Are you in meetings? Are you being distracted? By what?
3. What do you do **at the end of the day**? The last 2 hrs before you go sleep? Are you still busy? Are you winding down gradually? What do you do the last before you fall asleep?

To start shifting habits use the **HABIT TRACKER** on the next page.

DAY.7

We invite you to write in your journal the above habits, conscious & unconscious, of your day. Write behind each habit a grade from 1-10 how much this habit is helping you to be your best self.

If you want to keep tracking your habits, you can use the habit tracker tool below!

HABIT TRACKER.

Tracking habits can help you to stay motivated, and become aware and learn which situations lead you to not do your habit, or which situations enable you to easily do you habits. Goal setting & tracking are powerful methods to stick to your plan.

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